Placekicking

Importance of Placekicking

Placekicking can win or lose a football game for any given team. Having a consistent placekicker will give a team a considerable advantage when a ball game is close. Placekickers are among the leading scorers on any team, especially in college and professionally. This kicking manual will allow you to review and practice the proper kicking techniques and strategies to be an effective placekicker.

Necessary Physical Qualities For a Placekicker

- **Flexibility** Placekickers must possess freedom and ease of movement of muscles and joints. Strength and performance will depend on how flexible a kicker is. Adequate time to properly stretch will allow a kicker the opportunity to execute proper form and technique when placekicking.

- **Balance** A placekicker must begin and end every kick with balance. A good kick begins with a comfortable balanced stance and ends with proper follow through as the kicker must balance on one foot.

- **Rhythm** A good placekicker is usually a good athlete. A kicker’s rhythm of movements is vital in order to achieve maximum results. A placekicker must strive for strength, speed of movement, endurance, and power. These must all relate to proper timing every time the ball is kicked.

- **Consistency** Although placekicking techniques vary slightly for each individual, the with technique fundamentals are the same. A consistent placekicker uses the same form for every kick attempted.

- **Leg Speed** The amount of speed you can generate with your leg will determine how far and high the ball will travel.

Ball Placement

The placement of the ball on the kicking block is an important aspect in placekicking. You do not want the ball placed too close to the front of the block. This increases the chances of the placekickers foot to strike part of the block. Most soccer-style kickers prefer the ball to be placed straight up and down with a tilt towards the holder. This allows the placekicker the best shot at contacting the “sweet spot” of the football. The tilt of
the football will vary for each kicker depending on their angle of approach and foot positioning. When experimenting with tilt of the football, the ball should always be tilted towards the holder. This takes away a little bit of the natural hook a kicker may have. NEVER tilt the ball away from the holder, this will only increase the natural hook a kicker has.

Steps

Your walk back is important. A kicker should never be more than 10 1/2 feet away from the ball. In the NFL, no one is farther than that. The farther you are away from the ball the more things get out of rhythm. People tend to overstride which leads to inconsistency. The less time a kicker spends in the air approaching the ball the better it is for the kicker. You should always take your steps straight back pointed in the direction of your target. Once straight back, the kicker should take 90 degree steps over from his target. Always make sure you are taking a 90 degree angle over because this can lead to problems if you take different angles to the ball.

Stance

A well balanced stance is important in order for the placekicker to approach, contact, and follow through each successful kick. The kickers stance should be comfortable with the feet shoulder width apart. There are three basic types of stance.

1) Feet parallel

2) Kicking foot forward

3) Non-kicking foot forward
Experimenting with these different stances will allow you to determine which is most comfortable for you. The stance will usually dictate if you will take a 2 or 3 step approach to kicking the football. Never face sideways to your target. Make sure you start with your hips facing towards the ball when you start.

**Position of Head and Eyes**

The eyes of a kicker should never leave the spot of impact. This means that until the ball is kicked, the kicker does not look anywhere but at the block. Once he sees the ball in his peripheral vision he moves toward the block. All his focus is on the sweet spot of the ball. Once impact has occurred the kicker should keep his head down and continue to look at the block until he has completed the transfer of weight.

**The Approach**

Once the kicker has seen the ball in his peripheral vision he should start his movement towards the block. He should not lunge or run to the ball. As we covered earlier, the kicker should be at a distance where he can comfortably stroke the ball. This means smoothly be able to approach the ball in coordinated steps. His first step should be smaller than his last. (counting his first full step as his first, not counting any jab steps) Jab steps are all right to have as long as they are the same length every time you do it. Kickers have a tendency to take bigger jab steps on longer field goals. These longer jab steps lead to inconsistencies. A kicker’s last step should not have too much “air time”. You can tell if you are overstriding by the length of your last step. If you are jumping on your last step you need to start closer to the ball.

**Planting**

Planting is important to a good kick. A kicker should always have a plant shoe that he feels comfortable in. Your plant foot should always face the direction you want the ball to go. The distance between the block and the ball should be between 8-14 inches. Roughly speaking, when kicking off the ground, a kicker’s ankle should be on the same line as the ball. When kicking off a 1 inch tee the kickers ankle should be farther back. The middle of his foot should be where the ball is. When using a 2 inch tee, a kicker’s toes should be where the ball is. These are rough guidelines to follow. Every kicker is a little different in their comfort zones. If a kicker is consistently hooking the ball, it might be because he is too far back with his plant foot. If a kicker is consistently slicing a ball, it might be because he is too far forward of the ball. Your plant foot determines where your hips will be positioned at impact. Your hips at impact determines where the ball will go. It is critical that a kicker finds a good consistent plant foot placement.

<table>
<thead>
<tr>
<th>Off the Ground</th>
<th>Off 1” Tee</th>
<th>Off 2” Tee</th>
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<tbody>
<tr>
<td><img src="image1" alt="Footprint" /></td>
<td><img src="image2" alt="Footprint" /></td>
<td><img src="image3" alt="Footprint" /></td>
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Body Position

Body position at impact is crucial. A kicker wants to get proper lean off. Lean off allow a kicker to clear hips and generate full impact on the ball. A kicker always wants his hips to face the direction that he is wanting the ball to go. If your hips are straight and you mis-hit a ball it still might go in for you. The hips must be facing the target at impact. The kicker also wants to bring his opposite hand across his body at impact. This helps a kicker keep his hips centered with the target.

Impact

Impact is by far the most important time of the kicking motion. This is what determines if the kick will be good or not. The first important factor is leg lock. A kicker must achieve leg lock in order to hit a ball his best. Leg lock is where a kickers knee is locked at impact. If a kickers leg is not locked, the ball won’t have as much power or accuracy. It is like hitting a baseball with a broken bat. Once a player can achieve leg lock he will dramatically improve his performance.
There are two different styles of hitting position. One is called the “CLUB”. The club is a position where the kicking foot is perpendicular to the plant foot. The bottom of the kicker’s foot is facing the ground at impact. This style uses the groin muscle to build the leg speed. In this style a kicker follows straight through the target line. It is the preferred style of many kickers who have to kick off the ground because it is easier to lift the ball with the club.

The other hitting position is called “Soccer Style”. In this style the toe is pointed down at the ball and the bottom of the foot is pointed close to parallel to the ball. This style uses more of your quadriceps muscle to build up leg speed. This style is easier to do off a tee than off the ground because the sweet spot of the ball is raised on the tee.

