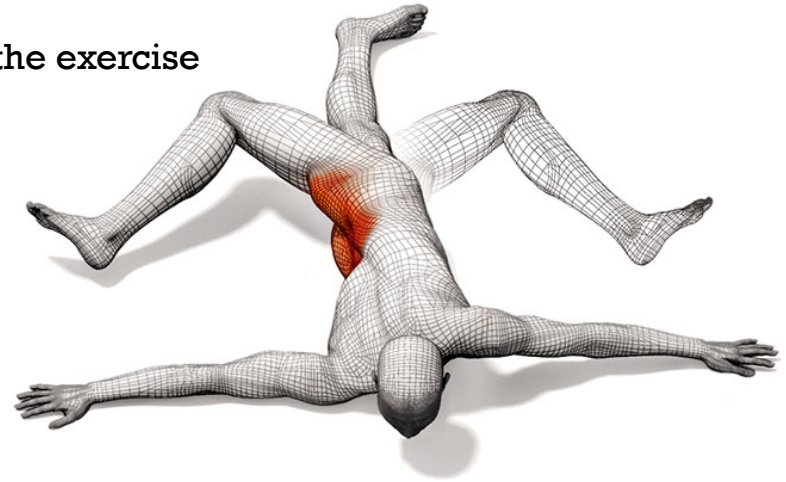


1A. STRETCHES

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

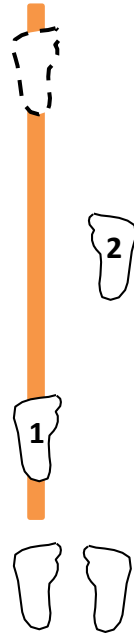
C. LUNGE ELBOW TO ANKLE

- 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

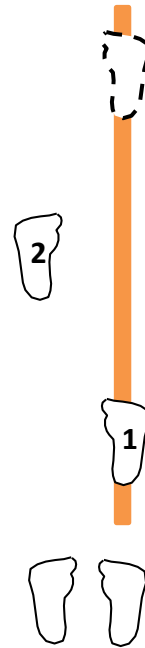
D. FRANKENSTIEN WALK

- 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. LEG SWING DRILL



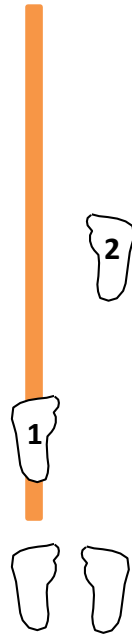
Left Footed Kicker



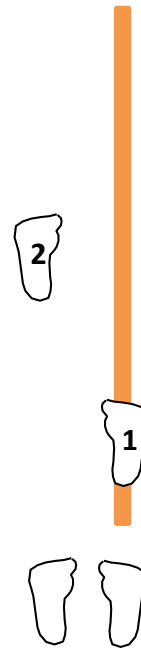
Right Footed Kicker

- You will need a straight line for this drill.
- Using a two foot push off, do not lean over, hold your upper body tall and stable
- Your goal is to take 2 steps as quick as possible. Cover about 2 ½ yards
- Hold your hands out at the bottom of chest parallel to the ground
- 1st step (Kicking foot) should be around a 6" step, directly on the line driving your foot into the ground (do not elongate too far)
- 2nd step should be a longer stride, 4-6" to the side of the line
- Drive off your plant foot and bring kicking foot forward, leg swing up towards your hand
- Get leg extension, working to get your toe overhead. Don't lower your hand.
- Punting leg should stay over the line as you swing
- Finish balanced

