



STRETCHING- At the High School level for kickers and punters this is the most over looked area. Punters and kickers must be very flexible and you must stretch twice a day, morning and at night or just after working out or kicking. Always stretch before each work out and lightly afterwards. The course will take 10 weeks on your last 3 weeks you will lesson the amount of reps you will perform see table less reps 3rd week. This program was created by Steve Huffman of the Dallas Cowboys and Coach McCabe added more drills to this program.

PUNTING DRILLS	1-4 weeks	REPS / 5 to 8 weeks / 9 to 11 weeks	
Shuffle and ball reception drill	25	10	5
Add adjustment in hand with ball on drop table (have partner check you)	25	25	5
Add first step and stop	25	25	5
Ball release drill (plant step only) With ball and w/o ball.	25	15	5
Add first and second step ball on table and slide ball out.	25	15	10
Two step drop drill with partner	25	25	25
Line drive drill (plant step only) 15 w/o ball 10 with ball.	25	25	10
Add first step 15 w/o ball 10 with ball	25	25	10
Add shuffle and reception and dry punt 10 times and then punt 15 times with ball.	25	25	10
Add snap, shuffle with reception	25	25	10
Punt with soccer ball (eliminates drop problem concentrate on form)	25	15	10
(This section begins 5-8 week program)			
Punt with simulated snap	25	15	10
Punt with snap from center	25	15	10
(This section begins 9-11 week program)			
Shuffle ball reception with bad snap (10 to right, 10 to left, 10 short)	30	30	30
Punt with bad snaps	10	10	10
Pooch punt (L.O.S.) 35, 40, 45	15	15	15
Directional punt (5 right, 5 left)	10	10	10
Punt from back of end zone	5	5	5

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.

KICKING DRILLS –

1. No step kick	25	15	10
2. No steps against goalpost (lean)	25	15	N/A
3. One step kicks, no ball	25	25	15
4. One step kicks with ball	25	25	15
5. Dry kicks from stance	25	25	10
6. Full kicking from (25 yrd FGs)	25	25	10
(This section begins 9-11 week program)			
• Mark a spot and find it-find it every time with plant foot.			10
• Walk off, find your spot, dry kick		10	
• Kick 20-30 yard FGs		8	
• Kick 30-40 yard FGs		8	
• Kick 40-50 yard FGs		6	
• Kick 50 + yard FGs		3	

WEB: www.oneononekicking.com/