



Itinerary for 2010 EXPO KICKING & PUNTING COMPETITION

- PARENTS MAKE SURE YOU HAVE RESEVERED YOUR ROOMS IF YOU WANT TO STAY WITH YOUR SON. CALL THE SLEEP IN USE THIS CODE POSTED ON OUR WEB PAGE. YOUR CREDIT CARD WILL BE NEEDED FOR YOUR STAY. YOU MUST GIVE THE PLAYERS FIRST AND LAST NAME TO HOTEL FOR RESERVATIONS AND IF YOU ARE STAYING WITH YOUR SON PLEASD INFORM THE HOTEL. IF YOU ARE NOT A MEMBER OF KICKING.COM PLEASE GO TO THE ONONONEKICKING.COM SITE AND ON THE HOME PAGE ON LEFT SIDE CLICK ON THE KICKING.COM LOGO AND FILL OUT THE FORM TO BE A FREE MEMBER. BE AVAlABLE AT THE HOTEL IF YOU FAILED TO FILL OUT YOUR INFO ON THESE SITES. PLEASE BRING ONE GAME FILM FOR KICKING.COM TO THE EVENT AND WE WILL RECEIVE THEM AT REGISTRATION.

Friday, FEB 26TH- Check Inn for registration.

- 10am – 7pm: Arrival of athletes from airport to the Best Western Orlando West (407-841-8600). Shuttles will be running to the airport every 15 min to pick up coaches, players, and families (vans will have one on one logo's on the vans). Registration and room check- in. (main lobby).
- Bring four balls with you and a pump.
- If you are coming in Friday FEB 26TH and need our shuttle to pick you up please E-MAIL your flight information to oneononekicking@gmail.com.

Saturday, 27TH, 2010:

8:00 am **Registration at Practice facility**
8:00-8:30 am **Group Stretch**
8:30 am

(KICKERS DRILLS)

1. No step (w/ out ball) - 20 minutes
2. No step (w/ball) - 20 minutes
3. No step explosion drill (w/ out ball) - 20 minutes
4. No step explosion drill (w/ ball) - 20 minutes
5. One step (w/ out ball) - 20 minutes
6. One step (w/ ball) - 20 minutes
7. 7 yard height drill - 30 minutes
8. Full steps (w/ out ball) - 30 minutes
9. Full steps (w/ ball) - 30-60 minutes
10. Holder drill - 30 minutes
11. Cage drill - 30-60 minutes
12. Horseshoe (competition drill) - 60-120 minutes

(PUNTERS DRILLS)

PUNTING DRILLS 1-4 weeks REPS / 5 to 8 weeks / 9 to 11 weeks

Shuffle and ball reception drill

Add adjustment in hand with ball on drop table (have partner check you)

Add first step and stop

Ball release drill (plant step only) With ball and w/o ball.

Add first and second step ball on table and slide ball out.

Two step drop drill with partner

Line drive drill (plant step only) 15 w/o ball 10 with ball.

Add first step 15 w/o ball 10 with ball

Add shuffle and reception and dry punt

10 times and then punt 15 times with ball.

Add snap, shuffle with reception

Punt with soccer ball or tennis balls

(eliminates drop problem concentrate on form)

(This section begins 5-8 week program)

Punt with simulated snap

Punt with snap from center

(This section begins 9-11 week program)

Shuffle ball reception with bad snap

(10 to right, 10 to left, 10 short)

Punt with bad snaps

Pooch punt (L.O.S.)

Directional punt (5 right, 5 left)

Punt from back of end zone

Film yourself at least once a week from all different angles watch for mistakes. Pick drills that target your weakness.

When we work on film analysis you will see how I break it down for you to better understand how to evaluate yourself.

12:30 am **Lunch-**
1:00 pm **Assemble Roll Call –**

- 1:15 **Athletes will Compete.**
- 6pm- camp ends for the day.
- 6pm -8pm: Athletes will be bused back to Hotel.
- 8pm – 11pm: Players free time. Players without parental supervision will not be allowed off the hotel grounds with out an escort (One On One staff member).
- 11:00 pm: Bed checks by coaching staff .
- **ANY ATHLETE CAUGHT OUT SIDE THEIR ROOM AFTER BED CHECK WITH OUT A COACHES PERMISSION OR PARENT WILL BE EXEMPT FROM COMPETITION AND WILL WE SENT HOME AT PARENTS EXPENSE; NO EXCEPTIONS.**

Sunday, May 28TH, 2010: - all players are invited to the charting for competition.

- 7 am: Wake up
- 8:00am – 8:20am: Athletes stretch, warm up and prepare for competition
- 8:20am – 12:30pm: Punters and kickers will start their competition
- 12:30pm- 1:30pm: **Break for lunch.**
- 1:30pm – 4pm: Kickers and punters Competition will resume and finish.
- 4pm – 4:45pm: We will notify the players of shuttles leaving to airport all players will be notified who won the national title and it will be listed .
- 5pm: Athletes are free to go with parents. All others will be taken to the airport to catch flights.