3. BALL RELEASE DRILL



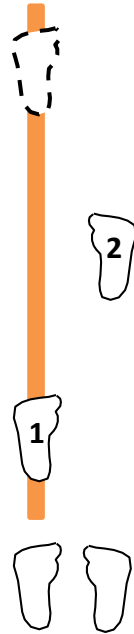
Left Footed Kicker



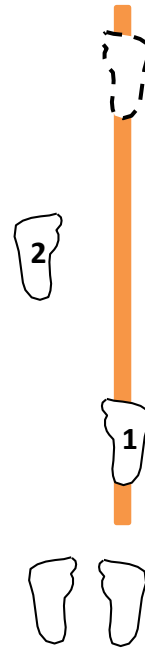
Right Footed Kicker

- You will need a ball and a line for this drill
- Using a two foot push off, do not lean over, hold your upper body tall and stable
- First two steps should mimic that of the **Leg Swing Drill**
- Following the step drop the football
- Hold the football in a hand shaking position in your finger tips
- Release ball guiding downward 4 – 6”
- Keep the ball flat the entire time and for landing
- The ball should land flat and on the line

4. BALL CONTACT DRILL



Left Footed Kicker



Right Footed Kicker

- You will need a ball and a line for this drill
- Using a two foot push off, do not lean over, hold your upper body tall and stable
- First two steps should mimic that of the **Leg Swing Drill**
- **DO NOT** lower ball as you move
- Contact ball 2-4" above the knee
- Drive with non-kicking foot
- Follow through with leg extended, try to get toe above eyes
- Land balanced

5A. RUGBY PUNTS

- You will need a football for this drill
- Run to the side of your kicking leg
- Hold the ball at arms length waist high at a 45 degree angle
- Kick the ball with your toes pointed down and make contact with the center of the ball
- Accelerate your leg through the ball, driving it downfield
- Keep your head down with your body over the ball, pointing your toes up on the follow through
- Aim for the #s to the side of your kicking leg 35 yards downfield, keeping the ball low

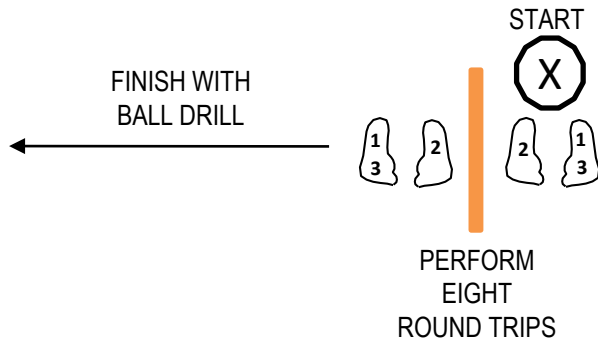
5B. CROSSFIELD RUGBY PUNTS

- Being a team that frequently utilizes the rugby punt some teams will move their returner or cheat them to that side of the field
- In this situation we will use a crossfield punt
- The ball needs to still be kicked low and driven but aimed more towards the center of the field away from the returner

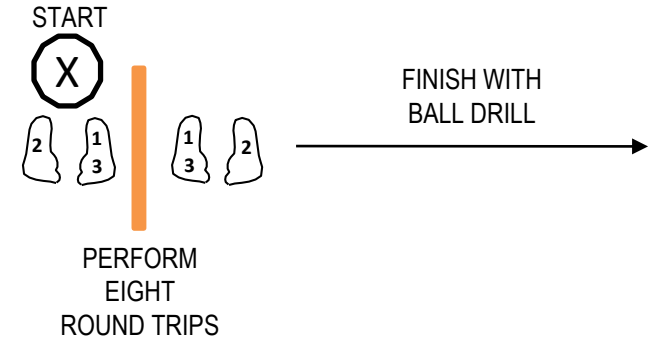
6. LATERAL HAT DANCE

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.

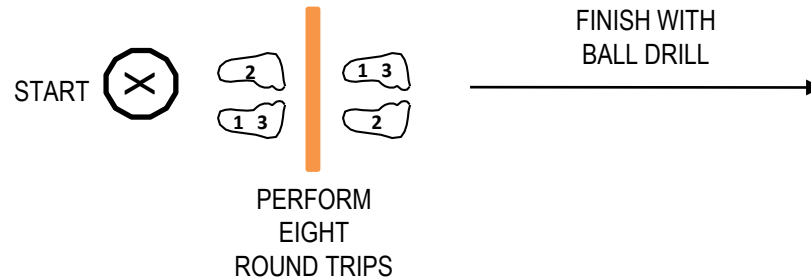
PART B: OUTSIDE LEAD

- 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.