Activity 1: Practice what you’ve learnt so far!

- Jumping Jacks Alphabet (Video Here)
- High Knees (Video Here)

Activity 2: Practice what you’ve learnt so far!

- Soccer Pendulums (Video Here)
- Toe Taps (Video Here)

Skill of the Week!

Week 3: Cruyff 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: Barcelona vs Manchester United: 2011 Champions League Final (Video Here)

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

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