Activity 1: Fitness- Learn a New Exercise Every Week! (Video Here)
   This week is HEADER JUMPS
   - High Knees - Running on the Spot
   - Jumping Jacks - Header Jumps

Activity 2: Learn a New Soccer Move Every Week!
This week is PULL BACKS (Video Here)

Refresh your memory from last week! (Video Here)
   - Toe Taps
   - Soccer Pendulums
   - No Touch Stepover

Skill of the Week!

Week 6: Learn the ‘Scissors’ with SBU’s own Kevin Sika-Nartey! (Video Here)

Send in your videos to our social media team!

Game of the Week!

Week 6: Germany vs France: Women’s World Cup Quarter-Final, 2015 (Video Here)

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!

Instagram: @southbronxunited  Facebook: https://www.facebook.com/southbronxunited/
Twitter: @sbronxunited

Please find all other soccer plans and other COVID-19 resources on our website at:
https://www.southbronxunited.org/covid19