



INTERNATIONAL TALENT FOOTBALL CLUB

30-Minute Home Ball Skills Training Session

DURATION	EQUIPMENT	SPACE REQUIRED	AGE GROUP	SKILL LEVEL
30 Minutes	Ball, Water	10×10 feet	8-16 Years	Beginner to Int.

PART 1: Warm-Up

5 MINUTES

1 Ball Familiarization

2 min

Ball Taps Exercise



OBJECTIVE: Get comfortable with the ball and prepare muscles for activity

INSTRUCTIONS:

1. Start with the ball between your feet
2. Lightly tap the ball back and forth using the inside of both feet
3. Keep your knees bent and stay on your toes
4. Focus on soft touches, maintaining close control
5. Gradually increase the speed of your taps

KEY POINTS:

- Keep your head up as much as possible
- Use small, controlled movements
- Maintain athletic posture (knees bent, ready to move)

★ PROGRESSION

- Beginner: Slow, controlled taps, focusing on proper form
- Advanced: Increase tempo, add directional changes

2 Dynamic Stretching with Ball

3 min

OBJECTIVE: Warm up muscles while maintaining ball contact

INSTRUCTIONS:

1. **Toe Touches with Ball (1 min):** Stand with ball under one foot, touch toes without losing control, alternate feet every 10 touches
2. **Figure-8 Leg Raises (1 min):** Tap ball in figure-8 pattern around and between feet, keep ball close and maintain rhythm
3. **Side-to-Side Foot Rolls (1 min):** Roll ball from inside of one foot to the inside of the other, use sole of foot for control

KEY POINTS:

- Never sacrifice control for speed during warm-up
- Focus on proper technique over intensity
- Listen to your body and ease into movements

PART 2: Ball Control Drills

10 MINUTES

3 Foundation Dribbling

4 min

INSIDE-OUTSIDE DRIBBLING



OBJECTIVE: Develop close ball control and coordination

INSIDE-OUTSIDE DRIBBLING (2 min per foot):

1. Dribble forward using only your right foot
2. Alternate between inside and outside of foot touches
3. Keep the ball within one foot of your body
4. Take 20 small steps forward, then turn and repeat
5. Switch to left foot for another 2 minutes

KEY POINTS:

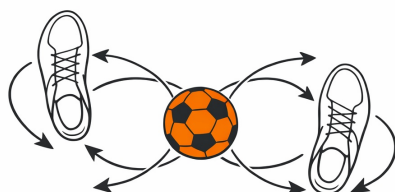
- Keep touches small and controlled
- Maintain ball close to body (within 1 foot)
- Keep head up, scanning space
- Stay on toes, ready to change direction

★ PROGRESSION

- Beginner: Slow pace, focus on form
- Intermediate: Moderate speed, add direction changes
- Advanced: Fast pace, incorporate feints

4 Ball Mastery Stationary

3 min



INSTRUCTIONS:

1. **Toe Taps (1 min):** Alternately tap the top of the ball with the bottom of your feet, keep feet moving quickly
2. **Foundation Scissors (1 min):** Step over ball with right foot, immediately with left, continue alternating, stay low
3. **Inside-Inside Rolls (1 min):** Roll ball across body using inside of feet, keep ball close and maintain smooth rhythm

KEY POINTS:

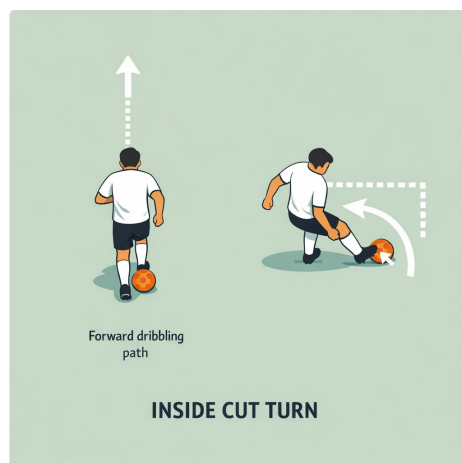
- Keep movements quick but controlled
- Maintain balance throughout exercises
- Quality over quantity - focus on proper technique
- Keep eyes up as much as possible

★ TARGETS

- Beginner: 50+ toe taps in 1 minute
- Advanced: 100+ toe taps in 1 minute

5 Directional Changes

3 min



INSTRUCTIONS:

1. **Inside Cut (1 min):** Dribble forward, plant foot and use inside of other foot to cut ball 90°, repeat every 5-6 steps
2. **Outside Cut (1 min):** Dribble with speed, use outside of foot to push ball at 45°, accelerate after cut
3. **Cruyf Turn (1 min):** Dribble forward, plant foot, drag ball back behind standing leg with other foot, turn and accelerate

KEY POINTS:

