

Alphabet Fitness® for Soccer

Putting the alphabet into action through sport



A



Anne's agility is awesome.

Z



Zeek practices zany zigzags.

Y



smile
muscles

why
muscles

B



shoulder
muscles

leg
muscles

Yolanda yearns to balance the ball !

Ben balances the ball boldly!

C



Cara cheers for Chris

X



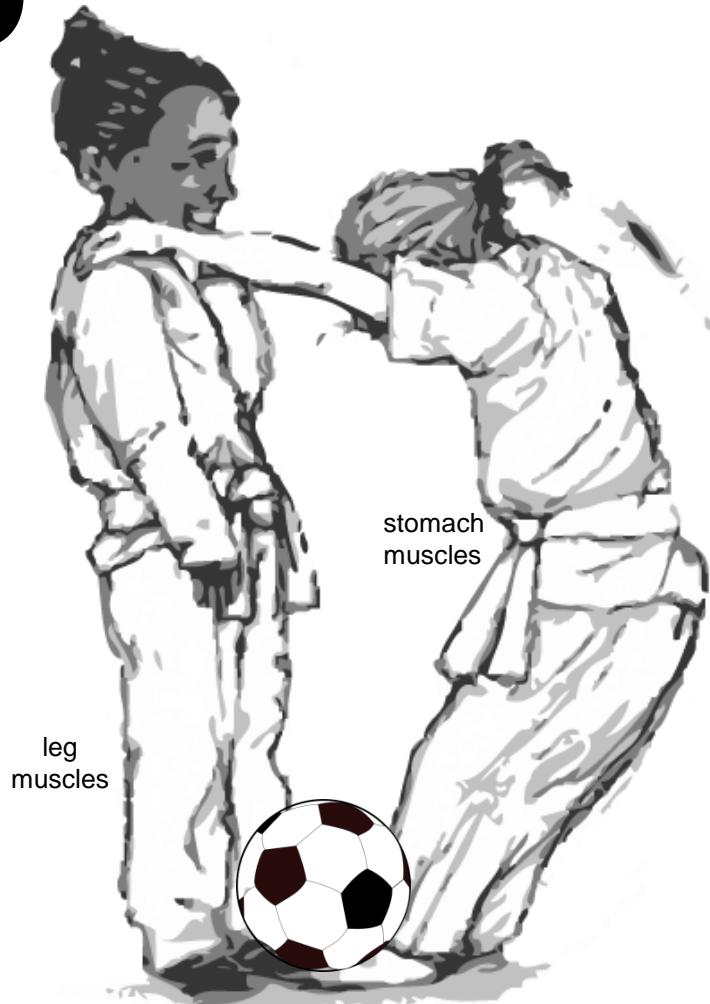
Xan exercises X-laterally!

W



Winnie won the world cup.

D



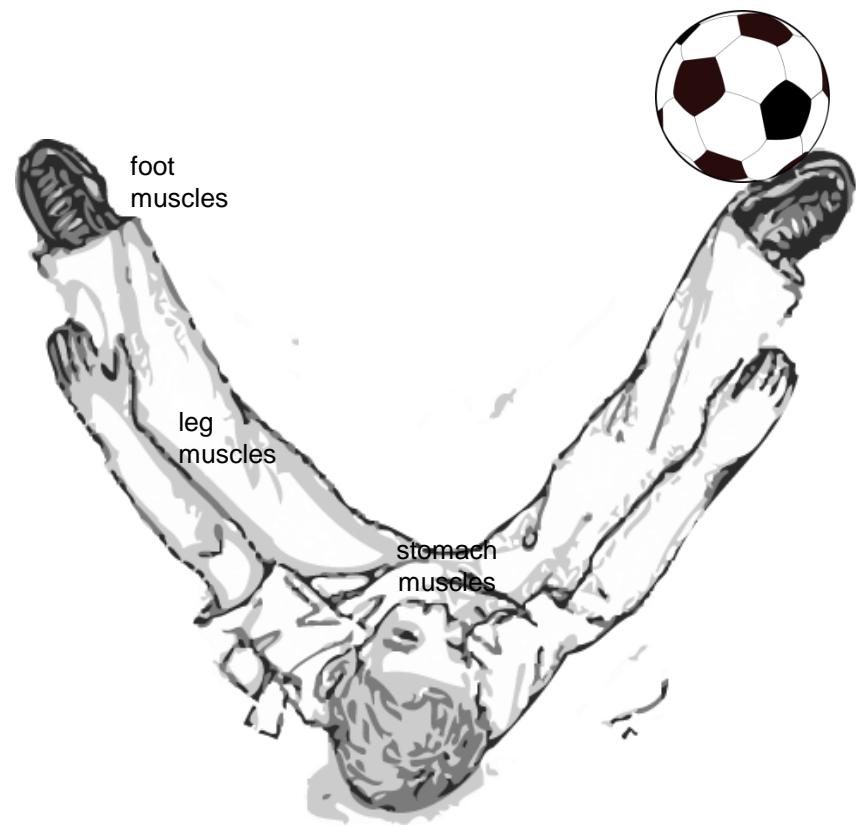
Dacia and Deb dribble daringly.

