RECOMMENDED TRAINING SCHEDULE

- This schedule applies to combo K/P’s. Punters only should double or triple their reps.
- A kicker or punter should not kick more than 50 balls during each practice session.
- If you are a placekicker, we highly recommend no-step kicks w/o the ball. If done properly, this drill can improve technique significantly. When practicing FG’s, spend the majority of reps aiming at a smaller target to improve accuracy & confidence (i.e. kick from the endline & aim over one of the uprights OR aim at a tall lightpole).
- Punters must constantly practice drops. The drop is the most crucial aspect of a good punt. You can’t hurt yourself or wear out your leg by practicing your drop.
- Be sure to regularly practice onside kicks, directional kickoffs, & pooch punting.

Typical day of **in-season** kicking
(3-4 days/week + game):

**NO STEP FG’s**
10 dry kicks (w/o ball)

**1-STEP FG’s**
5 kicks (w/ball)

**FULL STEP FG’s**
5 dry kicks (w/o ball)
15-20 kicks (w/ball)

**KICKOFFS (only 1-2 days per week)**
5 half-step kickoffs (w/ ball)
5 kicks (w/ball)

**PUNTS**
25 + drops on knee
25 + drops w/ steps
10 1-step punts
10-15 full kicks

**Strength/Weight Training:**
1-2 workouts per week (1 leg day)

Typical day of **off-season** kicking
(2-3 days/week):

**NO STEP FG’s**
10 dry kicks (w/o ball)

**1-STEP FG’s**
5 kicks (w/ball)

**FULL STEP FG’s**
5 dry kicks (w/o ball)
15-20 kicks (w/ball)

**KICKOFFS (only 1-2 days per week)**
5 half-step kickoffs (w/ ball)
5 kicks (w/ball)

**PUNTS**
25 + drops on knee
25 + drops w/ steps
5 1-step punts
10-15 full kicks

**Strength/Weight Training:**
3-4 workouts per week (2-3 leg days)