



# INTERNATIONAL TALENT FOOTBALL CLUB

30-Minute Ball Fitness Workout

DURATION

30 Minutes

EQUIPMENT

Ball, Markers

SPACE REQUIRED

15x20 feet

FOCUS

Cardio &  
Strength

INTENSITY

Medium-High

## PART 1: High-Intensity Cardio

8 MINUTES

### 1 High Knees with Ball Taps

2 min



HIGH KNEES WITH BALL TAPS

**OBJECTIVE:** Elevate heart rate while maintaining ball control and coordination

#### INSTRUCTIONS:

1. Stand with ball between your feet
2. Bring one knee up high toward chest while tapping ball with opposite foot
3. Quickly switch legs, bringing other knee up while tapping with opposite foot
4. Continue alternating knees rapidly while maintaining ball control
5. Stay on balls of feet throughout the exercise

#### KEY POINTS:

- Drive knees high (aim for hip level or higher)
- Keep ball taps quick and controlled
- Maintain upright posture, avoid leaning forward excessively
- Aim for rhythm and consistency

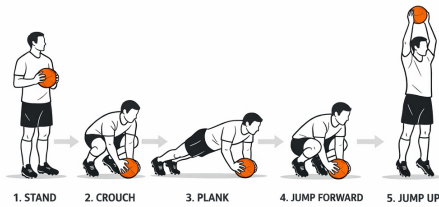
#### ★ PROGRESSION

- Beginner: Slow, controlled movements
- Intermediate: Faster pace, maintain rhythm
- Advanced: Add forward movement while performing

### 2 Burpees with Ball

2 min

## BURPEES WITH BALL



**OBJECTIVE:** Full-body cardio exercise incorporating explosive movements and ball control

### INSTRUCTIONS:

1. Stand tall holding soccer ball at chest level
2. Squat down, place ball on ground
3. Jump feet back to plank position with hands on ball
4. Jump feet forward to squat position
5. Explosively jump up, raising ball overhead
6. Land softly and repeat

### KEY POINTS:

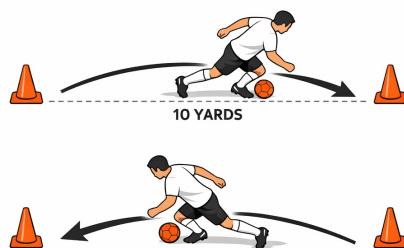
- Keep core engaged throughout movement
- Control the ball during all phases
- Land softly to protect joints
- Maintain proper plank form (straight line from head to heels)

### ★ PROGRESSION

- Beginner: Step feet back instead of jumping
- Intermediate: Full burpee with jump
- Advanced: Add push-up in plank position

## 3 Shuttle Runs with Ball

4 min



**OBJECTIVE:** Develop speed, agility, and ball control under fatigue

### INSTRUCTIONS:

1. Set up two markers 10 yards apart
2. Start at first marker with ball at feet
3. Sprint to second marker while dribbling ball

4. Control ball at marker, immediately turn and sprint back
5. Repeat continuously for workout duration
6. Focus on tight turns and maintaining control

**KEY POINTS:**

- Explode off each turn with powerful steps
- Keep ball close during sprints
- Use inside of foot for controlled turns
- Gradually build speed throughout

**★ PROGRESSION**

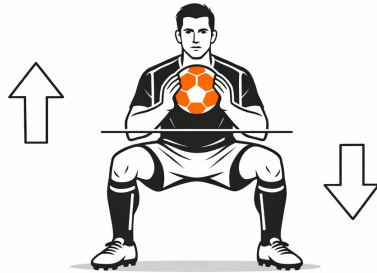
- Beginner: Longer rest between sprints
- Intermediate: Continuous sprints with minimal rest
- Advanced: Increase distance to 15 yards

## PART 2: Strength & Power

8 MINUTES

### 4 Ball Squats

2 min



**OBJECTIVE:** Build leg strength and power while engaging core with ball hold

#### INSTRUCTIONS:

1. Stand with feet shoulder-width apart
2. Hold soccer ball at chest level with both hands
3. Lower into squat position (thighs parallel to ground)
4. Keep weight in heels, chest up, back straight
5. Press through heels to stand back up
6. Squeeze glutes at top, repeat exercise

#### KEY POINTS:

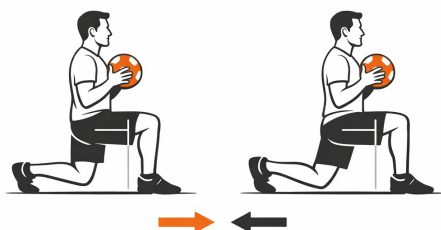
- Keep ball close to chest throughout
- Maintain proper squat depth
- Don't let knees cave inward
- Control movement on way down, power on way up

#### ★ PROGRESSION

- Beginner: 10-12 reps, focus on form
- Intermediate: 15-20 reps, moderate pace
- Advanced: Add jump at top (squat jumps)

### 5 Walking Lunges with Ball

2 min



**OBJECTIVE:** Develop single-leg strength, balance, and coordination with ball control

**INSTRUCTIONS:**

1. Stand tall holding ball at chest level
2. Take a large step forward with right foot
3. Lower until both knees at 90 degrees
4. Keep front knee behind toes, back knee off ground
5. Push off front foot to bring left foot forward
6. Alternate legs continuously