E



Erica is an elite athlete.

V



Vasu adds volume of velocity to his kick.

U



Umi and Ulla are uniquely uniform.

F



Fran and her friends are formidable.

G



T



Ghada and George guard the goal.

Training with two builds body teamwork.

S



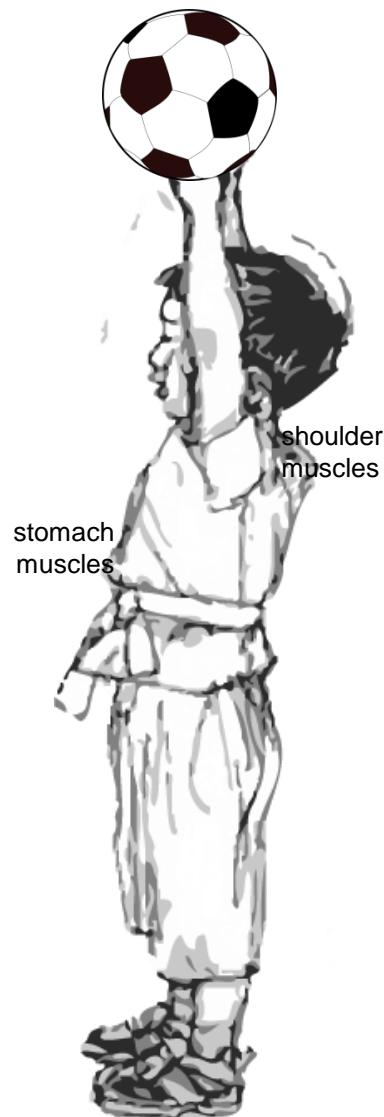
Sara stops Sam from scoring.

H



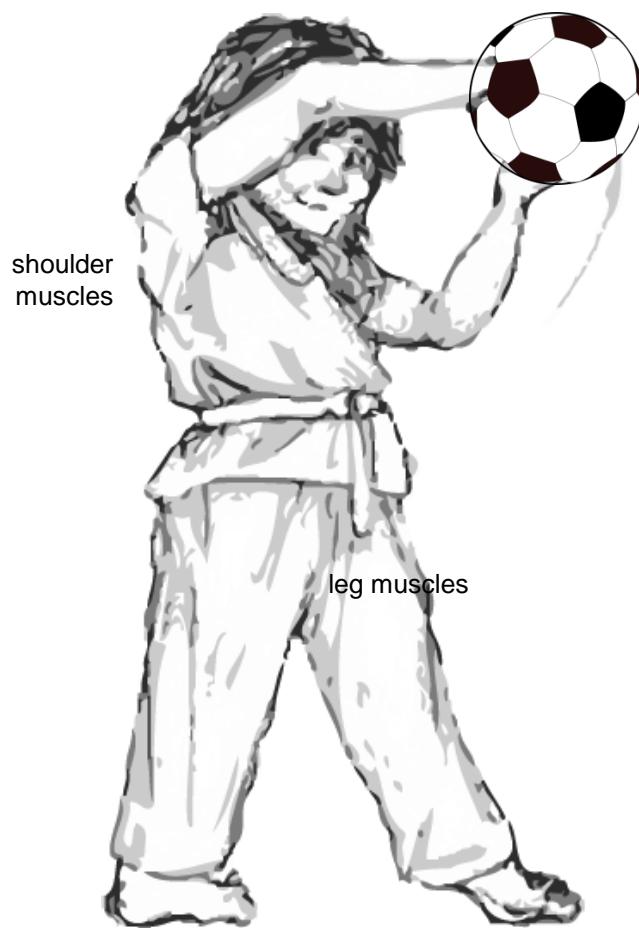
Harry hurries to hand Hanna the ball.

