Activity 1: Fitness- Learn a New Exercise Every Week!
This week is SIDE HOPS
Learn Side Hops with every other exercise we’ve learnt this season! (Video Here)
- High Knees
- Jumping Jacks
- Butt Kicks
- Running on the Spot
- Header Jumps

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

Refresh your memory from last week!
- Toe Taps
- Soccer Pendulums
- No Touch Stepover
- Pull Backs
- Moving Toe Taps

Skill of the Week!
Week 8: Learn the Elastico Turn (Video Here)

Game of the Week!
Week 8: USA vs Brazil: World Cup Quarter-Final, 2011 (Video Here)

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