



## Kicker's Workout (June & July)

By Chris Boniol

**Practice** (3 days per week in June, then 3-4 days per week in July)

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

Kicking Warm Up: Limit number of warm up kicks. Don't warm up until you find your groove. Find it during the workout. You will work harder each kick that way.

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

\*\*\*\*Vary hash and yardage each kick. It should take about 45-60 minutes to kick 35 balls. This will allow more recovery time between kicks, especially later in your set. Closer to the season, try situational kicking by running from the sidelines and setting up a field goal. Or, work on hurry up field goals. Anything you can do to creat real situations will help you in the fall.

**Make every kick!!!**

Kickoffs 10-12 (after a couple of warm ups)  
Work left, right, and Middle, Pooch kicks

Onsides 6-8 (at the end)