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 1-20 from last week! ([Video Here](#))
2. Ball Mastery: Go through 21-30 of these soccer skills! ([Video Here](#) from 5:05)
   - Ronaldinho Rolls: 30 seconds
   - Adv Ronaldinho Rolls: 30 seconds
   - Sole Inside Push: 30 seconds
   - U’s: 30 seconds
   - Squares: 30 seconds
   - Triangles: 30 seconds
   - 3 Point Push: 30 seconds
   - No Touch Stepovers: 30 seconds
   - Outside Touch Stepovers: 30 secs
   - Inside Touch Stepovers: 30 seconds

Skill of the Week!

Week 4: Stepover Turn ([Video Here](#))

Send in your videos to our social media team!

Game of the Week!

Week 4: USA vs Canada: Olympic Games Semi-Final 2012 ([Video Here](#))

PLEASE FOLLOW US ON SOCIAL MEDIA AND SHARE VIDEOS!

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)