Activity 1: Fitness

1. Different Colours Square Game: Video Here (0:50secs)
   - Set up four different colored cones, objects, cushions, pillows etc in a square
   - Stand in the middle of the square. Have a parent call out object or color and you touch and return to centre of square
   - 1 minute, 30 seconds rest. Complete 5 times

Activity 2: Individual Ball Work: 3 times per week (Video Here)

1. Ball Mastery
   - Toe Taps: 30 seconds
   - Pendulums: 30 seconds
   - Bow Ties: 30 seconds
   - Rollovers: 30 seconds
   - 1 minute rest. Repeat x5

Skill of the Week

Week 1: CR7 Chop (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 1: Liverpool vs Barcelona (Video Here)

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

Instagram: @southbronxunited
Facebook: www.facebook.com/southbronxunited/
Twitter: @sbronxunited