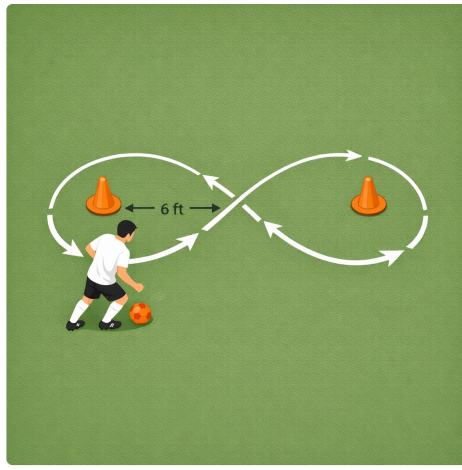
- Lower your center of gravity before making turns
- Maintain control through entire movement
- Accelerate out of the turn
- Keep ball close during direction changes

PART 3: Dribbling & Footwork

10 MINUTES

6 Dribbling Patterns

4 min



INSTRUCTIONS:

1. **Zigzag Dribbling (2 min):** Dribble forward, change direction every 3-4 steps using inside/outside cuts
2. **Figure-8 Dribbling (2 min):** Dribble in figure-8 pattern around two markers 6 feet apart, use different parts of feet

KEY POINTS:

- Keep ball within 1-2 feet of body
- Stay low and athletic
- Use soft touches
- Maintain constant ball contact

7 Foot Speed Drills

3 min

INSTRUCTIONS:

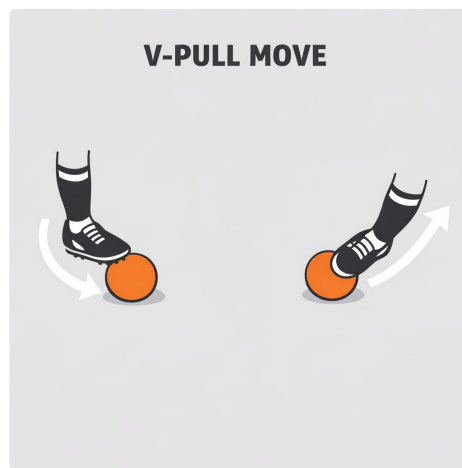
1. **Ladders with Ball (1.5 min):** Tap ball forward with inside of feet, move feet in quick rhythm, take 10 steps forward, turn and repeat
2. **Quick Step-Overs (1.5 min):** Stand with ball stationary, perform rapid step-overs for 30 seconds, rest 15 seconds, repeat

★ TARGETS

- Beginner: Complete 2 full ladder runs consistently
- Intermediate: Complete 4 full ladder runs with good rhythm
- Advanced: Complete 6+ ladder runs maintaining speed

8 Advanced Ball Skills

3 min



INSTRUCTIONS:

1. **Simple Feints (1 min):** Dribble forward, perform body feint without touching ball, then change direction with inside cut
2. **V-Pull (1 min):** Pull ball back with sole of foot, push forward with inside of same foot, creates V shape
3. **Sole Roll Behind (1 min):** Roll ball behind standing leg with sole, complete 360° rotation around body

KEY POINTS:

- Start slow to master technique
- Keep ball close to feet throughout moves
- Lower center of gravity for better balance
- Maintain acceleration after completing moves

PART 4: Cool-Down & Reflection

5 MINUTES

9 Light Ball Work & Stretching

4 min

INSTRUCTIONS:

1. **Slow Dribbling Figure-8s (1 min):** Dribble slowly in figure-8 pattern using inside of feet, focus on relaxation
2. **Hamstring Stretch (30 sec per leg):** Place ball under one foot, extend other leg

forward, bend forward from hips

3. **Quad Stretch (30 sec per leg):** Stand on one leg, pull foot toward glutes, keep knees together
4. **Calf Stretch (30 sec per leg):** One foot behind, keep back leg straight, press heel into ground

KEY POINTS:

- Hold stretches steady (no bouncing)
- Should feel mild tension, not pain
- Breathe deeply and regularly
- Never force beyond comfort

10 Session Review

1 min

REFLECTION QUESTIONS:

1. What did I do well today? (Identify at least one success)
2. What do I need to improve? (Choose one area to work on)
3. What's one skill I'll practice next time? (Set a specific goal)

⚠ SAFETY GUIDELINES

- ⚠ Ensure adequate space to move safely, clear area of obstacles
- ⚠ Wear appropriate athletic footwear and have water available
- ⚠ Stop immediately if you feel pain or discomfort
- ⚠ Maintain proper form to prevent injury
- ⚠ Don't overexert yourself, especially when tired

📅 TRAINING LOG

Date:

Session Completed: Yes No

Skills Practiced: Ball Control Dribbling Footwork

Effort Level (1-5): ○○○○○