



Kicker's Workout (In-Season)

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Practice (Start with high reps early in the week and decrease gradually until game day.)

Warm Up: 5 minute cardio/agility
Stretch Routine (see Ultimate Kicking Video at ChrisBoniol.com)

Kicking Warm Up: 5 No Steps
5 One Steps
5 Full Kicks in close

Kicking Workout: Field Goals 35 Total

PAT's	3
18-30 yds	6
30-40 yds	10
40-48 yds	7
48-53 yds	5
39 middle	1
35 middle	1
30 middle	1
25 middle	1
Total	35*

*Decrease about 5-8 per day as game day approaches.

****Always be alert for team kicking sessions in practice. Check with your coach about specific situations you need to work on each week. When you are done kicking, find a way to help with practice to show accountability to others.

It is very important to keep up your strength training so your muscles don't atrophy and lose power. You may need to revert back to the two-a-days practice plan late October and November, depending on how your legs feel (check website for download).

Kickoffs 10-12 (after a couple of warm ups)

Onsides Work left, right, and Middle, Pooch kicks

6-8 (at the end)