





Week 4: May 4 - 10th

Week	Date	Activity
Week 4	Challenge 4 - Challenge The Pancake Video Link	
	May 4th	Soccer Workout Video <u>Video Link</u>
	May 5th	Juggling Workout <u>Video Link</u>
	May 6th	Practice Challenge 4 <u>Video Link</u>
	May 7th	Watch and try any of these videos from F2 <u>Video Playlist Link</u>
	May 8th	Record your Juggles.

Be sure to check out our "Juggling Challenge". A week by week challenge to encourage players to track and develop their juggling while at home. More Details here...

http://www.billingsunited.net/player-development/

