

Coaching Kickers and Punters

Outline

- Month by Month Kicking Plan
- Kicking Technique
- Game Kicking Tips

Month by Month Kicking Plan

January

- Make them better athletes - stronger, more flexible, more explosive, more balanced. Teach them how to run properly. Kicker specific weight room movements: single leg exercises, standing rotational movements, planks.
- Drills and drills - hands work for punters, field goal no steps off the ground, kickoff steps, leg speed balance contact drill.
- Kicking at least once per week

February

- Continue making them better athletes
- Keep drill work going
- Increase kicking to twice per week (50 - 70 kicks per workout)

March

- Continue making them better athletes.
- Continue with drills - start doing them before kicking sessions.
- Build up kicking to 3 short kicking sessions per week - aiming for 50 kicks per workout.
- Communicate game strategy to the kicker - what will you do on kickoffs, punts? How much will you use the kicker?

April

- Kicking 3 times per week - basic straight ball (high and far). All directions to work on different winds.
- Start putting together a consistent and effective warm up routine.
- Get kickers and punters together with snapper and holder occasionally. Teach holder how to hold.

May, June, July - The Big 3

- Goal: 3000 Kicks. 200 - 300 per week spread out over 3 workouts on non-consecutive days. Kicking takes priority over all other activities. Heavy legs or conditioning on same day as kicking - after kicking.
- Mix up the order of skills practiced. Start some workouts with field goals, others with punts or kickoffs.
- Start with best ball kicks, switch to game scenario kicks halfway through.
- Snapper and holder should be present once per week.

August

- Keep kicking 3 times per week. Cut back on reps 25%. Increase focus and quality. Chart 20 field goals (change spots after every kick), 5 kickoffs and 6 punts.
- Maximize the use of snappers, holders, and returners.
- Scale back on kicking another 25% week before the first game.

In-Season Kicking

- Friday: Game Day
- Saturday: 0 kicking, recovery
- Sunday: Corrections. Drills to warm up. 20-40 kicks.
- Monday: Game plan kicking for next game. 30-50 kicks.
- Tuesday: Little to no kicking (only kicks with the team if needed)
- Wednesday: Little to no kicking (only kicks with the team if needed)
- Thursday: Special teams run through. 10-15 kicks

Game Day

- Pre game: 20-30 full kicks total. Kick in both directions. Test the wind and figure out max range.
- Half-Time: 5-10 full kicks. 1-3 kickoffs if kicking off to start second half.
- On sidelines: Drills and light taps in the direction that your offense is moving. Punt warm up when your offense is in own 50. FG warm up when in FG range. Keep track of number of kicks. Rest when other team has the ball. Overall, keep moving/stay warm/avoid standing around.

After the Season

- Take a 3-4 weeks off from kicking. Do something multi-directional and fun - basketball, tennis, pick up soccer, trampoline in the backyard. Anything other than football kicking or couch potatoing.

Kicking Techniques

Field Goals

- Starting Stance: balanced, most weight forward, hips and shoulders at the ball.
- Approach. Goal is to pick up athletic momentum. Straight line at the ball, think “run, or aggressive jog at the ball”... NOT “wind up” for swing. Be firm and tall when striking ground. Weight forward and tall.
- Swing: Clean back-swing toward starting spot, leg snap and rigid kicking ankle/knee at contact with foot open at 2 to 3 o clock, maintain body firmness at contact.

Kickoff Technique

- Approach: Start at 7 yards back, 4 steps over. Walk 2 steps, run 4. Straight line at the ball. Think “running down the hill”. Keep steady pace and run like an athlete. Don’t take on more speed than you can handle.
- Swing: When plant foot hits the ground, you have to “stick the landing” - firm, tall, balanced. Body firmness throughs the swing is a must. Aim to contact with inside or top of the foot as close to your ankle as possible. Ankle ball is much better than toe ball. Focus on vertical swing at the target - but stay on the plant foot as long as possible.

Punting Technique

- Catch with arms extended, balanced, grip back of the ball
- Approach: Walk straight with weight slightly forward and mostly mid foot when striking the ground. Keep the ball steady and leveled.
- Drop: Arm length away over kicking leg - as late as possible. Take the ball out of your hand with quick swing.
- Contact at height of plant knee. Top of the foot to ball belly. Dig in with the plant, snap hard with the kicking leg.

Game Day Kicking

Game Day Kicking

- Punts: Roll out punts, Aussie punts, Directional punts, Punt timing (2.2 seconds total - 1.1 to 1.3 hand to foot)
- Field Goals: Field goal vs. PAT, kicking from hashes, Field goal timing. (1.3 seconds total)
- Kickoffs: Pooch kickoffs, onside kickoffs, squibs.

The Kicking Coach

- send email to get this presentation and monthly Newsletters: coach@TheKickingCoach.com
- Drills on the Website - TheKickingCoach.com under “Videos” tab.
- attend any camp and watch coaching in action.
- Michigan Kicking Camps: Grand Valley State in late December. Hillsdale College - May 30, 31. Brighton High School - August 1, 2.