



# IN-SEASON SCHEDULE



# IN-SEASON SCHEDULE

## KICKING



### MONDAY

Period 1 (10 Minutes)	Dynamic Warm Up/ No Step Drill w/out ball (10 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (20 Minutes)	One Step Drill w/out ball (15 reps)
Period 4 (20 Minutes)	One Step Drill w/ ball (15 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (10 Minutes)	Full Step FG's w/out ball, react on holder's hand leaving spot for timing (10 reps)
Period 6 (20 Minutes)	Full Step FG's w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (10 Minutes)	4 step kickoff explosion drill w/out ball (10 reps)
Period 8 (20 Minutes)	4 step kickoff explosion drill w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 9 (20 Minutes)	Directional sky, squib, onside kicks (10-15 reps total)

### TUESDAY

Period 1 (10 Minutes)	Dynamic Warm-Up/ No Step Drill w/out ball (10 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (20 Minutes)	One Step Drill w/out ball (15 reps)
Period 4 (20 Minutes)	One Step Drill w/ ball (15 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (10 Minutes)	Full Step FG's w/out ball, react on holder's hand leaving spot for timing (10 reps)
Period 6 (20 Minutes)	Full Step FG's w/ ball, react on holder's hand leaving spot for timing (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (10 Minutes)	Kickoff steps w/ out ball (10 reps)
Period 8 (20 Minutes)	Kickoffs with ball (5-10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	

### WEDNESDAY

Period 1 (10 Minutes)	No Step Drill w/out ball (10 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (15 Minutes)	One Step Drill w/out ball (10 reps)
Period 4 (15 Minutes)	One Step Drill w/ ball (10 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (25 Minutes)	Horseshoe Drill (25, 30, 35, 40, 45 yard FG from both hashes) one week run from corner of end zone to each ball set up-time your selfs. Must be ready for big kick if tired and under pressure.
Period 6 (25 Minutes)	Cage Drill from 30 yard line.
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (20 Minutes)	Fire Drills (handling bad snaps and fire call situations)

# IN-SEASON SCHEDULE

## KICKING



### THURSDAY

Period 1 (10 Minutes)	No Step Drill w/out ball (5 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (5 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	One Step Drill w/out ball (5 reps)
Period 4 (10 Minutes)	One Step Drill w/ ball (5 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (15 minutes)	Play Clock Drill (30, 35, 40 yard FG from both hashes)
Period 6 (15 minutes)	Play Clock Drill continued (tie breaker - 45 yard FG from middle)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (5 Minutes)	4 step kickoff explosion drill t w/out ball (5 reps)
Period 8 (5 Minutes)	Kickoff steps w/ out ball (5 reps)
Period 9 (5 Minutes)	Onside Kicks (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	

### FRIDAY

**TRUST YOUR TECHNIQUE.  
BELIEVE YOU'VE DONE THE WORK.**

**GAMEDAY. EXECUTE.**

# IN-SEASON SCHEDULE

## PUNTING



### MONDAY

Period 1 (10 Minutes)	Ball Reception Drill
Period 2 (10 Minutes)	One Step Drop Drill (25 -30 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
Period 4 (15 Minutes)	One and One-Half Step Punting Drill (15 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (15 Minutes)	Full Punts on a Line, No Snap ( 10 reps)
Period 6 (15 Minutes)	Full Punts w/ Snap (Middle 10-15 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (15 Minutes)	Full Punts w/ Snap (Directional Left 5-7 reps)
Period 8 (15 Minutes)	Full Punts w/ Snap (Directional Right 5-7 reps)
<i>Water Break and Stretch + 10 Left Leg Hip Drive (5 Minutes)</i>	
Period 9 (20 Minutes)	Directional Pooch Punts w/ snap (10 reps)
Period 10 (15 Minutes)	Bad Snap Drill ( 10 reps) ball is snapped overhead, left, right and at feet.

### TUESDAY

Period 1 (10 Minutes)	One Step Drop Drill (25 -30 reps)
Period 2 (10 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	Two Step Explosion Drill w/out ball (10 reps)
Period 4 (15 Minutes)	One Step Punting Drill on a Line (15 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (15 Minutes)	Situational Punting ( 10 reps)
Period 6 (15 Minutes)	Situational Punting ( 10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (15 Minutes)	Full Punts w/ Snap (Work on Hand to Foot Speed 5-7 reps)
Period 8 (15 Minutes)	Sky Pooch Punts w/ snap (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 9 (20 Minutes)	One Step Drop Drill w/ Ball (25 -30 reps)
Period 10 (15 Minutes)	Bad Snap Drill ( 10 reps) ball is snapped overhead, left, right and at feet.