Another critical factor in hitting the ball is keeping your ankle locked at impact. If you don’t lock your ankle the ball won’t get the nice and slow rotating rotation found on well hit balls. If a kicker wraps his toes around the ball he may experience a spiral effect. This is happening because he hit the ball and then wrapped his toes around the side panel to cause this motion.

![Club](image1)
![3/4 Club](image2)
![Soccer Style](image3)

**After Impact**

It is important to release off your plant foot after contact. We suggest a nice smooth skip down field after a kicker strikes the ball. He should be careful not to fall sideways after contact. The transfer of weight is an important element in kicking smoothly. The follow through should be at least waist high with the kicker not looking at the ball until the weight transfer is completed.

**Importance of Good Equipment**

No kicker should practice without the proper equipment. A soft leather shoe that fits tightly around the foot is ideal. Most college and professional kickers use a kangaroo leather soccer shoe to kick with. It is very important that kickers have the proper shoes depending on the type of surface they are practicing on. Longer cleated shoes should be worn when playing on wet or soft fields to increase traction and minimize the chance for slipping. Remember, give yourself every advantage in order to successfully attempt a kick.
Drills for Placekickers

*Post drill*  
Stand approximately 25 to 30 yards away from the goalpost and make either upright your target. Line up your steps at the target exactly as you would if aiming down the middle. Test your accuracy at hitting the uprights.

*Line drill*  
Line up any kick straight down any sideline or endline. Try and kick the ball straight using proper technique so that the ball flies and lands close to the line. For an added challenge, try kicking the ball over the uprights on the endline of the endzone keeping the ball straight. This will improve your height of kicks as well.

*Height drill*  
Start out by standing seven yards away from the crossbar. Try to successfully hit the ball over the crossbar using proper form and technique. When you can consistently be successful from this distance, try moving closer to the crossbar. Use good form every time.

*Lock out drill*  
This drill works on getting leg lock. First you have someone kneel on one knee. They place the ball against the leg one the ground. The kicker the stands at proper FG distance and strokes the ball against the leg of the partner. The key is the focus on locking the leg out at the exact time they make contact with the ball.

*No Step drill*  
This drill is a good warm up drill. The kicker stands over the ball with proper alignment. He uses no steps or momentum and strokes the ball. The kicker should concentrate on getting good ball foot contact with this drill.

*Free Swing drill*  
This is a good drill to work on your alignment. In this drill a kicker goes up and down the hashes and works on his proper alignment. There is no ball, but the kicker pretends there is one in front of him. He tries to work on proper technique and being smooth with no ball in front of him to hit. The key of this drill is to feel comfortable with your steps at different spots on the field. The kicker should kick through the target like it is a game situation.
21 POINTS TO IMPROVE DISTANCE AND CONSISTENCY ON FIELD GOALS AND KICK OFFS.

1. Intro -

2. Ball & Block Placement (Target Line) -

3. Marking Off Your Steps (No Farther Than 120 Inches From Block) -

4. Double Check Target Line & 90 Degree Steps Over -

5. Athletic Stance - (Eyes Focused On Block)

6. Jab & Drive Step Under Control -

7. Plant Step -(Land Light, Plant And Pull)

8. Plant Foot Position -(Facing Target, 6-12 Inches Wide, Depth Depends On Block Height, Deep Plant Allows For Balance At Impact)

9. Head Position & Body Position -(Eyes On Ball, Center Of Mass Underneath, Opposite Arm Above 90° And Crosses At Impact To Add Balance)

10. Opposite Shoulder In Front Before Contact And Kicking Shoulder Rotates Forward After Contact To Improve Balance At Impact
11. Lean-Off And Head Position -

12. Leg Swing - (3 Step Process)

13. Path Of Leg Swing - (Knee Inside)

14. Leg Lock - (Timing Involved)

15. Ball Foot Contact - (Soccer Style, Club Style, 3/4 Club Style)

16. Ankle Lock -

17. Transfer Weight – (Skip Down Target Line)

18. Head Position & Follow-Thru -

Kickoffs

19. Steps Are Vital (Tempo, Adjust Steps From Start Of Approach 7-12 Yards Away)

20. Plant Foot Similar To Fg Plant (Must Emphasize Plant And Pull)

21. Hurdle Through The Ball (Shoulder Should Rotate Forward Before Landing)
Reasons For Bad Kicks

Low Kick
1. Leg Swing Arch Coming Across Rather Than Up And Through
2. Ball Foot Contact To High Above Sweet Spot
3. Body Position Is Crunched Instead Of Being Tall
4. Ball Foot Contact Made On Ankle
5. Plant Foot To Far Back

Wide Left For A Right Footed Kicker
1. Hips Over Rotate (Approach Speed And Tempo Influence This)
2. Plant Foot Aimed Left
3. Foot Position At 2 Or 1 O'clock
4. Looping Leg Swing
5. Weight Transfer Made Falling Sideways Or Not At All
6. Early Leg Lock

Wide Right For A Right Footed Kicker
1. Lack Of Leg Lock (Approach, Too Much Knee Movement)
2. Ball Foot Contact Made On The Toe (Plant Could Be To Wide)
3. Plant Foot To Far Forward
4. Ball/Foot Contact To Low On Ball
5. Weight Of Kicker Is Behind Him And Falls Back
6. Lifts Head To Soon After Contact

Wobble On Rotation -
1. Loose Ankle On Contact
2. Wrong Part Of Foot Or Too Much Of Foot Makes Ball Contact

Spiral -
1. Toe Catches 3rd Panel Of Football
2. Leg Swing That Comes Across Body Rather Than Up And Through Target Line
3. Ball Catches Ankle On Contact
4. Plant To Far Forward Normally A Result Of Overstriding

1. Daily Drills – This is an inseason schedule for a serious high school kicker. You as a coach may need to adjust your kicker’s schedule due to time or the kicking shape of your kicker’s leg. Generally you would like to do more kicking reps early in the week and taper off towards the end of the week.
Dry Run Drill (5 Reps) - Works On Tempo And Muscle Memory, Can Focus On Impact And Proper Ball Foot Contact

No-Step - (5 Reps, May Also Want To Do One Step Drill) Can Feel Leg Lock And Proper Or Improper Leg Lock As Well As Ball Foot Contact Allows Kicker To Work At Slower Speed And Still Get Feel Or Leg Lock And Ball Foot Contact

Height Drill (3 Reps) - Lets Kicker Focus On Staying Tall Through The Ball And Gets Instant Feedback Regarding His Flight Trajectory

Goalpost Drill Side And Front - (5-10 Reps) Aim Small Miss Small, Improves Accuracy, And Makes A Wild Kicker Focus And Calm Down

