

One On One College Kicking Schedule

Prepared by: One On One Kicking©

Ball Reception	<p>This drill's focus is:</p> <ol style="list-style-type: none">1. Catching the snap clean2. Molding the ball (spinning the laces and attaining the proper hand placement on the ball)3. Placing the ball over the punters kicking leg at sternum height (drop table). <p>Punter is in his normal stance to receive the snap and no steps are taken. This drill should be done at game speed working to develop quick hands and muscle memory. Efficiently catching and molding the snap will improve get your punters get off times.</p>
One Step Drop	<p>This drill is designed to eliminate the chance of mistakes in first two elements of punting (ball reception and the first step) and focus on:</p> <ol style="list-style-type: none">1. The drop.2. The timing between the release of the drop and the second step.3. Proper step with the plant leg. <p>This drill should be done on a line to ensure drop is released over the punting leg and the plant foot does not cross over. Punter's starting position for this drill will be as if the punter has just received the snap and taken their first step. (for a right-footed punter) Right foot should be on the line. With the right foot forward, the ball molded and on the drop table the punter will step with his left foot and simulate their drop. The ball should be released just before the left heel hits the ground. This timing ensures the drop will be at the proper height when the punters foot strikes the ball (about knee height).</p>
Two Step Drop	<p>Starting as if you have already received the snap (with your kicking foot on a line and ball on your drop table) go through your normal progression with out swinging your leg through. It is simply two steps and drop. This drill's focus:</p> <ol style="list-style-type: none">1. Eliminate over striding and crossing over your steps.2. Drop consistency.3. Develop muscle memory. <p>Start with your kicking foot on a line to ensure your drop stays over your kicking leg and to identify if your plant foot is crossing over in front of your kicking leg. Focus on making this drill look the same every time. This drill is designed to help identify and fix bad habits if done correctly and repeated often it will develop proper muscle memory.</p>

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Two Step Explosion Drill w/ out the ball	<p>A derivative of the two-step drop drill, starting from the same position only this time you don't have the ball. Simulate your normal punting progression and swing your leg as if you are punting the ball. This drill's focus is:</p> <ol style="list-style-type: none">1. Exploding off your plant leg2. Develop body control3. Warm up your leg. <p>Start out at about half speed and work your way up to game speed with your punting progression. You are essentially doing mental reps, but it is an explosion drill! Concentrate on keeping your hip and shoulders square to your target as you explode up and through the ball.</p>
One Step Punting	<p>Begin in the same position as if you are going to do the one step drop drill but now you will be punting the ball. This drill's focus is:</p> <ol style="list-style-type: none">1. The drop2. Not crossing over with the plant step3. Driving off the plant foot and getting your hips up and through your target line at a 45-degree angle4. Leg swing. <p>Most punters do not utilize their entire body when punting, this drill will help them utilize their entire body increasing hang time and distance. Subsequently this is not an easy drill for most punter for just this reason. Make sure the punter focuses making good contact and turning his punts over, not trying to kill the ball. This is a technique drill and should be used to warm up the punter's leg.</p>
Full Punts down a Line	<p>This drill's focus is:</p> <ol style="list-style-type: none">1. Proper steps2. Drop placement3. Leg swing4. Utilizing your hips5. Body control. <p>The object is to be able to punt the ball and have it land on the same line as your kicking leg. Body control is essential to becoming a consistent punter. Punting down a line will help identify if you are crossing over your steps, not swinging straight up and through the ball, and if your hips and shoulders are not finishing in line with your target.</p>

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Directional Punting	Directional punting allows your coverage team to cover specific areas of the field and limits a dangerous return man's ability by using the sideline as an extra defender. The ideal directional punt is placed between the numbers and the sideline with good distance and hang time. Utilize landmarks in a stadium to pick your target line. Don't set yourself up too wide or you will be walking out side of your protection and give the outside rusher a shorter path to block your punt. The sideline referee always stands 50 yards from the line of scrimmage and will provide a consistent target for you pick out every time you line up to directional punt.
Situational Punting	With or without the ball working on situations you will see in games is always good practice. Hurry up, taking a safety, punting out of the back of the end zone, letting the play clock wind down to waste time, and 11 man rushes just to name a few. Mentally preparing your punter for these situations and to be comfortable when placed under pressure in unique situations is a valuable asset to your special teams and should not be overlooked.
Pooch (Inside the 20) Punts	<p>The only changes a punter should make to his normal punting approach is:</p> <ol style="list-style-type: none">1. Raising the drop table2. Driving their hips up through the ball at a more vertical angle.3. Raising the drop table will increase hang time and decrease the ability to punt for distance. <p>Directional pooch punting is ultimately the best for two reasons:</p> <ol style="list-style-type: none">1. Shrinks the coverage area for your flyers and coverage team increasing their ability to prevent touchbacks2. Pooch punting directional gives the punter more distance from the line of scrimmage and they can use the sideline to prevent returns.
Bad Snap Drill	<p>Use a simulated snap to more accurately work your punter. This exercise will help punters learn to react to bad snaps and still get off a good punt. Focus in this drill should include:</p> <ol style="list-style-type: none">1. Move your feet don't reach for a snap outside your body's frame2. If the punt takes you more than two steps either right or left work back to the middle of the protection to avoid getting a punt blocked3. When a bad snap occurs, directional punting is not an option, get the punt off! Try and get a punt off with good hang time and force a fair catch or give your coverage team a chance to make a play.
Fire Drills	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.

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SOCCER BALL DRILL	Use a simulated snap to more accurately work your punter. This exercise will help punters learn to mold the soccer ball and float it to his foot. If at any time the ball is not floated over the player's leg and is pushed inside or outside the body will result in the soccer ball to shank and not go forward down field.
CAGE DRILL	Make sure there is a soccer goal post or baseball pitcher cage in front of the punter at 5 1/2 yards. Snap under the cage. Rush players in from corners. Add bags as a lane to distract punter, use fog horn to distract punter as he is punting- look for over striding - punter must short step and explode through punts.