Activity 1: Fitness

1. Speed & Agility: [Video Here]
   - Practice each of the 5 speed and agility drills to get faster!
   - Find space either in your living area or outside (REMEMBER SOCIAL DISTANCING)

Activity 2: Individual Ball Work: 3 times per week

1. Refresh yourself with skills 1-10 from last week! ([Video Here](#))
2. Ball Mastery: Go through 11-20 of these soccer skills! ([Video Here](#) from 2:45)
   - Inside V Cuts: 30 seconds
   - Outside V Cuts: 30 seconds
   - Alternate V Cuts: 30 seconds
   - L Drag Sole Roll: 30 seconds
   - SL L Drags- 30 seconds
   - L Drags: 30 seconds
   - SL Reverse L Drag: 30 seconds
   - Reverse L Drags: 30 seconds
   - L Drag Reverse L Drags: 30 secs
   - Brazilian Toe Taps: 30 seconds

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/](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](https://www.southbronxunited.org/covid19)