Activity 1: SBU Remote Fitness & Nutrition Plans

Fitness Program [HERE]

Nutrition Guide: In Defence of Food ([Here])

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

Activity 1: Basic Fitness for U8

This Week Learn SIDE HOPS with every other exercise we’ve learnt this season! ([Video Here])
- High Knees
- Jumping Jacks
- Butt Kicks
- Running on the Spot
- Header Jumps

Activity 2:

Dribbling: ‘Z’ Dribbling ([Video Here]):
Right Foot (1 min, 1 min rest) Rollover (1 min, 1 min rest)
Left Foot (1 min, 1 min rest) Chop (1 min, 1 min rest)

Skill of the Week!

Week 8: Learn the Elastico Turn ([Video Here])

Game of the Week!

Week 8: USA vs Brazil: World Cup Quarter-Final, 2011 ([Video Here])

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!

Instagram: @southbronxunited Facebook: 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