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

Activity 2: Learn a New Soccer Move Every Week!
This week is Soccer ‘U’s (Video Here)
Refresh your memory from last week! (Video Here)
- Toe Taps
- Soccer Pendulums
- No Touch Stepover
- Pull Backs
- Moving Toe Taps
- Sole Rolls

Skill of the Week!
Week 9: Practice last week’s Elastico turn with a tutorial from SBU’s Kelvin Fosu (Video Here)

Game of the Week!
Week 9: Manchester Utd vs Real Madrid: Champions League Quarter-Final, 2003 (Video Here)

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!
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Please find all other soccer plans and other COVID-19 resources on our website at:
https://www.southbronxunited.org/covid19