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 ([Video Here])

1. Ball Mastery: Go through 1-10 of these soccer skills! ([Video Here])
   - Toe Taps: 30 seconds
   - Rocking Sole: 30 seconds
   - Sole Rolls: 30 seconds
   - Inside Push-Pull: 30 seconds
   - Laces Push-Pull: 30 seconds
   - Croquetas: 30 seconds
   - Outside Cuts: 30 seconds
   - SL Inside Outside: 30 seconds
   - Inside Outsides: 30 seconds
   - SL V Cuts: 30 seconds

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