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 Forward/Back Jump ([Video Here](#))

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

- High Knees
- Jumping Jacks
- Butt Kicks
- Open Gates
- One Foot Side Hop
- 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 12: Master the CR Scissors with SBU’s Oscar Sanchez! ([Video Here](#))

**Game of the Week!**

Week 12: USA vs Brazil: Tournament of Nations, 2017 ([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)