

## **Off-season Punting and Kicking Training Program**

In order for a kicker or punter to maximize their kicking ability their workout program must consist of strength training, running and a punting or kicking program. The most important of the three areas is the punting and kicking program.

The best time period to develop and sharpen a punter's and kicker's technique is in the off-season, specifically from January through April. During this time period you can adjust their mechanics without affecting their performance since there are no games. This is the time to work on the technique flaws they had from the past season and to teach them to be more mechanically efficient.

They will become stronger and more powerful from the weight program and running program, which will help the height and distance of their kicks. However, these gains will have no positive effect on their performance during the season if they do not improve their technique. How well the techniques of punting and kicking are performed is what separates the average punters and kickers from the good ones. It is also the key to having a consistent, dependable performer.

The first phase of this punting and kicking training program starts in January and progresses through August when football practice starts. Emphasis is placed on technique development and consistency. The second phase of the program is the pre-season training when the punters and kickers are in training camp and are having two-a-day practices and trying to peak for the season. It begins in mid-August and finishes the week of the first game. The third phase is the in-

season phase. This phase is obviously the most important and is structured on a weekly schedule to hone the punters and kickers skills and prepare them for a maximum performance on game days. This phase goes from September through November. The final or fourth phase is a rest or recovery stage. This phase is the month of December and its sole purpose is to allow the body, legs in particular, and mind to relax and recover from the demands of the season. An overview of the phases is presented in Figure 1.

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**Training Phase for the Year-Round  
Punting and Kicking Training Program**

<b>Phase</b>	<b>Months</b>	<b>Training Period</b>	<b>Emphasis</b>
I	January - June	Off-season	technique development
II	July - August	Pre-season	hone skills peak for the season
III	September - November	In-season	game day preparation
IV	December	Post-season	rest and recovery

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**Figure 1**