

Final Week of Soccer

February 1- February 5

Day 1: Parent signature \_\_\_\_\_

<https://www.youtube.com/watch?v=PvEnWsPrL4w>

Complete this cardio workout to the best of your ability. If you need breaks pause the video and continue when you catch your breath. In soccer your endurance is crucial to success.

Day 2: Parent signature \_\_\_\_\_

<https://www.youtube.com/watch?v=WM7-xoerVCE>

Since this is the last day of soccer I want you to watch this highlight video to give you something to get excited about.