



Kicking Workout - Make sure you are doing a dynamic warm up and a static cool down ! (Punter/KICKOFF Specialists)

Monday - (Punting)

Catch Drill - Catch , Catch Set, Catch set step, Catch set step step (4 of each)
Partner Pass - 8-10 2 yards behind hash - walk, walk pause see ball kick to partner or air
One Step - Sideline 8-10
Full Punt - (put cones in square each side and 2 in middle for pooch)
20 left x 20 right x 10 middle
Deep Stretch when done

Tuesday - (Punting & Kickoff)

Catch Drill - Catch , Catch Set, Catch set step, Catch set step step (4 of each)
Partner Pass - 8-10 2 yards behind hash - walk walk pause see ball kick to partner or air
One Step - Sideline 8-10
Full Punt - (put cones in square each side and 2 in middle for pooch)
16 left x 16 right x 8 middle
Kickoff - 4 4step air kicks - 6 4 step kickoffs
4 full air kicks - 8 full kickoffs

Thursday - (Punting & Kickoff)

Catch Drill - Catch , Catch Set, Catch set step, Catch set step step (4 of each)
Partner Pass - 8-10 2 yards behind hash - walk
walk pause see ball kick to partner or air
One Step - Sideline 8-10
Full Punt - (put cones in square each side and 2 in middle for pooch)
16 left x 16 right x 8 middle
Work on Holding - Simulate the hold - put in position - for a kicker!

Warm up with one step punts then go into Kickoff -

4 4step air kicks -
6 4 step kickoffs
4 full air kicks -
8 full kickoffs

Game Day - Important Notes

- 1. DO NOT BE A PREGAME WARMUP HERO ALL-AMERICAN**
- 2. DO NOT KICK MORE THAN 20-30 BALLS BEFORE A GAME IF COMBO GUY NO MORE THAN 30-40 BALLS**
- 3. PICK OUT YOUR TARGETS IN THE SKY FOR PUNTS**
- 4. KNOW YOUR SURROUNDINGS**
- 5. THINK ABOUT WHAT YOUR DID RIGHT NOT WHAT YOU DID WRONG (NEVER SAY DONT DO THIS)**
- 5. DEEP CONTROLLED BREATHS, FOCUS, DETERMINATION, AND A WILL TO WIN!!!**