I



Ian's intensity is intense.

R



Randi rests after running rapidly.

Q



Quick quality passes are quite important.

J



Jon jogs and then juggles the ball.

K



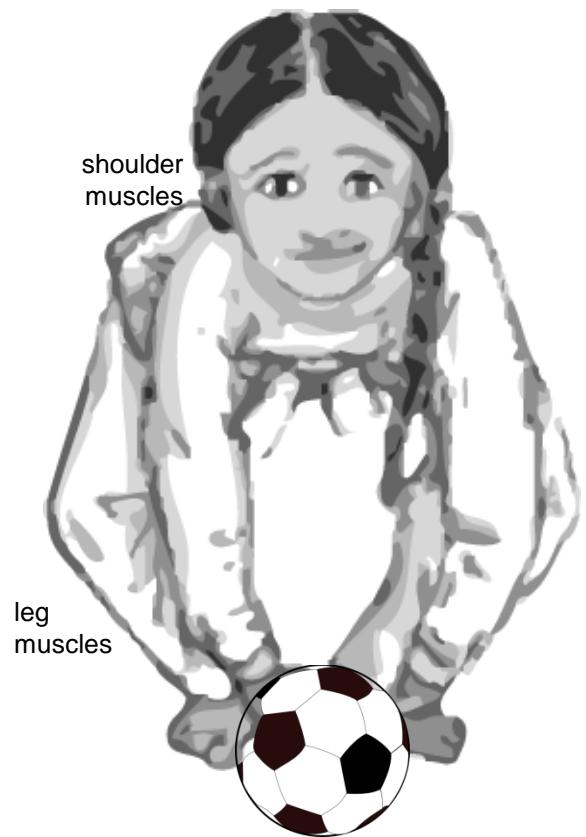
Kim kicks the ball to Kelly.

P



Peter plays passing the ball to Pamela.

O



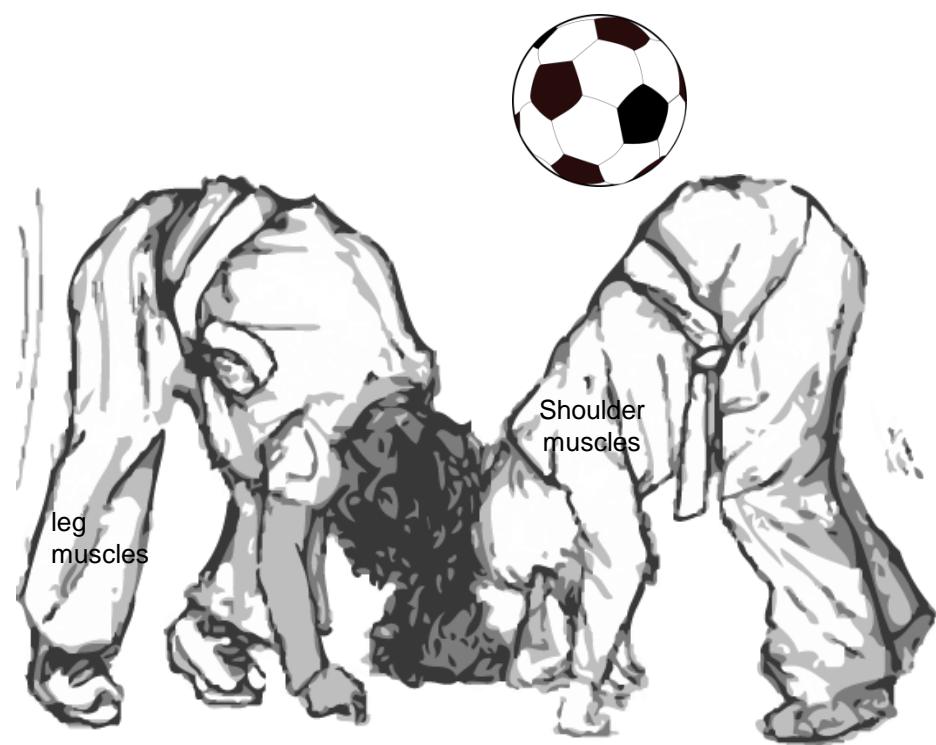
Ola's offense is outstanding.

L



Lao uses his legs to lap up the ball.

M



N



Melinda and Mandy's muscles empower their moves.

Nadia nailed a nice shot into the net.