Ball Grab Drill - (Can Use This With Other Full Approach Drills) Gives Kicker Instant Feed Back If He Is Keeping His Hips Square And Transferring His Weight Down The Target Line

Kick The Hand Drill – (Can Be Used In Many Different Drills To Aid Kicker In Visualizing Kicking Up And Through The Ball Rather Than Across His Body)

Extended Hash Kicking - (5-10 Reps) Makes Goalpost Smaller And Gives Kicker A More Difficult Kick

Horseshoe Drill (Use Narrow Posts If Available) - (15 Reps) Gives Kicker A Chance To Chart On Different Kicks At Different Distances, Allows A Kicker To Chart And See His Strengths And Weaknesses
Chart Live Kicks - (5-10 Reps) Allows Coach To See His Kicker Is Reliable With A Live Snap And Hold, Can Also Be Used To Make A Decision On A Kicker’s Range

**Other Kicking Drills That Can Be Included In A Daily Or Weekly Routine**
Visualization Drill - (Great During 2-A-Days) Builds Comfort Level From All Over The Field, Allows For Mental Reps

No-Step Eyes Closed - Improves Feel Of Football And Sense Of Balance At Impact

Leg Lock Partner Drill - Helps A Kicker Struggling With His Timing Improve His Timing In A Slow And Easy To Perform Way

One-Step Drill- Helps A Kicker Slow Down And Work On His Mechanics At A Slower Speed

Kick Bare Foot Or With A Sock - Gives Instant Feedback If The Ball Was Hit With The Correct Part Of The Foot

**Kickoff Drills (Do Not Do More Than 10-12 Full Kickoffs In A Practice)**

One Step Hurdle Drill - In A Slow Setting It Helps A Kicker Get The Feel Of Rotating Their Hips Thru The Ball

Dry Run Drill - Great Drill To Improve Tempo And Rhythm To The Ball

Goalpost Drill - Good Drill To Help A Kicker Focus On Impact And Staying Smooth On Contact

Square Drill - Gives Kicker A Visual Target Where They Want The Ball To Land
The Kickoff

A lot of times, field position is a key factor in determining who will win a football game. The kickoff is a play where there is the greatest amount of yards gained occurs. The field position game can be won or lost by how your kicker and kickoff team does.

You can place your kickoff tee anywhere between the hash marks for a kickoff. For high school kickers, a two inch tee is the suggested height of the tee that they should use. This will allow them to get under the ball and improve their hang times. This is critical for the coverage team.

The ideal kickoff is a touchback - where you kick the ball into the endzone and the other team doesn’t return it. In a close game, this is very important, and can wear down the moral of the other team. If they are always having to start at the 20 yard line and have to go 80 yards to score, this can get tiring.

It is not possible to kick touchbacks all the time though, so want to work on being as consistent as possible with your kickoffs so even a bad kickoff is not too bad. You want to always be working on distance and hangtime. The only way to get this is to practice more and work on explosive speed through weight and speed training. All three of these things will help you get a stronger leg.

- The first thing to do on kickoffs is find a spot between 5-12 yards where you can build up momentum and be smooth through the ball. Go to a spot in that range that works for you. Everybody is different and feels better at different locations.

- You want to take a similar angle to the ball that you take on field goals. You need to take enough of an angle to allow your hips to open up and go down field.

- It is very important to get good lean off (like we talked about on FG). This allows you to get good leverage on the ball at contact.
• Take steps to the ball that are smooth and consistent. You want to build up momentum until impact which is one of the most explosive movements in all of sports. Kickers often overstride on kickoffs. This leads to mis-hits. Kickers need to be sure that they are in control of their bodies when kicking off.

• Getting leg lock out is huge to driving the ball your best. At impact the kicker releases all of his power on the ball. If his leg is not locked the ball it won’t fly as far or high as it could.

• Keep your ankle locked at impact. If you kick with either the “Club” or the “soccer style” you still need to keep your ankle locked at impact.

• The hurdle is key. Make sure after impact to roll your hips through the ball and land about two yards down field on your kicking leg. Some kickers land on their plant leg. We recomend that kickers land on their kicking leg. The motion looks similar to that of a hurdler.

• The last thing is have fun with kickoffs. Have confidence and feel the adrenaline that game kickoffs present. There are 10 other players on the field to help you out. Don’t try to over-kick the ball.
Punting is one of the most difficult skills to master. It requires hitting an object in motion while incorporating many mechanics that can drastically affect the outcome of your punt. The mastering of these mechanics will directly affect how consistent and good you are as a punter. These mechanics are often overlooked or not known by many high school coaches, so it is a hard situation for many punters. We hope that in reading this section on punting, you will not only learn and know the proper mechanics, but be able to apply them during practice.

Right From The Start

There are certain things that will help you right away before even picking up a football. Some of these things are physical qualities and others are personality traits:

Explosive Strength and Speed - The foot to ball contact lasts for only a split second - it is very quick. In that time you want to transfer as much explosive power as possible through the ball.

Flexibility - In most every sport, flexibility is a factor that always helps and never hinders. In punting, flexibility is very important. The greater the range, freedom, and ease of movement muscles and joints have, the better that persons athletic performance will be.

Coordination - Coordination, again is important in almost every sport. A punter has to be agile and have good rhythm. The more smooth a punter is in his catching, stepping, molding, releasing, and striking the ball, the better the outcome will be.

Positive Attitude - Every time you go out to punt, it should be a good time. No one goes out to punt with the idea in mind that they want to get worse that day. The reason why you are practicing is to get better. It should be a good feeling to know that you are going to get better. Even when you punt bad, you should not be upset and negative. The reason why you punt is because you have been given ability; know you are better than that and come out the next day and punt good.

Learning Attitude - Always try and learn from each punting session. If it is going good or was a good session, look at what you are doing and remember what you were doing. If it is going bad or was a bad session, look at what you are doing or did, and fix it for the next punt or the next time you go out.

Discipline and Dedication - Before even picking up the ball, set in your mind to be disciplined enough to use proper technique that day and to not get sloppy; be dedicated to becoming a better punter.
What's Involved In A Punt?

In punting, everything you do before contact with the ball affects that contact with the ball and the outcome of the punt. These would be:

- Your stance before receiving the ball
- How you receive the ball
- Molding and holding the ball while stepping
- Your droitable - how and where you drop the ball
- Your step pattern - approach
- Your plant foot and ball-foot contact
- Your follow through

Each of these steps in the punting process will be talked about, and then we will talk about some common mistakes that people make when in each of these steps.

