



College Punters Spring Football Practice Workout Program

Bill Renner

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The College Punters Spring Football Practice Workout Program is designed for evaluation and improvement. Coaches need to have an accurate evaluation of their punters' ability once spring football practice is completed and the players need to have improved. For accurate coaches evaluation and player improvement to occur, the punter needs to start his punting specific training one month prior to spring practice. This prepares the punter to be competently ready to swing at a ball when spring football practice starts. Otherwise, spring football practices are really just getting the punter in punting shape and the evaluation is not accurate, improvement does not happen and coaches leave with a sense of not having an adequate punter for the next season. This training program starts one month before spring practice. This accommodates the needed repetitions for preparation when actual spring football practice starts. With these preparatory repetitions, the punter can be assessed accurately and be able to improve during spring practice. Every practice has a prescribed plan for warm-up drills, skill drills and for punt situations. Every practice has planned punt situations, hang time, distance, directional and a chart for marking each punt. When spring practice is over the coach will have 325 punts charted and be absolutely certain as to what the ability of the punter is. Since coaches cannot be with their players during the pre-spring one month workout, this early period will also allow the coach to assess the punters commitment to being better by how disciplined he is to do the preparatory training on his own. This is a significant ancillary benefit of the program and perhaps the most important assessment information gathered during this spring practice period. Passion to improve is arguably a main component in any successfully performer.

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