Activity 1: Fitness: 3 times per week

1. 30 minute cardio warm up: walk, jog, run or cycle
2. Conditioning Work: [Video Here]
   - 30 seconds squats, 30 seconds rest
   - 30 seconds push-ups, 30 seconds rest
   - 30 seconds alternate lunges, 30 seconds rest
   - 30 seconds sit up, 30 seconds rest
   - 30 seconds burpee, 30 seconds rest
 Repeat x4
3. Different Colours Square Game: [Video Here (0:50 secs)]
   - Set up four different colored cones, objects, cushions, pillows etc in a square
   - Stand in the middle of the square. Have a parent call out object or color and you
     touch and return to centre of square
   - 1 minute, 30 seconds rest. Complete 5 times

Activity 2: Individual Ball Work: 3 times per week ([Video Here])

1. Ball Mastery
   - Toe Taps: 30 seconds
   - Pendulums: 30 seconds
   - Bow Ties: 30 seconds
   - Rollovers: 30 seconds
   - 1 minute rest. Repeat x3
2. Ball + Wall Work (use couch if space in apartment!)
   - One touch alternative foot: 2 minutes, 30 seconds rest
   - Two touch alternative foot: 2 minutes, 30 seconds rest
   - Two touch same foot touch & pass: 2 minutes, 30 seconds rest
   - Receive & Turn Alternative Side: 2 minutes, 30 seconds rest
3. Figure of 8: 2 cones or 2 small objects
   - Right foot only: 1 minute, 1 minute rest
   - Left foot only: 1 minute, 1 minute rest
   - Insides only: 1 minute, 1 minute rest
   - Outsiades Only: 1 minute, 1 minute rest
   - Rollover through middle: 1 minute, 1 minute rest
Skill of the Week!

Week 1: CR7 Chop (Video Here)

Send in your videos to our social media team!

Game of the Week!

Every week, we are asking our players to watch a famous game from your home!

Week 1: Liverpool vs Barcelona (Video Here)

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS OF YOUR PROGRESS!!

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