

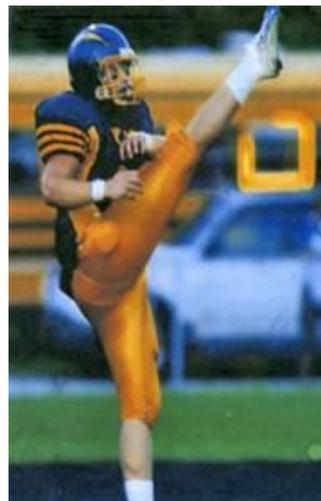
Practice Planner

Punting & Kicking



● Punt

- Hold ball with both hands
- Tips of ball should be pointing toward stomach and down the field
- Laces of ball should be pointed up
- Stretch out arms so that ball is at waist height
- Body should be bent slightly forward
- Take one step with opposite non-kicking leg
- Release ball (do not throw it up or down)
- Swing through with kicking leg, point toe and contact ball
- Follow through with leg as high as you can



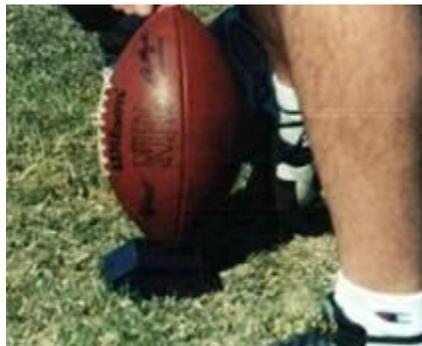
Practice Planner

Punting & Kicking



● Place Kicking

- Place the ball on tee so that it leans towards the kicker
- Laces should face away from kicker
- For right footed kickers stand back about 2 metres back and about half a metre to the left of the ball
- Approach the ball and plant the non-kicking foot parallel and about 15-30cm to the left of the ball
- Swing through with kicking leg, point toe down and contact ball
- Lean body back to get lift
- Follow through with leg as high as you can
- Do not start transition into your pursuit role until you have finished your kick



Practice Planner

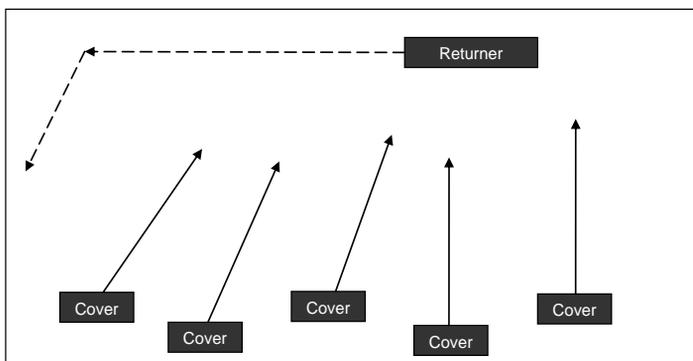
Punting & Kicking



● Kick Cover

- Set up players in a double line formation
- In a 5 man game, 3 evenly across the field followed by another row of 2 closer to the middle of the field
- Remind players that they must run down the field in their lanes
- The objective is to contain the runner from going up the side of the field and turn him into the centre part of the field
- If the kick returner attempts to go to one side line then the opposite side line must continue to run its lane until they are close to perpendicular with the runner and then turn inwards in pursuit.
- Angling your cover prematurely will make you vulnerable on that side and a good kick returner will exploit it
 - Suggested Drill
 - Practice covering without a runner first to determine if your players understand how to run in lanes
 - Then include a ball in the drill (you can either pass it down field to a kick returner or have someone kick it or punt it)

Running Slant Lanes Makes You Vulnerable to Opposite Side Run



Proper Way to Run Lanes

