



Punter's Workout (June & July)

By Chris Boniol

Practice (3 days per week in June, 3-4 days per week in July)

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

Punting Warm Up: The closer to football season you get, your practice should become less technical and more focused on getting the result you want. The warm up is a great time to work on middle pooch kicks and corner punts (10-15 punts).

Punting Workout:

Type of Punt 45 Total

Right #'s	10
Left #'s	10
Regular Middle	10
Out of End Zone	5
Total (including warm ups)	50

****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. Move the ball around (different hashes and yard lines) while creating situations.

****Hopefully, you have been practicing enough that your leg is in pretty good shape. The summer is the time to build endurance and consistency. The goal is to be ready by August. The best way to avoid injury and inconsistency in the first part of fall camp is to be persistent in your practices throughout the summer. This will take discipline and sacrifice. Technical adjustments should be mild at this point.