## REMEMBER: DRILLS AT GAMESPEED

# IN-SEASON SCHEDULE

## PUNTING



### WEDNESDAY

Period 1 (10 Minutes)	Ball Reception Drill
Period 2 (10 Minutes)	One Step Drop Drill (25 -30 reps) -PUNT BALL- ONE STEP PUNTS
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (15 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
	work on turning the ball over-pop through ball no full explosion. Control punting.
Period 4 (15 Minutes)	One and One-Half Step Drill w/out ball (10 reps) then 10 reps with ball.
Period 6 (25 Minutes)	Cage Drill from 45 yard line.
Period 5 (25 Minutes)	Situational Punting: Back of the end-zone, quick get-offs, etc.
Period 6 (25 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (20 Minutes)	Fire Drills (handling bad snaps and fire call situations)
Period 7 (15 Minutes)	Full Punts w/ Snap (Directional Left 5-7 reps)
Period 8 (15 Minutes)	Full Punts w/ Snap (Directional Right 5-7 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 10 (15 Minutes)	Directional Pooch Punts w/ snap (10 reps)

### THURSDAY

Period 1 (10 Minutes)	Ball Reception Drill
Period 2 (10 Minutes)	One Step Drop Drill (25 -30 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	One Step Drill w/out ball (10 reps)
Period 4 (10 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (20 Minutes)	Stay off feet, hydrate and rest (Optional work w/out football)
Period 6 (20 Minutes)	Stay off feet, hydrate and rest (Optional work w/out football)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (20 Minutes)	Situational Punting w/ out ball

### FRIDAY

# GAMEDAY. EXECUTE.

# COLLEGE IN-SEASON SCHEDULE

## KICKING



### MONDAY

Period 1 (10 Minutes)	No Step Drill w/out ball (10 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (20 Minutes)	One Step Drill w/out ball (15 reps)
Period 4 (20 Minutes)	One Step Drill w/ ball (15 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (10 Minutes)	Full Step FG's w/out ball, react on holder's hand leaving spot for timing (10 reps)
Period 6 (20 Minutes)	Full Step FG's w/ ball, react on holder's hand leaving spot for timing (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (10 Minutes)	4 step kickoff explosion drill w/ kickstart w/out ball (10 reps)
Period 8 (20 Minutes)	4 step kickoff explosion drill w/ kickstart w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 9 (20 Minutes)	Directional sky and squib kicks w/ and w/out ball (10 reps)

### TUESDAY

Period 1 (10 Minutes)	No Step Drill w/out ball (10 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (20 Minutes)	One Step Drill w/out ball (15 reps)
Period 4 (20 Minutes)	One Step Drill w/ ball (15 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (10 Minutes)	Full Step FG's w/out ball, react on holder's hand leaving spot for timing (10 reps)
Period 6 (20 Minutes)	Full Step FG's w/ ball, react on holder's hand leaving spot for timing (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (10 Minutes)	Kickoff steps w/ out ball (10 reps)
Period 8 (20 Minutes)	Kickoffs with ball (5-10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 9 (20 Minutes)	Onside kicks with flyers (emphasis on timing and hitting sideline target)

### WEDNESDAY

Period 1 (10 Minutes)	No Step Drill w/out ball (10 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (15 Minutes)	One Step Drill w/out ball (10 reps)
Period 4 (15 Minutes)	One Step Drill w/ ball (10 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (25 Minutes)	Horseshoe Drill (25, 30, 35, 40, 45 yard FG from both hashes)
Period 6 (25 Minutes)	Horseshoe Drill continued (tie breaker - 45 yard FG from middle)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (20 Minutes)	Fire Drills (handling bad snaps and fire call situations)



# COLLEGE IN-SEASON SCHEDULE

## KICKING



### THURSDAY

Period 1 (10 Minutes)	No Step Drill w/out ball (5 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (5 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	One Step Drill w/out ball (5 reps)
Period 4 (10 Minutes)	One Step Drill w/ ball (5 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (15 minutes)	Play Clock Drill (30, 35, 40 yard FG from both hashes)
Period 6 (15 minutes)	Play Clock Drill continued (tie breaker - 45 yard FG from middle)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (5 Minutes)	4 step kickoff explosion drill w/ kickstart w/out ball (5 reps)
Period 8 (5 Minutes)	Kickoff steps w/ out ball (5 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 9 (20 Minutes)	Onside kicks with flyers (emphasis on timing and hitting target)