Stance

Before receiving the ball, the punter should be in a relaxed stance, with a foot position not too close together, but not too wide. It has to be comfortable for you. You should have slight knee bend, and be ready to move in any direction. Depending on if you are a two-step or three-step punter and right or left footed, the following are some ways your feet will be positioned before receiving the ball. We don't encourage three-step punting because of the fact that it takes longer which can lead to a blocked punt. Also, if you are inspiring to punt in college, you basically have to go to the two-step approach.

Two-step approach (punting foot forward)

Right footed punter

Left footed punter

Two-step approach (feet parallel)

Three-step approach (non-punting foot forward)

Right footed punter

Left footed punter
Common Mistakes With Stance

In regards to stance, it is worse for a punter to have too wide of a stance than too narrow. With both, it would be hard to move quickly if there was a bad snap. When your stance is too wide, it also promotes cross-over. Cross-over occurs because your first step accommodates for you being too wide and your step goes back towards the middle. Your second step then crosses over the first one a little. This causes your body to not be square down field then, and you have to swing your leg across your body at the ball when it is dropped. When someone has crossed over, usually their follow through is facing the sideline instead of straight down field. This of course causes inconsistency and erratic punting performance. Crossing over can occur because of too big of steps also, but we will talk about that later.

Receiving the Ball

When receiving the ball:

- The punter should always have his arms extended
- The punter will need to adjust his hands if the ball is snapped high or low. With a high snap, the thumbs should be in and palms out. With a low snap, the palms should be in and thumbs out

Mistakes When Receiving the Ball

A lot of times, a punter will receive the ball with his arms close to his chest. Then when he is stepping and drops the ball, the punter will throw his arms and ball out at the last minute to punt the ball. The end result of extending the arms at the last minute is the ball will keep going but you stop. The ball does already keep going naturally without throwing the ball out there, but now you have thrown the ball out there. The punter then reaches for the ball to make contact, and a lot of times he will make contact with the backside of the ball causing an end-over-end punt instead of a spiral.

Molding and Holding the Ball

*Molding* - when you are molding the ball, you are catching it, positioning the ball so that the laces are upward, and positioning the ball for your hold and the correct drop.

- Again, the arms should be extended.

*Holding* - There are different ways to hold the ball. You want to use a hold that will end in a consistent placement and drop.
Correct Under-Hand Grip  Correct Side Grip  Incorrect Grip due to forward grip on ball

- As said earlier in the molding, laces should be facing upward. For the holding part, the ball should be slanted inward slightly.

- An important thing to remember is to try and keep both hands on the ball as long as possible. There is the hand that holds the ball (using either the top or under grip), and the guide hand that rests on the side of the ball. This guide hand will be released on the last step. Never drop the ball with two hands.

** A very important thing to know is that this molding and gripping of the ball should be taking place while the punter is stepping. The punter does not have enough time to mold, grip, then step and punt. The chances are good that the ball will be blocked. This has to occur while the punter is taking his steps.

Mistakes with Molding and Holding

Some common mistakes with molding are that the punter molds then takes his steps as mentioned above. This is too slow. Also, the grip the punter is using may not be consistent enough to allow him to punt good consistent balls. You may have to change the way you hold the ball. If you are an under gripper, you should never have the ball resting directly on the palm of your hand. There should be some breathing room between your palm and the ball. If not, the palm may make the nose of the ball drop off quickly and allow for a bad drop which will affect how your punt turns out. The last one would be the ball tilt. It should be tilted inward slightly to match the individual’s natural foot position. It may vary from individual to individual depending on their leg swing, but if it is tilted too much, chances are good for punting an end over end ball. If it is slanted out ward, you will never get a ball to spiral over, and will shank a lot.

Your Droptable and Your Drop

Your droptable is probably the most important part of your punt. It is the consistent level and place that you have molded and are now holding the ball, with your arms extended, and you have both hands on the ball. It is called droptable because it should be thought of as if the ball is on a table. While you are walking, you should not wave the ball up and down. It should just sit on this table until you release it and punt it.
The following are some important things to do with your drop that make them consistent:

- The ball should not be tossed up or pushed away from the punter. All you have to do is take your hand away from the ball. The laws of motion will take care of the rest for you. An object in motion tends to stay in motion as one of Newton’s laws of physics says. You will have stopped your body, but the ball will continue on. All you have to do then is snap your leg through and your foot will meet the ball. The ball does not have to be thrown out.

- The ball should be molded, held, and dropped directly in line with the punting leg. This only makes natural sense. You want to drop the ball straight over the leg so it can just come straight up and direct the most force possible on the ball.

- Your droptable should also be somewhere in between your waist and chest. This will be different for each individual depending on their height, leg length, and certain game and weather conditions.

- The ball should be dropped parallel to the ground in no wind conditions. If there is a wind at your back, the nose should be tilted slightly towards the ground, and if there is a wind against you, the nose of the ball should be tilted a little more towards the ground.

- On windy days, hold on to the ball as long as you can and lower your droptable. The less time the wind has to mess with your drop, the better it is for you and the outcome of your punt.

Mistakes With Your Droptable and Your Drop

Some of the mistakes that occur with your droptable and your drop are waving the ball up and down, tossing the ball up or pushing it out when punting, not dropping it directly in line with the punting leg, and not dropping it correctly given a certain weather condition.

Waving the ball up and down will not allow for a consistent drop and contact of the ball. The result will be an inconsistent punting performance. You may be able to hit good punts this way sometimes. Maybe even most of the time in calm conditions you may be able to hit the ball well, but in windy conditions it will cause havoc with your punting.

Not dropping the ball directly in line with the punting leg will cause you to drop it too far inside, or too far outside. If you drop it too far inside you will shank the ball to the left. If you drop it too far outside you may contact the ball with the outside of your foot which will result in loss of power. It still may spiral, but there will be loss of power. Also, you could just end up shanking the ball way to the right if you drop it too far outside the punting leg.

Not dropping it correctly given a certain weather condition will also cause you to not punt consistent. On windy days you should always lower your droptable. The less time the wind has to mess with your punt the better. With a wind at your back, you should think of dropping the ball with the nose slightly downward, getting the ball up and letting the wind carry the ball when it is at your back. Against the wind, the punter should drop the ball with the nose downward, and try and drive the ball through the wind.

Also, a nose up drop is never good. The punt will hit more of the back side of the ball, causing it to not turn over. The ball will still spiral, but there will be loss of distance because it will not turn over.
Your Step Pattern - Approach

Right when the ball hits the punter's hands, he should begin his approach or stepping pattern. Again, the more consistent he is with his stepping pattern, the better. The first step should be thought of as a jab step because you don’t want to take too big of a step. With the rest of your steps, the whole idea behind them is to take normal steps where you are still under control; your body is still square towards your target, and your drop is still good. There are three-step punters in high school, but once you get to college, you have to use a two-step approach. We think that the two-step approach is the best because there are less steps, and less steps means less chance to make a mistake. Also, there is less chance of the ball being blocked. The closer a punter is to the line of scrimmage, the greater the chance is of the ball being blocked. If you are a two step punter, you want to use about only three yards on your approach. If you take a jab step or more steps, use no more than four yards.

