Activity 1: Fitness: 3 times per week

1. Conditioning Work: Video Here
   - 30 seconds single leg bound, 30 seconds rest
   - 30 seconds plank up downs, 30 seconds rest
   - 30 seconds knees to chest jumps, 30 seconds rest
   - 30 seconds incline push-ups, 30 seconds rest
   - 30 seconds mountain climbers, 30 seconds rest

Repeat x4

Activity 2: Ball Control: Wall Passing & Ball Control : 3 times per week (Video Here)

- Practice each of the 15 drills for 2 minutes each
- PLEASE REMEMBER WHEN USING A WALL OUTSIDE TO PRACTICE SOCIAL DISTANCING

Skill of the Week!

Week 2: Maradona/Zidane Turn (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 2: USA vs Netherlands: 2019 World Cup Final (Video Here)

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

Instagram: @southbronxunited
Facebook: https://www.facebook.com/southbronxunited/
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