Activity 1: SBU Remote Fitness & Nutrition Plans

Find Week 2’s New Fitness Program [Here](#)

Nutrition: Importance of Nutrition for Young Athletes [Here](#)

To check out more fitness & nutrition ideas follow @sbunutrition on Instagram!

Activity 1: Basic Fitness for U8

Master these fitness exercises! ([Video Here](#))
- High Knees
- Running on the Spot
- Jumping Jacks
- Header Jumps

Activity 2: Individual Ball Work: 3 times per week

Dribbling with Turns ([Video Here](#)):
- Pull Backs (1 min, 1 min rest)
- Inside Hook (1 min, 1 min rest)
- Outside Hook (1 min, 1 min rest)
- Cruyff Turn (1 min, 1 min rest)
- Stepover (1 min, 1 min rest)

Skill of the Week!

Week 6: Learn the ‘Scissors’ with SBU’s own Kevin Sika-Nartey! ([Video Here](#))
Send in your videos to our social media team!

Game of the Week!

Week 6: Germany vs France: Women’s World Cup Quarter-Final, 2015 ([Video Here](#))

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!
Instagram: @southbronxunited    Facebook: [https://www.facebook.com/southbronxunited/](https://www.facebook.com/southbronxunited/)
Twitter: @sbronxunited

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)