

Punters and Kickers
Game Week Practice Schedule

Kicker: EDD's

No Kick Drills

Starting Position Get off X 10

Sweep Drill (Skip) X 10

Ball/Foot Contact: Bag Drill X 30

Follow Through: Hand Drill X 10

Kick Drills

No Step (Form, Accuracy, Height) X2

One Step (Form, Accuracy, Height) x 2

Two Step (Form, Accuracy, Height, Distance) x 2

End Zone Kicks (Height) x5

Pylon Kicks (Accuracy) x5

Yard Line Kicks (Accuracy and Height) x 5

Punter: Edd's

No Kick Drills

Starting Position Get off X 10

Bad Snap's X 15

Sweep Drill (Skip) X 10

Ball/Foot Contact: Bag Drill X 10

Follow Through: Hand Drill X 10

Kick Drills

No Step (Form, Accuracy, Height) x3

One Step (Form, Accuracy, Height) x3

Two Step (Form, Accuracy, Height, Distance) x3

Yard Line Kicks (Accuracy and Height) x5

Hang Time Kicks x5

Monday

Punters - 15 punts (10 corner, 5 middle)

Kickers - 5 extra points, 5 field goals, 10 kickoffs (4 LH, 4 RH, 2M)

Tuesday

Punters - 20 punts (10 Middle, 5 corner, 5 corner)

Kickers - 10 extra points, 15 field goals (45 yard maximum)

Wednesday

Punters - 15 punts (10 corner, 5 middle)

Kickers - 5 extra points, 10 field goals, 5 kickoffs (2 LH, 2 RH, 1 M)

Thursday

Punters - 10 Pooch kicks

Kickers - 10 onside kicks, NO field goals or kickoffs *

Walk through = minimum kicks*****

Friday Pre Game

Kickers:

Starting Position Get off X 10 ---- Sweep Drill (Skip) X 10 ----- Ball/Foot Contact: Bag Drill X 10

Follow Through: Hand Drill X 10

3 extra points, 6 field goals, 6 kickoffs (2 LH, 2 RH, 2M)

Punter:

Starting Position Get off X 10 ----- Bad Snap's X 15 ----- Sweep Drill (Skip) X 10

Ball/Foot Contact: Bag Drill X 10 ----- Follow Through: Hand Drill X 10

5 Hang Time ----- 5 (To Scoreboard), 5 (Away scoreboard)

Saturday

1 mile run

Everyday Drill Description

Starting position Get off:

Player will work on starting position and get off and follow through. These steps help produce your perfect plant foot. By having the same starting position, you don't change your kicking swing for any of your kicks and you'll become more consistent. Take your steps daily!!

Kicking & Skipping: Sweep Drill:

Getting the rest of your body involved in a placekick is essential for you to kick and then skip after kicking the football. This skip varies from kicker to kicker. Some kick and skip a couple of inches while others skip for about 6-8 inches. The reason for this movement is to get your hips and body involved.

From a biomechanical standpoint, if you kick and keep you plant foot stationary, you are predominantly using your leg speed to kick the ball. *A good drill to use to train yourself to skip is the sweep drill. If you kick right footed, start with your left foot in front and your left hand in front about chest height. Your right foot should be just behind your body, with your foot open and toe down. Sweep up and kick your left hand and see if you skip. If you don't, start to force yourself until it happens. Repeat 10 times.*

Ball / Foot Contact: Bag Drill

To get a good hit on the ball, you need to have consistent ball/foot contact. When you make contact with the ball, your ankle and knee should be locked on impact. The angle of your foot is about a $\frac{3}{4}$ turn. Don't turn your foot and have it parallel to the field goal, and don't turn your foot so your laces are facing the field goal. You want to expose the big bone of your foot (located just on top inside part) to the to ball. *A simple exercise is to find a soft blocking bag and practice locking your leg in the right position when you make contact with it.*

Follow-Through: Bag Drill

Another important part of any kicking swing is your follow-through. Most of the time, kickers don't have enough of it. Allowing your leg to kick through the ball will help make you swing more consistent. When you watch golfers, you don't see them take a swing and pull away after contact, unless they are in the rough or a bunker; they swing through on the ball and their club ends up behind them. For a kicker, you want to swing toward your target and achieve as much follow-through as possible. *A great drill for this is to find a partner and ask him to kneel down just to the side of where your ball would be placed on the holder. Have that person hold a hand shield out in front of the tee about waist height. Then tell him to hold the shield there, until right before you make contact with the ball. (The shield should be removed as your foot reaches the tee. You should follow-through and try to kick the shield. This will help you kick through the ball and achieve greater follow-through.*

(1) No-Step Drill

Align self so that plant foot is in the position it would normally be when striking the ball. Make sure the plant leg's knee is bent. The plant foot is not flat on the ground and the weight is on the toes. The arm on the side of the plant foot is pointing toward the target, shoulders are back, the back is straight, the upper body is leaning forward over the toes of the plant foot, and the head is down looking at the football. Swing the kicking leg back and strike the ball. You do not need to swing your leg as hard as you can. The goal of this drill is not distance, but three distinct objectives: hitting the ball correctly on the inside of the foot, executing a good follow-through, and hitting the ball so that it gains height from the moment it is kicked. Make sure you hit the ball on the bone on the inside of the foot that runs to the big toe and that your toes are pointed in the kicking foot. Emphasize a high leg swing on the follow-through.

(2) One-Step Drill

This drill is very much the same as the no-step drill except that the kicker starts one step away from the ball. The one step that is made is the plant foot hitting the correct spot before the player strikes the ball

(3) Two-Step Drill

This is an extension of the no-step and one-step drill progression toward the full approach of a normal kick. The same things about the kicker's technique from the previous two drills should be emphasized, but now distance can be a priority to the kicker in addition to accuracy, form, and height.

(4) End Zone Kicks

Place the ball on the goal line and in front of the goal post. The objective of this drill is to get height on the ball and get it over the bar. Once that is achieved easily move ball closer to post. It is important to MAINTAIN THE SAME FORM WITH MINOR ADJUSTMENTS IF NEEDED. DO NOT TRY TO SCOOP BALL UP.

(5) Pylon Kicks

Place the football at the corner of the goal line where the pylons would normally be during games and attempt to kick the ball through the uprights. Kicking through the goal posts at this angle is more difficult because the width of the uprights is significantly narrower. The goal of this drill is to work on concentration and accuracy.

(6) Yard Line Kicks

Place the football at the sideline of one of the fully marked yard lines (i.e., 10, 20, or 30 yard line) and have them kick the ball across the field. The goal is to have the ball hugging as close to the yard line as possible to ensure that the kick is as straight as possible. The emphasis of this drill is both accuracy and distance since the field is approximately 53 yards wide.