

# Punting Workout Recording Sheet

## Ball Flight Control – Hang Time and Direction

Wednesday  
May 5, 2010

### Spirals

Handling Time	Spiral (+/-)	Flight Goal
1) _____	_____	
2) _____	_____	- spiral that turns over
3) _____	_____	- no snap
4) _____	_____	
5) _____	_____	

### Line Punts

Handling Time	with 5 yds Lt/Rt (+/-)	Flight Goal
1) _____	_____	
2) _____	_____	- ball lands on line w/5 yd left/right
variance		
3) _____	_____	- no snap
4) _____	_____	
5) _____	_____	

### Through-the-Goal Post

Handling Time	Through Uprights (+/-)	Handling Time/Flight Goal
1) _____	_____	<1.35 / ball goes through uprights
2) _____	_____	- stand 40 yards away
3) _____	_____	- use a snap
4) _____	_____	
5) _____	_____	

### Hang Time

Handling Time	Hang Time	(+/-) for Age	Handling Time/Flight Goal
1) _____	_____	_____	<1.35 handling time
2) _____	_____	_____	age 13-14: 3.50 seconds hang time
3) _____	_____	_____	age 15-16: 4.00 seconds hang time
4) _____	_____	_____	age 17-18: 4.20 seconds hang time
5) _____	_____	_____	- use a snap
6) _____	_____	_____	
7) _____	_____	_____	
8) _____	_____	_____	
9) _____	_____	_____	
10) _____	_____	_____	

# Punter Workout Recording Sheet

Thursday  
May 6, 2010

## Flexibility

## Check when completed

Agility Warm-up

\_\_\_\_\_

Dynamic Flexibility

\_\_\_\_\_

## Punting Specific Drills

## Check when completed

Quick Feet Drill

10 reps

\_\_\_\_\_

Quick Feet Leg Swing Drill

10 reps

\_\_\_\_\_

Quick Feet Up Drill

10 reps

\_\_\_\_\_

Ball Release Drill

10 reps

\_\_\_\_\_

## Core Lifts

## Weight Used

Lunges

3 x 8 reps

\_\_\_\_\_

Bench Press

3 x 8 reps

\_\_\_\_\_

## Auxiliary Lifts

## Weight Used

Lat Pulls

2 x 8 reps

\_\_\_\_\_

Leg Extension

2 x 8 reps

\_\_\_\_\_

Leg Curls

2 x 8 reps

\_\_\_\_\_

Neck

2 x 8 reps

\_\_\_\_\_

Arm Curls

2 x 8 reps

\_\_\_\_\_

Triceps Extensions

2 x 8 reps

\_\_\_\_\_

## Notes

- 1) Use a weight you can complete all the repetitions comfortably meaning you could do one or two more at the end of the set.
- 2) When you could do more than two more repetitions on a set move the weight used up 5 pounds.
- 3) Rest only 1 minute between sets and no longer.