



Punter's Workout (April & May) By Chris Boniol

Practice (2-3 days per week)

Warm Up: 5 minute cardio/agility
Stretch Routine (see Ultimate Kicking Video at
ChrisBoniol.com)

Punting Warm Up: Implement ball handling as much as possible. Work on controlled approach and steady ball release. Ball should be coming off the outside of the foot to get the spiral. Sacrifice power if needed to get clean hit.

Punting Workout: Type of Punt 45 Total

Corner Right	5
Corner Left	5
Regular Right	8
Regular Left	8
Regular Middle	8
Pooches	8
Out of End Zone	3
Total	45

****One of the keys at this point in the year is to work on your ball handling. The better your hands get, the better your release gets, and the better your punts get. Corner kicks are line drive punts out of bounds. Pooches should have the ball spiral up and come down without turning over. Punts out of the back of the end zone should have a quick catch to foot time.