### FRIDAY

Period 1 (10 Minutes)	No Step Drill w/out ball (5 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (5 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	One Step Drill w/out ball (5 reps)
Period 4 (10 Minutes)	One Step Drill w/ ball (5 reps), incorporate Triangle Drill
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (20 Minutes)	Stay off feet, hydrate and rest (Optional work w/out football)
Period 6 (20 Minutes)	Stay off feet, hydrate and rest (Optional work w/out football)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (20 Minutes)	Group w/ snapper and holder for timing

### SATURDAY

**TRUST YOUR TECHNIQUE.  
BELIEVE YOU'VE DONE THE WORK.  
GAMEDAY. EXECUTE.**

# COLLEGE IN-SEASON SCHEDULE

## PUNTING



### MONDAY

Period 1 (10 Minutes)	Ball Reception Drill
Period 2 (10 Minutes)	One Step Drop Drill (25 -30 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
Period 4 (15 Minutes)	One Step Punting Drill on a Line (15 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (15 Minutes)	Full Punts on a Line, No Snap ( 10 reps)
Period 6 (15 Minutes)	Full Punts w/ Snap (Middle 5-7 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (15 Minutes)	Full Punts w/ Snap (Directional Left 5-7 reps)
Period 8 (15 Minutes)	Full Punts w/ Snap (Directional Right 5-7 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 9 (20 Minutes)	Directional Pooch Punts w/ snap (10 reps)
Period 10 (15 Minutes)	Bad Snap Drill ( 10 reps)

### TUESDAY

Period 1 (10 Minutes)	One Step Drop Drill (25 -30 reps)
Period 2 (10 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	Two Step Explosion Drill w/out ball (10 reps)
Period 4 (15 Minutes)	One Step Punting Drill on a Line (15 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (15 Minutes)	Situational Punting ( 10 reps)
Period 6 (15 Minutes)	Situational Punting ( 10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (15 Minutes)	Full Punts w/ Snap (Work on Hand to Foot Speed 5-7 reps)
Period 8 (15 Minutes)	Sky Pooch Punts w/ snap (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 9 (20 Minutes)	One Step Drop Drill w/ Ball (25 -30 reps)
Period 10 (15 Minutes)	Bad Snap Drill ( 10 reps)

## REMEMBER: DRILLS AT GAMESPEED



# COLLEGE IN-SEASON SCHEDULE

## PUNTING



### WEDNESDAY

Period 1 (10 Minutes)	Ball Reception Drill
Period 2 (10 Minutes)	One Step Drop Drill (25 -30 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (15 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
Period 4 (15 Minutes)	One Step Drill w/out ball (10 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (25 Minutes)	Situational Punting w/ out ball
Period 6 (25 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (20 Minutes)	Fire Drills (handling bad snaps and fire call situations)

### THURSDAY

Period 1 (10 Minutes)	Ball Reception Drill
Period 2 (10 Minutes)	One Step Drop Drill (25 -30 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
Period 4 (15 Minutes)	One Step Punting Drill on a Line (15 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 6 (15 Minutes)	Full Punts w/ Snap Backed up in the end zone( 5-7 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (15 Minutes)	Full Punts w/ Snap (Directional Left 5-7 reps)
Period 8 (15 Minutes)	Full Punts w/ Snap (Directional Right 5-7 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 10 (15 Minutes)	Directional Pooch Punts w/ snap (10 reps)

### FRIDAY

Period 1 (10 Minutes)	Ball Reception Drill
Period 2 (10 Minutes)	One Step Drop Drill (25 -30 reps)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	One Step Drill w/out ball (10 reps)
Period 4 (10 Minutes)	Two Step Drop Drill On a Line w/ Ball (25 - 30)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 5 (20 Minutes)	Stay off feet, hydrate and rest (Optional work w/out football)
Period 6 (20 Minutes)	Stay off feet, hydrate and rest (Optional work w/out football)
<i>Water Break and Stretch (5 Minutes)</i>	
Period 7 (20 Minutes)	Situational Punting w/ out ball