Activity 1: SBU Remote Fitness & Nutrition Plans

Find Week 3’s New Fitness Program [Here](#).

Nutrition: Information on Dietary Supplements for Young Athletes [Here](#).

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

Activity 1: Basic Fitness for U8

This week is **BUTT KICKS**

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

- High Knees
- Running on the Spot
- Jumping Jacks
- Header Jumps

Activity 2: Individual Ball Work: 3 times per week

**Dribbling: Different Skills** ([Video Here](#)):

- Dip/Fake (1 min, 1 min rest)
- Stepover (1 min, 1 min rest)
- Scissors Turn (1 min, 1 min rest)

**Skill of the Week!**

Week 7: Learn the ‘Shoulder Drop’ with SBU’s own Kevin Sika-Nartey! ([Video Here](#))

Send in your videos to our social media team!

**Game of the Week!**

Week 7: Man City vs Tottenham: Champions League Quarter-Final, 2019 ([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)