Activity 1: [Nutrition Guide](#): Daily Routine with Tyler Adams

Fitness Plan ([Here](#))

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

This week is Circle Runs ([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
- Forward/Back Jump

Activity 2:

**Figure 8 Dribbling** ([Video Here](#)):

Right Foot (1 min, 1 min rest) Left Foot (1 min, 1 min rest)

Both Feet (1 min, 1 min rest)

**Skill of the Week!**

Week 13: Master the Scissors Fake with SBU’s Sanoussi Cisse! ([Video Here](#))

**Game of the Week!**

Week 13: Liverpool vs AC Milan, Champions League Final 2005 ([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)