Mistakes With Your Step Pattern - Approach

The reason why you want to think of your first step as more of a jab step is because you don’t want to take too big of a step. Too big of a first step leads to overstriding. This will also throw your last step off and cause you to either have to reach for the ball, cross over, or just be too out of control. Taking too big of steps can throw other important parts of the punt off, and cause inconsistent performance. Like said earlier, you want to take normal steps where your are still under control; your body is still square towards your target, and your drop is still good. Also, the bigger the steps, the closer to the line of scrimmage you are, and the greater the chance of the ball being blocked.

Your Plant Foot and Ball-Foot Contact

As far as the plant foot goes, it should be pointed where ever you want the ball to go. The ball will travel in the direction of where the plant foot is aiming.

With regards to ball-foot contact, if you want a spiral with maximum distance, the ball should be dropped so that the fat part of the ball will meet the fat part of the foot where it is really bony. The toe should be kept depressed throughout the punt and the follow through. In this way, the nose of the ball will turn over and spiral at the top of its flight. Contact should be made at about knee level for no wind or wind at your back conditions, and below the knee level for against the wind conditions.

Mistakes With Your Plant Foot and Ball-Foot Contact

As far as the plant foot, it is the best way to measure where the ball will go if everything is good and you hit properly. You can sometimes get away with not having your plant foot aiming to where you want the ball to go, but we wouldn’t suggest it. Also, in situations where your coach wants you to pooch punt it or directional punt, it is very difficult to maintain consistency if the plant foot is out of alignment.

If your toes are not depressed throughout the punt, and your toes relax and come back up immediately after contact, the ball will not turn over. The tail of the ball will spiral down first. A loss of distance is the result. For the ball-foot contact, so much is dependent upon if the rest of your mechanics were good up to this point.
**If you don’t hit the fat part of the ball with the bone on the top of your foot, then many different things can occur - shanks, punts to the far right with loss of power, ducks that neither spiral or go end-over-end, etc.**

**Follow Through**

When following through, the punting leg should swing through in as straight of a line as possible. If your balance is correct, your body should come up and move down field at the same time. Your plant foot should support your body weight for a split second.

**Mistakes With the Follow Through**

The reason why you may not go through the ball after a punt is because you are back on your heels. This could be due to taking too big of steps. The reason why your follow through may not be pointing downfield is because you may have crossed over or had too wide of a stance from the beginning.

Not bringing your weight through the ball is a loss of power also. The more weight you have coming up and through the ball downfield, the more power you will put behind your punts.

**Drills**

The following are some drills that a person can practice in order to improve the different phases that are in their punt:

1) **Molding drill** - The punter can have someone throw him the ball or just spin it and catch it. The goal is to mold it into the position that he wants to drop it from using the hold that is comfortable to him (the top or under grip). Remember to keep the arms extended.

2) **Drop drill** - Just practicing dropping the ball after molding it without incorporating the steps yet. The ball should bounce straight up to you if you are practicing a drop in no wind. For windy conditions since the nose is pointed down slightly, the nose of the ball should hit first causing the ball to bounce with backward rotation.

   **Practice your drop a lot just dropping the ball, and taking your steps and dropping the ball. Your drop is by far the most important part of your punt. You can screw up the rest of the mechanics on a punt, but if your drop is good you still have a chance to get off a good punt. You can also do everything perfect up to the drop, but if your drop is bad, you don’t have good chances of getting off a good punt.**

3) **Approach drill** - This is to practice your stepping. You probably always want to incorporate the catch and molding with this. So, catch the ball with arms extended, mold it to the place you want to drop it from, use the grip you want, remember to keep it inline with the punting leg, and all this taking place while you are stepping.
Remember to not take too big of a first step because it has the potential to throw everything off. Later, you can incorporate the drop with this drill—doing all of the things mentioned above then dropping the ball. You can just walk around the field catching, molding, stepping, dropping, picking the ball up, and doing it all over again.

4) No step punts - This is a good way to warm up. You can have someone throw a ball to you, catch it, mold it, drop it, and just practice getting that good ball-foot contact. You shouldn’t try and kill the ball. You should just try to get little spirals that turn over about 7-10 yards.

5) One-step punts - Once you are warmed up you can practice catching, taking your first step when you catch it, molding, stopping after one step, pausing, and then taking the final step and punting the ball.

6) Bad snap drill - In games you will receive punts that are high, low, to the left, and to the right. Practice receiving them, adjusting, and then punting.

Directional and Pooch Punting

In the course of a game, the punter can not always just punt away. Sometimes it would be an advantage for his team if he could pin the other team deep in their own territory. This is where the directional and pooch punt come in. The directional punt is a punt that is aimed either away from the returner, a certain area that the coach wants the ball to go to in order for the coverage team to cover better (Directional left, right, or middle), or is a directional out of bounds punt to the left or right. The pooch punt is basically a short very high punt when you don’t have much field to work with, and you want to try and kill the ball inside the 20 yard line as close to the 1 yard line as possible.

In the case of the directional punt it is helpful to know your power zone. What is your power zone? Well, your power zone is the area that the ball will land in on a punt that spirals nose over (turns over). For a right footed punter, this is somewhere 4 yards left of a straight line to 11 yards right of a straight line. For a left footed punter, this is 4 yards right of a straight line to 11 yards left of a straight line. You can find your power zone by punting across the field on a yard line. Once you find it, you can use this information to aim out of bounds to the left or the right, to punt away from returners, and to certain parts of the field for the coverage team.

Power Zones

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![Diagram of Power Zones for Left and Right Footed Punters](image-url)
An easy way to find your power zone would be to find a yard line (say the 50 yard line), and punt across the field using that line as the line you are walking down. Look at your best balls when they turn over, and decide where your power zone is.

Remember that your plant foot has a lot to do with where the ball will go. So when you are going to aim to the left or the right, you have to adjust your feet to aim that way. You should have the closest foot to which ever sideline you are aiming at pointing to your target out of bounds where you want the ball to go, and this is before the snap. Then when you receive the snap, you take a quick glance at where you want to aim out of bounds, take a directional step in that direction, and punt it there.

