



## Kicker'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)

Kicking Warm Up: Added emphasis on rotation and ball strike during  
warm up phase this time of year.

Kicking Workout: Field Goals 25 Total

PAT's	2
20-30	3
30-40	6
40-48	6
48+	5
44 middle	1
39 middle	1
30 middle	1
Total	25

\*\*\*\*Vary yard lines for each practice. Never kick two consecutive balls in same place. Come back to a spot later in workout if needed. Take about a minute between kicks to allow recovery toward the end of your set.

Kickoffs 8-12 (after a couple of  
warm ups)  
Work left, right, and  
Middle

Onsides 5 (at the end)