



High School Kickers Off-Season Training Program - January through July

Bill Renner

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Every athlete needs to have a detailed workout plan in order to insure that he will develop and perform his skills successfully. Failure to have such a plan will result in a “trial and error” performance. This prevents an athlete from developing to his maximum potential. This off-season workout book provides a kicker with a daily workout plan that is designed specifically to improve a kicker. It begins with the first day of the year and continues through the end of July. Each day has a planned workout for a kicker. It incorporates kicking drills, agilities, flexibility, lifting and running. These components are planned to complement each other and specifically apply to improving a kicker. The kicking workouts are specific with the number of kicks, distances and hashes to kick from and the number of kickoffs to do. All workouts are charted and results tabulated to denote strengths and weaknesses for continued improvement. At the end of a week is a Weekly Summary Chart of the kicks for that week. This allows the coach to review the performance of the kicker for that week. The workout books practice plan is structured to build toward maximum performance when pre-season practice begins.

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