Example - You are a right footed punter, and have punted a few balls to find out where your best balls land. You find out that they land about 7 yards to the right of a straight line usually when you are hitting good. If you are directional punting out of bounds to the right, you have to keep in mind that the ball will move 7 yards to the right. So if you aim for the goal line, if everything is right, it may land out of bounds at the 7 yard line. If you are directional out of bounds punting to the left, it is the same concept except opposite. This time if you aimed for the 14 yard line, with the ball turning over and drifting 7 yards to the right, the ball will land on the 7 yard line. You can play around with this until you really get good at it, and can work at getting it to land closer and closer to the goal line. Remember, though, that it is better that the ball would go out at the 5 yard line than to try and have it land on the 1 and have it go in the end zone. So don’t over aim.

For the pooch punt, you want to kick a high ball so your coverage team can get down and cover that will land and die somewhere inside the 20 yard line. You want the ball to spiral but not turn over. An easy way to do this is to just tilt the nose of the ball up. When you hit the ball correctly, the ball will spiral but not turn over. You want to use this punt when you don’t have much room to work with. The directional punt and this punt are two weapons to give your team good field position that can result in a win for your team.

Some Important Things

• From snap to punt, the time should be somewhere between 1.9 to 2.1 seconds

• Handling time for the punter, not including the time it takes for the snap to get back should be from 1.2 to 1.35 seconds. Anything over has a greater chance of getting blocked.

• Punters should always be getting timed during practice in order to simulate a game situation

• Punters should also try to practice with as many live situations as possible. Always have someone snap them the ball or have them throw it up and catch it. There are many punters who can crush it when they practice, but not in a game. This is because they are not practicing under the same conditions that they have in a game.

• Remember how important your drop is. You should constantly be practicing your drop

• Everything you do up to hitting the ball (stance, catching, molding and holding, steps, droptable, drop) affects the outcome of your punt.
GOOD PUNTING TECHNIQUES
TO GET MAXIMUM DISTANCE AND HANG TIME

1. Intro -

2. Stance (Balanced) -

3. Receiving And Molding The Ball -

3. Drop Table -

4. Steps (Plant and Pull) -

5. Hand Position On The Hold (Top, Bottom, Side) -

6. The Actual Drop (Get The Ball To The Perfect Spot) -

7. Body Position -

8. Leg Swing -

9. Leg Lock -

10. Toe Depression -

11. Ball Foot Contact -
12. Follow Thru And Finish -

13. Directional Punting -

14. Pooch Punting -

15. Endzone Punting -

Reasons The Ball Goes Left For A Right Footed Punter
1. Inside Drop
2. Crossing Over Action On Leg Swing
3. Impact Is Too High (Caused From Release Height Or Release Timing)
4. Overstriding On Steps

Reasons The Ball Goes Right For A Right Footed Punter
1. Outside Drop
2. Loose Ankle
3. Outside Stepping Pattern
4. Crossover Leg Swing That Makes Impact Too Low

Reasons The Ball Is Low
1. Contact Is Made Below Knee Level
2. Drop Height Too Low And Or Release Time Is To Soon
3. Overstriding Causing Poor Body Position At Impact
4. Leg Swing Is Coming Across Rather Than Up And Through

Reasons The Ball Does Not Turn Over
1. Poor Weight Transfer Down Field And Follow-Thru
2. Improper Contact Point On Ball (Must Be Mass On Mass)
3. Improper Contact Height (Normally When Contact Is Too High)
4. Poor Toe Depression

Reasons The Ball Is Not A Spiral
1. Poor Ball Foot Contact (Could Be Too High Or Low On The Foot)
2. Loose Ankle
3. Poor Toe Depression
4. Bad Drop Meaning A Bad Angle To Hit The Football Properly
Punting Drills

This Is A Suggested Routine For A Serious High School Punter. You As A Coach Will Need To Adjust The Routine Based On The Time Available Or Your Punter’s Leg Conditioning. It Is Better To Get More Reps Early In The Week And Taper Off Towards The End Of The Week.

Dry Run Drill (5 Reps) – Builds Muscle Memory And Can Focus On Proper Leg Swing, Steps, And Follow Thru

Line Drop Drill (Reps 5-10 Reps) – Focuses Punter On Taking Straight Steps And Keeping Elbow Inside On Drop

Catch And Mold Drill (Reps 5-10 Reps) – Improves Punter’s Hands, Punter Can Do Many Reps.

Catch, Mold, And Take Steps Drill (5-10 Reps) – Helps Punter Get In A Position To Be Fast At Impact, Punter Is More Focused On Technique Than When He Punts An Actual Ball

Catch Mold Take Steps And Drop Drill (5-10 Reps) – Focus Is On Small Steps, Drop Table, Flat Drop, Nose Tilted Inside

No Step Drill (5 Reps) – Focus Is On Ball Foot Contact, Keeping Toe Depressed

One Step Drill (Can Have Jab Included) (5 Reps) – Slows Down The Approach, Keeps Center Of Mass Underneath, Gives Simulation Of Proper Drop Table And, Impact Height

Full Approach Punting (20-30 Reps 10-15 Can Be Directional Or Pooch) – Simulates Actual Game Punts, Live Snap Is Preferred
Chart Live Punts (5-10 Reps) – Puts Some Pressure On A Punter To Perform

Bad Snap Drill (5-10 Reps) – Helps Punter Work On Getting His Feet Underneath Him To Be Balanced On Impact

**Problem Solving Punting Drills**

Pocket Rush Drill – Simulates Game Rush, Improves Focus

Partner Ball Contact Drill – Improves The Leg Lock Feel Of A Punter

Step Distance Drill – Makes Punter Aware Of Overstriding

Cone Drill – Keeps A Punter Walking Straight

Goal Post Drill – Improves Accuracy Of A Punter

Hang Time Drill – Helps Punter Sit Back And See The Effect Of Small Step And Sitting Back

Stopwatch In Armpit Drill – Keeps Elbow Inside And Does Not Allow Elbow To Flare

**Special Situations Punting Drills**

Punt Out Of Endzone (Lower Drop And Drive Ball)

Pooch Punt From 40 Or 45 Yard Line With Cones At Gl, 5,10 (Raise Drop Table)

