



JULY 2023

## HIGH SCHOOL TUNE UP CAMP


ALEX KESSMEN | PITTSBURGH


THE HIGH SCHOOL SEASON IS AROUND THE CORNER! COME LEARN FROM CURRENT PRO'S AND COLLEGE SPECIALISTS TO HELP YOUR CRAFT GROW HEADING IN TO THE SEASON.

# JULY 30, 2023

## CAMP DETAILS

 Clarkston High School

 9 AM - 4 PM

 \$200  
EARLY REGISTRATION  
BEFORE JULY, 16, \$175

 [www.legacykicking.com](http://www.legacykicking.com)

## CAMP DESCRIPTION

The structure for this camp has three focuses - Education, Training, and Competing. Each camper will learn the "why's" to the kicking and punting craft; aiding the development of self correction throughout the season. Additionally, through film and evaluation, each camper will leave with specific drills and goals to help launchpad themselves to the next step as a specialist. Additionally, each camper will have their chart film uploaded to YouTube. Near the conclusion of camp, we will compete against each other in a bracket-style competition. Seeds will be determined based on charts from earlier in the day. Winner(s) will receive 1-month free of small group training at the Metro-Detroit, East Lansing, or Grand Rapids locations. There will be a camp intermission for lunch.



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**EDUCATE | TRAIN | COMPETE**



## **Education/Training**

- Oftentimes, high schools do not have a specific kicking/punting coach; yielding your development throughout the season. Understanding the “why’s” of the craft will allow you to continue to grow even when you are not kicking with/by a coach.
- Developing an individual routine for your skill-set to fall back on while at practice or when in high stress, high pressure moments.

**“You don’t rise to the occasion, you sink to the level of your training”**

- Identifying visualization steps to help understand how and why this is important in such a skill as kicking, snapping, and punting. 1 shot. All focus has to be applied to that one moment.
- Recruiting – what should you be doing over the next 3-6-9 months.

## **Charting and Competition**

- Charting will be slowed down and each player will have time to work their routine on every kick/punt.

### **Kicking**

- 8 Kicks + Bonus for Perfect  
(28 L, 33 R, 37 RM, 41 L, 43 M, 46 LM, 49 R, 52 RM,)  
Bonus Kicks (54 M, 58 LM, 61 R)

## Kickoffs

- **4** kickoffs  
(**2** Middle, **1** Left, **1** Right)

## Punting

- **9** Punts + Bonus  
(**2** Left hash going left open field, **1** sky going left, **3** Middle going Middle open field, **2** Right hash going right open field, **1** sky going right)

Bonus Punts (Determined by score) (**2** Biggest punts)

### How punt scoring works

- You have to average a **4.0 + 40** yard ball to get bonus kicks
  - This means  $4.0 + 40 = 80$  points
  - You have a total of **7** punts (not including sky punts) to get a total of **560 points** to qualify for bonus punts ( $80 \times 7 = 560$ )
  - If you are directional puntings and the ball does not land outside the hash you are going towards it is a deduction of **50 Points**
  - If you hit a sky punt inside the 10 and it stops or goes out of bounds it counts for **100 points**.
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- All charts will be posted on [www.legacykicking.com](http://www.legacykicking.com) after camp.

## Competition

- Bracket play. It will be double elimination.
- Top performers in charting will have a higher seed in the bracket.
- Punters go head-to-head, scoring 4 balls.

## Camp Schedule

**8:30-9:00 AM – Registration**

**9:00-9:15 AM – Stretch**

**9:15-10:15 AM – Kicking instruction**

**10:15-11:15 AM – Kicking charting and film**

**11:15-12:15 PM – Punting instruction**

**12:15-1:15 PM – Punting charting and film**

**1:15-2:00 PM – Lunch**

**2:00-2:15 PM – Stretch**

**2:15-3:45 PM – Competition**

**3:45-4:00 PM – Recruiting and camp conclusion**