

One On One College Kicking Schedule

Prepared by: One On One Kicking©

No Step Drill	<ol style="list-style-type: none"> 1. Focus on the plant foot and the distance it is placed from the football. Generally, it is a foot's distance from the spot 2. After distance from the ball has been established, check how deep the plant foot is placed. Off the ground kickers should have the spot in line with where the plant foot's arch and heel meet. 1-inch block kickers should have the spot in line with where the plant foot's arch begins. 3. With chest slightly over the ball as if walking down a slight decline and simultaneously leaning away from the ball with the arm on the plant side parallel with ground for counter-balance, get leg lock to toe and place foot behind ball to confirm that ball will come off the quarter surface for an optimal strike. 4. With hips and higher remaining constant, take a full backswing with kicking leg and explode through football at leg lock a half yard downfield. 5. On contact with ball, kicking leg should be locked out, struck with the quarter surface, hips and chest facing target, with body slightly falling forward for positive momentum. Repeat repetition several times without football to visualize a good repetition with football.
One Step Drill	<ol style="list-style-type: none"> 1. With an exaggerated step back from the ball and on the target line, take a 90-degree step from the target line and set up for the kick. 2. Once kicker is set, lead with kicking leg and point kicking foot, hip and shoulder towards the plant are, not the ball. 3. Place 2/3 of body weight on the kicking foot and get still. 4. First movement is with the plant leg towards the plant. 5. Explode through ball and use your No Step Drill technique to finish a perfect rep.
Triangle Drill	<ol style="list-style-type: none"> 1. Incorporate this after you are comfortable with a One Step Drill. 2. The triangle is used to show the kicker where the ideal finish is on a good rep. 3. The triangle has 3 lines, the target line (running through the ball all the way through the center of the uprights), the finish line (a line a yard and a half down field) that gives the kicker an incentive to finish through the ball for increased distance and height) and the no-no line (a line that runs from the plant foot that meets the finish line at a 45 degree angle) which shows the kicker that the closer he finishes to this line, the more his ball will fall off, often resulting in a miss

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Full Step FG's	<ol style="list-style-type: none"> 1. Everyone has their preference on these, but the standard technique is a 3-2 2. Three consistent walking steps back (no lunging or over-striding.) 3. 2 steps over at a 90 degree angle from the target line (these should be just outside hips width, do not over-stride or straddle these steps) 4. The stance should be directed to the plant area, not the ball. Have the plant foot slightly in front of the kicking foot with weight evenly distributed; once feet are set, confirm that upper body is still and eyes are focused on the spot, not the center or the ball. 5. Once holder's hand leaves to receive snap, the kicker's first reaction should be to take a catch step towards the plant in case of a poor snap. The following step is the most crucial, this must be a normal stride and following the first step towards the plant (do not step towards the ball). Finally, you are in the One Step Drill position, your explosion step. Use the technique from the One Step Drill to finish a perfect rep.
4 Step Kickoff Explosion Drill w/ Kickstart	<ol style="list-style-type: none"> 1. Kickers should walk through their full step KO approach and identify their explosion area (where they are full speed); this is usually the final third of the approach. 2. Mark the transition step (from middle to full speed) and begin the drill here; it is roughly 4 walking steps from the ball at a 45-degree angle approach. 3. Once they are set, they need to explode to the plant spot and kick the ball at leg lock on the bottom third of the football. In addition, for optimal height the plant depth should be as follows: the spot in line with the beginning of their arch. 4. On ball contact, the kicker should explode up and out, clearing the hurdle that is a half yard in front of the ball. 5. The kicker should explode down field and land on their kicking leg first. This may seem a little awkward at first, but it will ensure that the kicker is in fact exploding up and over the hurdle.
Directional Sky and Squib Kicks	<p>Coaches and players establish where the target is on sky and squib kick situations based on the week's scouting report. Once this is established, the kicker can make any adjustments to his kickoff approach to place the ball on his flyer's destination.</p>

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Kickoff steps	<p>The KO is difficult to coach up. There are several styles, and many are effective. As a general rule, if a kicker is 6'0, he should try a 10-6 approach (heels at 10 yards from the ball and 6 steps at a 90-degree angle from the spot). The shorter the kicker, the less room needed to approach the ball and the less 90-degree steps needed from the spot. For example, a kicker that is 5'9 may want to experiment with a 9-5 and build from there. Next, look for any uncomfortable steps (over-striding or stuttering). If this is happening, the kicker is setting himself up either too close (stuttering) or too far (over-striding) from the football. Furthermore, the approach should be toward the plant spot from beginning to end. The kicker's approach should be roughly 8 steps. The first few steps should be slow and under control, followed by a jog and progressively building up to a light sprint. Finally, the last two steps should be explosive (refer to 4 step explosion drill).</p>
Onside Kicks with Flyers	<p>Coaches and players establish where the sideline target is during an onside kick situation based on the week's scouting report. Once this is established, the kicker and the KO team can work on timing and execution.</p>
Horseshoe Drill	<ol style="list-style-type: none">1. The drill is run in the following way: 2 Kickers competing at same time with 1 coach charring the kickers (1 point for a near miss or a ball that is driven low enough for a block and 2 points for a ball that is near the center of the uprights).2. Kickers will begin at the 15-yard line (25-yard field goal) of either hash and move back on the hash as follows: 30, 35, 40, 45 and 50. If they make their 50-yard attempt, they will have a 55-yard attempt. If kicker makes their 55-yard attempt, they will get a 60-yard attempt and so on until they miss. Once this happens, kickers will switch hashes (if kickers started on left hash they will switch to the right hash and vice versa).3. Once kickers have completed both hashes, and a tie breaker is needed to name a winner, they will come together in the center of the field at the 35-yard line (45-yard attempt) and alternate reps in a sudden death situation.
Fire Drills	<p>Once a week the specialists should review their options in the case of a bad snap. Different scenarios should be covered as anything can and will happen in the worst of times.</p>

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Play Clock Drill	The play clock drill is used to put the kicker, snapper and holder in a game situation. Line up kickers on the sideline and assign each a number (the snapper and holder can be used for all kickers). For example, if you have 3 kickers, number them 1 through 3. Once each has a number place a ball anywhere on the field and call out a kickers number. As the coach calls out a number, he should begin counting down from 24 to 0. The kicker that has his number called should run onto the field with the snapper and holder, establish a spot for the holder, communicate to the holder when he is ready, and get the snap off before the play clock runs down to 0.
Group w/ Snapper and Holder for Timing	Time for reflection on the week and any final adjustments before the game.
CAGE DRILL	Make sure there is a soccer goal post or baseball pitcher cage in front of the kicker at 5 1/2 yards. Snap under the cage. Rush players in from corners. Add bags as a lane to distract kicker or coach, use fog horn to distract kicker as he is kicking- look for over striding -no follow-through kicker must explode through all kicks.