Directional Punt Using Cones

Punting On The Run Drill
Short And Long Snapping

1. Grip-

2. Stance-

3. Address Ball-

4. Hips And Arm Movement-

5. Follow Thru-

6. Differences Between Short And Long Snap-

7. Protection-

Holding

1. Stance-

2. Relation To Point Of Impact-

3. Receiving The Football-
4. Molding The Football-

5. Ways To Get The Correct Seams From The Snapper

**Average Snap To Kick Times For PAT/FG**
High School 1.35
College 1.30
Pro 1.25

**Average Snap To Punt Times (The Distance Of The Punter Can Alter These Times)**
2.1 High School
2.0 College
1.9 Pro

**Snapper Drills**

1. Snapbacks-

2. Snapback Throws-

3. Throwing The Football-

4. Fast Pitch Throw-

5. One-Handed Pull Through-

6. Two-Handed Overhead Pass-

7. Easy Toss-

8. Varying Distance Snaps-

9. Wet Ball Drills-
Strength And Conditioning Training For Kickers And Punters

We Put This Page Together To Help Our Athlete's In Training The Specific Areas Important To Kicking And Punting. Many Of You Have Asked About Off-Season Programs To Help Improve Your Explosiveness Through The Football. The Key To Athletic Improvement Is To Break Down Your Muscles And Give Them Time To Heal. Rest Is A Key Component To Any Strength And Conditioning Program. We Feel These Are Some Of The Best Exercises Around To Develop Kicking And Punting. Kicking And Punting Still Comes Down To The Coordination Of Your Nerves And Muscles. The Best Way To Become Efficient In This Area Is To Actually Kick And Punt. These Exercises Along With Kicking And Punting Will Help You Reach Your Potential.

Matt McGettigan Head Strength Coach Iowa State University (Winner Of The 2001 National Collegiate Strength Coach Of The Year 2001 By The Pfuces) – "Jamie Has Trained Under Our Program For 5 Years. He Has Also Been A Strength And Conditioning Assistant For Us. His Knowledge In Kicking And Punting Specific Exercises Is A Great Benefit To Any Athlete Looking To Train As A Kicker Or Punter."

Mike Berezowski Assistant Strength Coach Chicago Bears – "Throughout Their Careers The Kohls Have Learned Training Techniques For A Kicker And Punter To Improve Their Explosion, Strength, And Kicking Distance."

When Putting This List Together We Have Left Out The Core Lifts Of Every High School And College Lifting Program (Squats, Hang, Power Shrug, And Power Cleans, Etc). We Assume Most Of You Are Already Doing These Exercises. We Also Feel That You Should Only Lift Your Legs Only Twice A Week So They Can Recover. The Last Recommendation Is To Do Your Fast Twitch Movements Before Your Lift. If You Have Any Questions You Can Call Jamie At 262-510-9010.

Auxiliary Lifts (Group #1)
1. Step Ups 3x8 Each Leg And Pyramid Down To 4x5 Each Leg (Increase Weight As Decrease Repetitions)
2. One Legged Rdl's (Romanian Deadlifts) 3x8 And Cycle Down To 4x5 (Increase Weight As Reps Decrease, Make Sure To Have A 4 Count On The Negative)
3. Leg Extensions 2x10 Cycle To 3x7 (Increase Weight As Decrease Repetitions)
4. Glute Ham 3x10 To 3x8 (Increase Difficulty By Placing Weight Behind Your Head)
5. Front Squats 3x9 Cycle To 4x5 (Increase Weight As Reps Decrease)
6. One Legged Squats 3x8 And Pyramid Down To 4x5 Each Leg (Increase Weight As Decrease Repetitions)
7. Jammer Extensions 3x7 To 4x5 (Increase Weight As Reps Decrease)
8. Jammer Rotations 3x7 To 4x5 (Increase Weight As Reps Decrease)
9. Hip Adduction 3x8 (Make Sure To Use Light Enough Weight To Move Leg Quickly, Train Both Legs On This Exercise)
10. Hip Flexion 3x8 (Make Sure To Use Light Enough Weight To Move Leg Quickly, Train Both Legs On This Exercise)
11. Explosive Lunges 3x8 And Pyramid Down To 3x6
12. Multi-Directional Lunges 3x6
13. Butterfly Squeezes 3x10

Plyometric Training Should Start Off With Basic Movements And Advance Once The Basics Are Mastered. I Would Suggest Starting With 50 Ground Touches And Increasing To 100. Make Sure To Rest At Least 48 Hours In Between Training Sessions. Listen To Your Body. If Your Joints And Ligaments Are Sore You May Want To Back Off On The Number Of Reps. Or The Type Of Movements You Are Doing.

**Power/Plyometric Exercises (Group #2) (50-100 Ground Touches)**

1. Jump Squats 4x6 (Weight Should Be Light Enough To Get Good Separation From The Ground)
2. Tuck Jumps 3x10 Sec. (Increase To 3x15 Sec.)
3. Leapfrogs 3 Sets Of 20 Yards
4. Box Jumps 4x10
5. Multiple Box Jumps 3x5
6. Depth Jumps (Do Not Do More Than 2 Times A Week Or More Than 30 Reps In Any One Session)
7. Dot The I 3x10 sec. (Increase To 3x15 Sec.)
8. Depth Jumps With Lateral Burst
9. Single Leg Depth Jumps
10. Single Leg Multiple Box Jumps
11. Bench Blasts 3x10
12. Vertical Rim Grabs, One-Step Rim Grabs, Running One Leg Rim Grabs

**300-500 Ground Touches (Group #3)**

1. Straddle Line Jumps 3x10 Sec.
2. Line Jumps Forward/Back 3x10 Sec. (Increase To 3x15 Sec.)
3. Line Jumps Side To Side 3x10 Sec. (Increase To 3x15 Sec.)
4. Dot Drill 3x10 Sec. (Increase To 3x15 Sec.)
5. Dot Drill With Turns 3x10 Sec. (Increase To 3x15 Sec.)
6. Stair Bursts (Every Stair, Every Other Stair, Every 3rd Stair, One Leg Stair Bursts)
7. One Legged Connect The Dots
8. Ladder Drills (Ali Shuffle, Every Other Rung, One Foot Jumps, High Knees, Many Others)
9. Jump Rope Drills For Speed 6 X 15 Seconds

**Kicking Specific Fast Twitch Exercises (Group #4)**

1. Bungee Cord Assistive Kicking/Punting 4x5
2. Bungee Cord Resistive Kicking/Punting 8x5
3. Swimming Pool Workout 8x5
Other Fast Twitch Exercises (Group #5)
1. Track Workouts Up To 200m
2. Speed And Agility Training With Your Football Coach
3. Hill Sprints
4. Overspend Training (Can Be Done With Hills Or Bungee Cord)
5. Med Ball Squat Throws
6. Squatting Grandma Tosses For Height
7. Squatting Grandma Tosses For Distance
8. Sled Training (Front, Backwards, Sideways) 3 Sets Of Each 10 Sec. Bursts
9. Parachute Running
10. Sprinting In Sand

