Activity 1: Fitness- Learn a New Exercise Every Week!

This week is **BUTT KICKS**

Refresh your memory with every other exercise we’ve learnt this season! ([Video Here](#))

- High Knees
- Running on the Spot
- Jumping Jacks
- Header Jumps

Activity 2: Learn a New Soccer Move Every Week! ([Video Here](#))

This week is Moving Toe Taps!

Refresh your memory from last week!

- Toe Taps
- Soccer Pendulums
- No Touch Stepover
- Pull Backs

Skill of the Week!

Week 7: Learn the ‘Shoulder Drop’ with SBU’s own Kevin Sika-Nartey! ([Video Here](#))

Send in your videos to our social media team!

Game of the Week!

Week 7: Man City vs Tottenham: Champions League Quarter-Final, 2019 ([Video Here](#))

Make sure to watch the first 10 minutes and the last 5 in particular!

**PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!**

Instagram: @southbronxunited  Facebook: [https://www.facebook.com/southbronxunited/](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](https://www.southbronxunited.org/covid19)