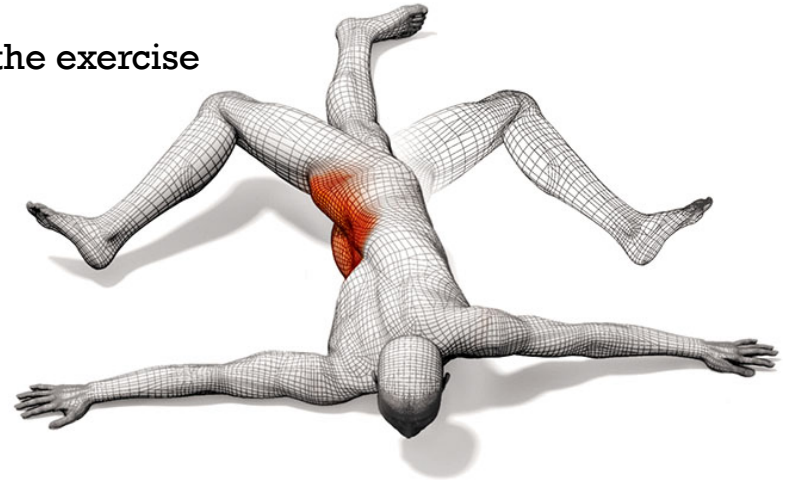


1A. STRETCHES

A. SCORPION STRETCH

- Start by lying on your stomach. Spread your arms out so that you make a T with your body
- With one leg, kick the butt and lift the knee up and over your hips. Try and touch your foot to your opposite hand on the floor. If you can't touch your hand, get as far as you can
- Alternate feet with every rep
- Keep both your shoulders flat on the floor through the exercise
- Perform 2 sets for 30 seconds



B. STRAIGHT LEG DEADLIFT

- Keeping your leg straight, extend your other backward reaching down for your toe with your hands
- Go down as far as possible without rounding your back
- Return to the standing position and alternate legs
- Perform 2 sets for 15 yards



1B. STRETCHES

C. LUNGE ELBOW TO ANKLE

- Perform a lunge. As you drop your hips, lean forward and take the arm opposite your leading foot and try to touch your elbow to your ankle
- Alternate legs in this manner until you cross the end line
- Be sure to keep your core tight and work to maintain your balance
- Common mistakes include letting the knee get out in front of your toes when performing the lunge and not keeping your core tight
- Perform 2 sets for 15 yards

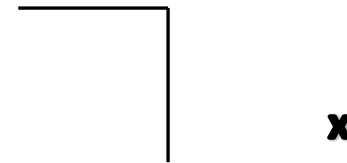
D. FRANKENSTIEN WALK

- Walking with straight legs, kick foot up to opposite outstretched hand
- Keep core tight to maintain balance
- Bring your foot to your hand
- Perform 2 sets for 15 yards

2. NO STEP DRILL

- Set marks for ball placement, feet positioning
- Hold upper body stable and upright
- Pull kicking heel to butt cheek
- Remain balanced on non-kicking foot
- Initiate swing with kicking foot movement
- Push from heel to toe with non-kicking foot
- Keep head down on point where ball would be

Example of
Right foot kicker, plant foot box
X = ball placement



3. ONE STEP DRILL

- Walk off steps, mark a plant foot box/ball placement
- Hold upper body upright and stable
- Push off with kicking foot
- Step in the plant foot box
- Make a good swing using the **ONE STEP DRILL** techniques

4. TWO STEP DRILL

- Walk off steps, mark a plant foot box/ball placement
- **Common Errors:**
 - Too much forward body lean (long strides)
 - Too slow approach steps
 - Too tight an angle to the ball (pushed kicks)
 - Poor non-kicking foot rotation to target (offline leg swings and offline ball flight)

5. BALANCE DRILL

- You will need your mark for ball placement, plant foot box
 - Can be preformed on a balance disk or on the ground
- A. Hold upper body stable and squeeze the abs
- Inside out leg swing path
 - 10 no step swings without touching the ground
- B. Emphasize SNAP of leg swing and PUSH of non-kicking foot
- 10 no step swings without touching the ground

ON FIELD DRILLS

6. UPRIGHT ACCURACY DRILL

- You will need a ball, kicking stand and upright for this drill
- Setup ball 10 yards from endzone
- With your plant leg in position, kick the football aiming for the upright
- Keep your head down and drive through the football
- Work to hit the upright 10 times

