Activity 1: **Nutrition Guide**: Reading FC: Importance of Nutrition for Soccer Performance

Fitness Plan ([Here](#))

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

This week is CLOSE GATES ([Video Here](#))

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

- High Knees
- Jumping Jacks
- Butt Kicks
- Open Gates
- Running on the Spot
- Header Jumps
- Side Hops

**Activity 2:**

**Dribbling: Star Runs ([Video Here](#))**:

Right Foot (1 min, 1 min rest) — Insides Only (1 min, 1 min rest)
Left Foot (1 min, 1 min rest) — Outsides Only (1 min, 1 min rest)

1 min rest. Repeat x5

**Skill of the Week!**

Week 10: Learn the Maradona turn with SBU’s Latif Diaoune! ([Video Here](#))

**Game of the Week!**

Week 10: Japan vs USA: Women’s World Cup 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](https://www.southbronxunited.org/covid19)