Activity 1: Learn a Fitness Exercise every Week! (Video Here)

- High Knees
- Do as many high knees as you can in 30 seconds!
- Can you do high knees while moving like in the video?

Activity 2: Learn a New Soccer Skill Every Week! (Video Here)

- Soccer Pendulums- How many can you do in 30 seconds?
- Extra Credit: Moving Pendulums with roll

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/
Twitter: @sbronxunited