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 burpee jumps, 30 seconds rest
   - 30 seconds bicycle crunches, 30 seconds rest
   - 30 seconds Line Hops, 30 seconds rest
   - 30 seconds star jumps, 30 seconds rest
Repeat x4

Activity 2: Ball Mastery & Speed Dribbling : 3 times per week ([Video Here])

**Ball Mastery:** Outside, Outside, Pull (30 secs) Roll Forward, Roll Back (30 secs)
Outside, Outside, Scissors (30 secs) Inside, Inside, Outside (30 secs)
1 min rest. Repeat x3

**Fast Feet:** Pull Back (1 min, 1 min rest) Outside Hook (1 min, 1 min rest)
Inside Hook (1 min, 1 min rest) Cruyff Turn (1 min, 1 min rest)

**Star Run:** Right Foot (45 secs, 1:15 rest) Inside Foot (45 secs, 1:15 rest)
Left Foot (45 secs, 1:15 rest) Outside Foot (45 secs, 1:15 rest)

Skill of the Week!

Week 4: Stepover Turn ([Video Here])

Send in your videos to our social media team!

Game of the Week!

Week 4: USA vs Canada: Olympic Games Semi-Final 2012 ([Video Here])

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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)