Flexibility Exercises (Group #6)
1. Dynamic Flexibility Movements (Forward/Back)
2. Dynamic Flexibility Movements (Side/Side)
3. Dynamic Toe Touch
4. Tin Soldier
5. Side Shuffle
6. Backward Run
7. Partner Hamstring (Push/Pull Action)
8. Partner Hip Flexor (Push/Pull Action)
9. Partner Butterfly (Push/Pull Action)
10. Partner Splits (Push/Pull Action)
11. Partner Lower Back Twists
12. Sitting Knee Pulls
13. Achilles Stretch
14. Front Lunge
15. Front Lunge With A Quad Pull
16. Splits
17. Hurdler Splits
18. Achilles Push-Up Stretch
19. Tin Solidier
20. Ankle Stretch (A Must To Hit The Ball At The Proper 3 O’clock Position)
21. Quad Pull
22. Hurdle Movement Stretching
23. Abdominal Stretch

Should Be Done In Sets Of 15 Working Up To 30 Repetitions

Core Development (Group #7)
1. Pause Crunch
2. Pause Crunch With Legs Extended
3. Pause Vertical Leg Touch
4. Jackknifes
5. Bicycles (45 Sec. – 2 Min)
6. Rockers
7. Isometric Abs Holds (20 Sec.-1 Min)
8. Isometric Med Ball Pushes
9. Alternating Knee Bend Twists
10. Alternating Hand Toe Touches
11. Side Crunches
12. Hanging Hip Flexor Pulls
13. Hanging Oblique Crunches
14. Weighted Hip Flexor Pulls
15. Weighted Sit-Ups
16. Hyperextension Sit-Ups
17. Partner Side-To Sides

Should Be Done In 2-3 Sets Of 10 Working Up To Sets Of 15. Add Weight When Exercises Get Too Easy At Current Weight.

Power Core Development (Group #8)
1. Rocky Twists
2. Med Ball Sit-Up Toss
3. Med Ball Sit-Up Twists
4. Med Ball Extended Sit-Up Toss
5. Med Ball Twisting Wall Throws
6. Reverse Med Ball Twisting Wall Throws
6. One Step Med Ball Wall Throws
7. Med Ball Chops
8. Med Ball Slams
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<thead>
<tr>
<th>January-Feb.</th>
<th>March-April</th>
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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<tr>
<td>5 min. Warm-Up Run</td>
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<tr>
<td>8 Minutes of Flexibility Exercises</td>
<td>8 Minutes of Flexibility Exercises</td>
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<tr>
<td>Kick using Bungee or Pool 8x5</td>
<td>4x5 Bungee Warm-up and kick 30 balls</td>
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<tr>
<td>Team Speedwork</td>
<td>Team Speedwork</td>
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<tr>
<td>Lift Upper Body with team</td>
<td>Lift Upper Body with team</td>
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<tr>
<td>6 Min of Core Development</td>
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<td>Post workout stretch</td>
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<td>10 min of Group # 3 Plyos</td>
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<td>Lift Legs with team</td>
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<td>Pick 2 lifts from #1</td>
<td>Pick 2 lifts from #1</td>
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<tr>
<td>6 min. of power core Development</td>
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<td>Team Speedwork</td>
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<td>Team Speedwork</td>
<td>Lift Upper Body with the team</td>
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<td>Lift Upper Body with the team</td>
<td>6 min of # 7 abs</td>
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<td>Post workout stretch</td>
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<td>4x5 Bungee warm-up and kick 30 Balls</td>
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<td>Team Speedwork</td>
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<td>Lift legs with the team</td>
<td>Lift Legs with the team</td>
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<td>Cardio/Cross Train</td>
<td>Cardio/Cross Train</td>
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<td>Post workout stretch</td>
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<td>Kick 40 Balls/Plyos #2</td>
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<td>Abs. From #7</td>
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<tr>
<td>Practice Drops And Dry Runs for 15 min.</td>
<td>Practice Drops And Dry Runs for 15 min.</td>
</tr>
<tr>
<td><strong>Thurs.</strong></td>
<td></td>
</tr>
<tr>
<td>5 min. Warm-Up Run</td>
<td>5 min. Warm-Up Run</td>
</tr>
<tr>
<td>8 Minutes of Flexibility Exercises</td>
<td>8 Minutes of Flexibility Exercises</td>
</tr>
<tr>
<td>Team Speedwork</td>
<td>Team Speedwork</td>
</tr>
<tr>
<td>Lift Upper Body with the team</td>
<td>Lift Upper Body with the team</td>
</tr>
<tr>
<td>6 min of # 7 abs</td>
<td>6 min of # 7 abs</td>
</tr>
<tr>
<td>Post workout stretch</td>
<td>Post workout stretch</td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td></td>
</tr>
<tr>
<td>5 min. Warm-Up Run</td>
<td>5 min. Warm-Up Run</td>
</tr>
<tr>
<td>8 Minutes of Flexibility Exercises</td>
<td>8 Minutes of Flexibility Exercises</td>
</tr>
<tr>
<td>Bungee 3x5 Kick 40 Balls</td>
<td>Bungee 3x5, Kick 40 Balls, Plyos #2</td>
</tr>
<tr>
<td>Lift legs with the team</td>
<td>Lift legs with the team</td>
</tr>
<tr>
<td>Pick 2 Lifts From # 1</td>
<td>Pick 2 Lifts From # 1</td>
</tr>
<tr>
<td>6 min of # 8 abs</td>
<td>6 min of # 8 abs</td>
</tr>
<tr>
<td>Post workout stretch</td>
<td>Post workout stretch</td>
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<tr>
<td><strong>Sat.</strong></td>
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<tr>
<td>Stretch</td>
<td>Stretch</td>
</tr>
<tr>
<td>Cardio/Cross Train</td>
<td>Drops and Dry Runs 15 Min.</td>
</tr>
<tr>
<td>Post workout stretch</td>
<td>Post workout stretch</td>
</tr>
<tr>
<td><strong>Sun. - Rest</strong></td>
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## Kohl's Professional Kicking Camps
### Field Goal and Kickoff Chart

<table>
<thead>
<tr>
<th>Session #1</th>
<th>Session #2</th>
<th>Session #3</th>
<th>Session #4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Distance (Yards)</strong> G/NG</td>
<td><strong>G/NG</strong></td>
<td><strong>G/NG</strong></td>
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<td>% made</td>
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### Total %

| Temp. & Wind | Temp. & Wind | Temp. & Wind | Temp. & Wind |

### Kickoff distance & Hang time

<table>
<thead>
<tr>
<th>Session</th>
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<th>Session</th>
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</thead>
<tbody>
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</tbody>
</table>

### Average Distance & Hang Time

**Total Average**
Accuracy Field Goal - Kickoff - Punting Log