Activity 1: SBU Remote Fitness & Nutrition Plans

Fitness Program [HERE]

Nutrition Guide: Fulham FC: Nutrition in the Off Season ([Video Here])

Activity 1: Basic Fitness for U8
This week is OPEN GATES ([Video Here])
Refresh your memory with every other exercise we’ve learnt this season! ([Video Here])
- High Knees
- Jumping Jacks
- Butt Kicks
- Running on the Spot
- Header Jumps
- Side Hops

Activity 2:

Ball Mastery ([Video Here]):
Sole Rolls (30 secs) 2 Touch Cruyff Pushes (30 secs)
Pull Back Vs (30 secs) The U Control (30 secs)

Skill of the Week!

Week 9: Practice last week’s Elastico turn with a tutorial from SBU’s Kelvin Fosu ([Video Here])

Game of the Week!
Week 9: Manchester Utd vs Real Madrid: Champions League Quarter-Final, 2003 ([Video Here])

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https://www.southbronxunited.org/covid19