Activity 1: **Nutrition Guide**: Nutrition Information for High School Athletes

Fitness Plan ([Here](#))

**U8 Simple Fitness** Learn a New Exercise Every Week!

This week is ONE FOOT SIDE HOPS ([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
- Two Foot Side Hops
- Close Gates

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 11: Master the stepover with SBU’s Meredith Cazales! ([Video Here](#))

Game of the Week!

Week 11: England vs Argentina: Women’s World Cup Last 16, 1998 ([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)