**KEY POINTS:**

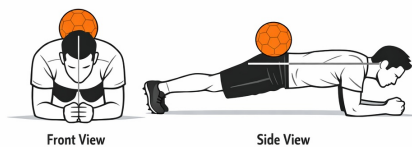
- Keep torso upright throughout movement
- Maintain ball position at chest
- Step forward enough to achieve 90-degree angles
- Control each lunge, don't rush

**★ PROGRESSION**

- Beginner: Stationary lunges (step back to start)
- Intermediate: Walking lunges with ball
- Advanced: Add ball dribbling during lunges

**6 Plank with Ball Balance**

2 min



**OBJECTIVE:** Strengthen core and improve stability with ball balance challenge

**INSTRUCTIONS:**

1. Start in plank position on forearms and toes
2. Keep body straight from head to heels
3. Place soccer ball on lower back/hips
4. Engage core to keep body straight and stable
5. Hold position without letting ball roll off
6. Focus on breathing and staying tight

**KEY POINTS:**

- Keep core braced throughout
- Don't let hips sag or raise too high
- Pick challenging but stable ball position
- Gradually increase hold time

#### ★ PROGRESSION

- Beginner: Plank without ball first (20-30s)
- Intermediate: Ball on lower back (30-45s)
- Advanced: Ball on upper back (45-60s)

## 7 Ball Push-ups

2 min

**OBJECTIVE:** Build upper body strength and core stability with unstable surface

#### INSTRUCTIONS:

1. Place soccer ball under one hand for push-up
2. Assume push-up position with other hand on ground
3. Lower chest toward ground with control
4. Push back up to starting position
5. Do half reps, then switch ball to other hand
6. Focus on stable core and controlled movement

#### KEY POINTS:

- Keep body straight like a plank
- Control movement especially on ball side
- Don't let hips twist or sag
- Breath consistently throughout

#### ★ PROGRESSION

- Beginner: Regular push-ups first
- Intermediate: Ball under one hand
- Advanced: Both hands on ball (if stable)

## PART 3: Agility & Coordination

8 MINUTES

### 8 Lateral Slides with Ball

3 min



**OBJECTIVE:** Improve lateral movement speed, agility, and ball control

#### INSTRUCTIONS:

1. Set up two markers 5 yards apart
2. Start at one marker in athletic stance
3. Shuffle sideways to other marker while dribbling ball
4. Dribble using inside of feet only
5. Stay low with knees bent throughout
6. Touch marker, immediately shuffle back to start

#### KEY POINTS:

- Keep feet parallel, don't cross over
- Stay low with athletic posture
- Maintain close ball control while shuffling
- Push off lead leg for quick direction changes

#### ★ PROGRESSION

- Beginner: Wider stance, slower pace
- Intermediate: Faster shuffles, tighter control
- Advanced: Add change of direction moves at markers

### 9 Box Drill with Ball

3 min

**OBJECTIVE:** Develop multidirectional agility and ball control under fatigue

#### INSTRUCTIONS:

1. Set up 4 cones in 5-yard square
2. Start at bottom cone facing forward
3. Sprint forward to top cone, dribbling ball
4. Shuffle sideways right to top-right cone
5. Backpedal to bottom-right cone
6. Shuffle sideways left back to start
7. Repeat continuously in both directions

#### KEY POINTS:

- Use proper technique for each direction
- Maintain tight ball control throughout
- Stay low for quick changes of direction
- Explode out of each corner

#### ★ PROGRESSION

- Beginner: Focus on technique over speed
- Intermediate: Increase pace throughout
- Advanced: Perform with different dribbling moves

## 10 Jumps with Ball Control

2 min

**OBJECTIVE:** Build explosive power while maintaining ball control in air

#### INSTRUCTIONS:

1. Hold ball at chest level with both hands
2. Perform vertical jump, extending fully
3. While in air, tap ball between feet twice
4. Land softly on balls of feet
5. Immediately repeat next jump
6. Focus on height and quick ball touches

#### KEY POINTS:

- Use arms to help generate jump height
- Keep ball taps quick in air
- Land softly to protect knees
- Maintain rhythm between jumps

#### ★ PROGRESSION

- Beginner: Low jumps, skip ball taps
- Intermediate: Higher jumps with ball taps
- Advanced: Add tuck jumps in between

## PART 4: Cool-Down & Stretching

6 MINUTES

## 11 Light Ball Work & Static Stretches

6 min

#### INSTRUCTIONS:

1. **Light Dribbling (1 min):** Easy dribbling in small area, focus on relaxation
2. **Quadriceps Stretch (1 min):** Stand, pull foot toward glutes, hold 30s each leg
3. **Hamstring Stretch (1 min):** Forward fold from hips, hold 30s each leg
4. **Shoulder Stretch (1 min):** Cross arm across body, hold 30s each side
5. **Leg Swings (1 min):** Front-to-back and side-to-side swings
6. **Deep Breathing (1 min):** Standing tall, slow deep breaths to lower heart rate

#### KEY POINTS:

- Hold stretches steady (no bouncing)
- Focus on releasing muscle tension
- Breathe deeply and slowly
- Ease into stretches gently

### **⚠ 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 over intensity - quality over speed
- ⚠ Listen to your body, take breaks when needed
- ⚠ Stay hydrated throughout workout

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