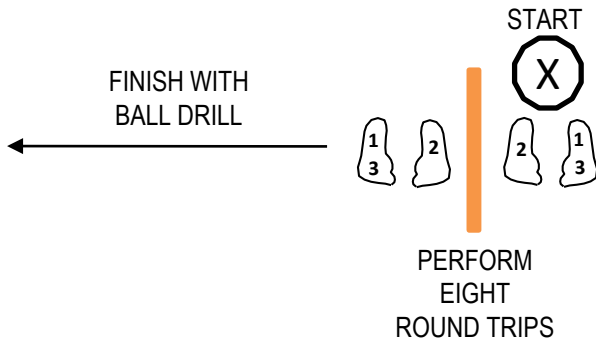
7. OVER THE GOAL POST DRILL

- You will need a ball, kicking stand and upright for this drill
- Kick from the back corner of the endzone
- Kick the ball higher than the goal post
- Perform 10 Reps
- Count how many reps you kick over the goal post

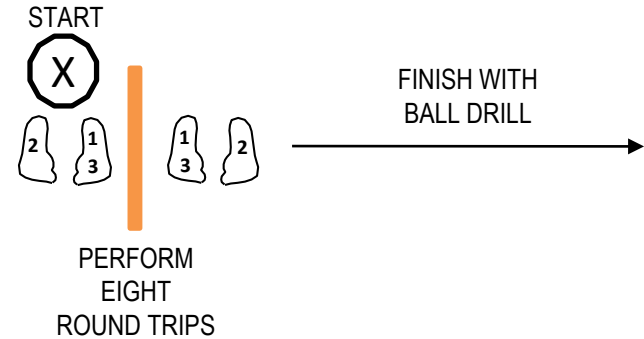
6. LATERAL HAT DANCE

PERFORM 1 REP IN EACH DIRECTION (BOTH INSIDE AND OUTSIDE LEAD)

PART A: INSIDE LEAD



PART B: OUTSIDE LEAD



PART A: INSIDE LEAD

- You will need an agility hurdle or agility bag for this drill
- Start on one side of the hurdle/bag.
- Leading with your inside foot, step over the hurdle. If you are leading with your right foot the 3 count sequence should be R-L-R on the other side of the hurdle. The emphasis should be on maintaining good pad level, navigating the hurdle with quick feet and keeping your eyes up (not down at the ground).
- Step over to the other side, leading with your inside foot.
- Repeat for a total of 8 round trips.
- Finish the drill by stepping over the hurdle with your inside foot, sprinting laterally and catching a football.
- Perform once in both directions.

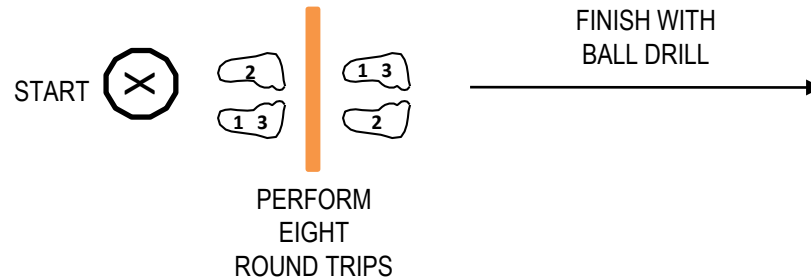
PART B: OUTSIDE LEAD

- Complete the drill the same as Part A but lead with your outside foot.
- You should be crossover stepping over the hurdle each time if you are doing this correctly.
- As in Part A, finish the drill by sprinting laterally and catching the a football.
- Perform once in both directions.

7. LINEAR HAT DANCE

PERFORM 4 REPETITIONS (2X WITH RIGHT FOOT LEAD & 2X WITH LEFT FOOT LEAD)

LEFT FOOT LEAD



PART A: LEFT FOOT LEAD

- You will need an agility hurdle or agility bag for this drill
- Start on one side of the hurdle/bag as shown above.
- Leading with your left foot, step over the hurdle. The 3 count sequence should be L-R-L on the other side of the hurdle as shown. The emphasis should be on maintaining good pad level, navigating the hurdle with quick feet and keeping your eyes up (not down at the ground).
- Step backward over the hurdle in the same manner. Face the same direction and keep your shoulders square.
- Repeat for a total of 8 round trips.
- Finish the drill by stepping over the hurdle, sprinting forward and catching a football.
- Perform two repetitions.

PART B: RIGHT FOOT LEAD

- Complete the drill the same as Part A but lead with your right foot.
- Perform two repetitions.