Activity 1: SBU Remote Fitness & Nutrition Plans are Launching this Week!

From Saturday 18th April, we are giving the opportunity for all SBU players to do fitness 5 times per week!

See below for daily workouts and weekly nutrition guidance led by our partners at Teachers College.

<table>
<thead>
<tr>
<th>Day</th>
<th>U10-U14</th>
<th>U15+</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td><strong>Intro Video</strong> &amp; <strong>Fitness Test</strong></td>
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<tr>
<td>Tuesday</td>
<td>Yoga Basics <strong>Part 1</strong> &amp; <strong>Part 2</strong></td>
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| Wednesday | **Strength & Endurance**:  
  **Warm-Up**  
  **Circuit**  
  **Cool Down** | **Strength & Endurance**:  
  **Warm-Up**  
  **Circuit**  
  **8 Minute Abs**  
  **Cool Down** |
| Thursday| Yoga Balance Challenge |                                |
| Friday | **Power Day**:  
  **Warm-Up**  
  **Power Circuit**  
  **Cool Down** | **Power Day**:  
  **Warm-Up**  
  **Power Circuit**  
  **8 Minute Abs**  
  **Cool Down** |

Weekly nutrition information:

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

Activity 2: Ball Mastery, Dribbling & Passing: 3 times per week

**Ball Mastery** *(Video Here)*:

- 3 Point Push Right (30 secs)
- 3 Point Rush Left (30 secs)
- No Touch Stepovers (30 secs)

1 min rest. Repeat x3
Figure 8 Dribbling (Video Here):
   Right Foot (1 min, 1 min rest)       Left Foot (1 min, 1 min rest)
   Both Feet (1 min, 1 min rest)

Wall Passes (Video Here):
   Right Foot One Touch (30 secs)       Left Foot One Touch (30 secs)
   Right Foot Control & Pass (30 secs)  Left Foot Control & Pass (30 secs)
   Sole Rollover Both Feet (30 secs)

1 min rest. Repeat x3

Skill of the Week!

Week 5: Pull Back/Drag Back (Video Here)

Send in your videos to our social media team!

Game of the Week!

Week 4: Barcelona vs Bayern: Champions League Semi-Final 2015 (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