

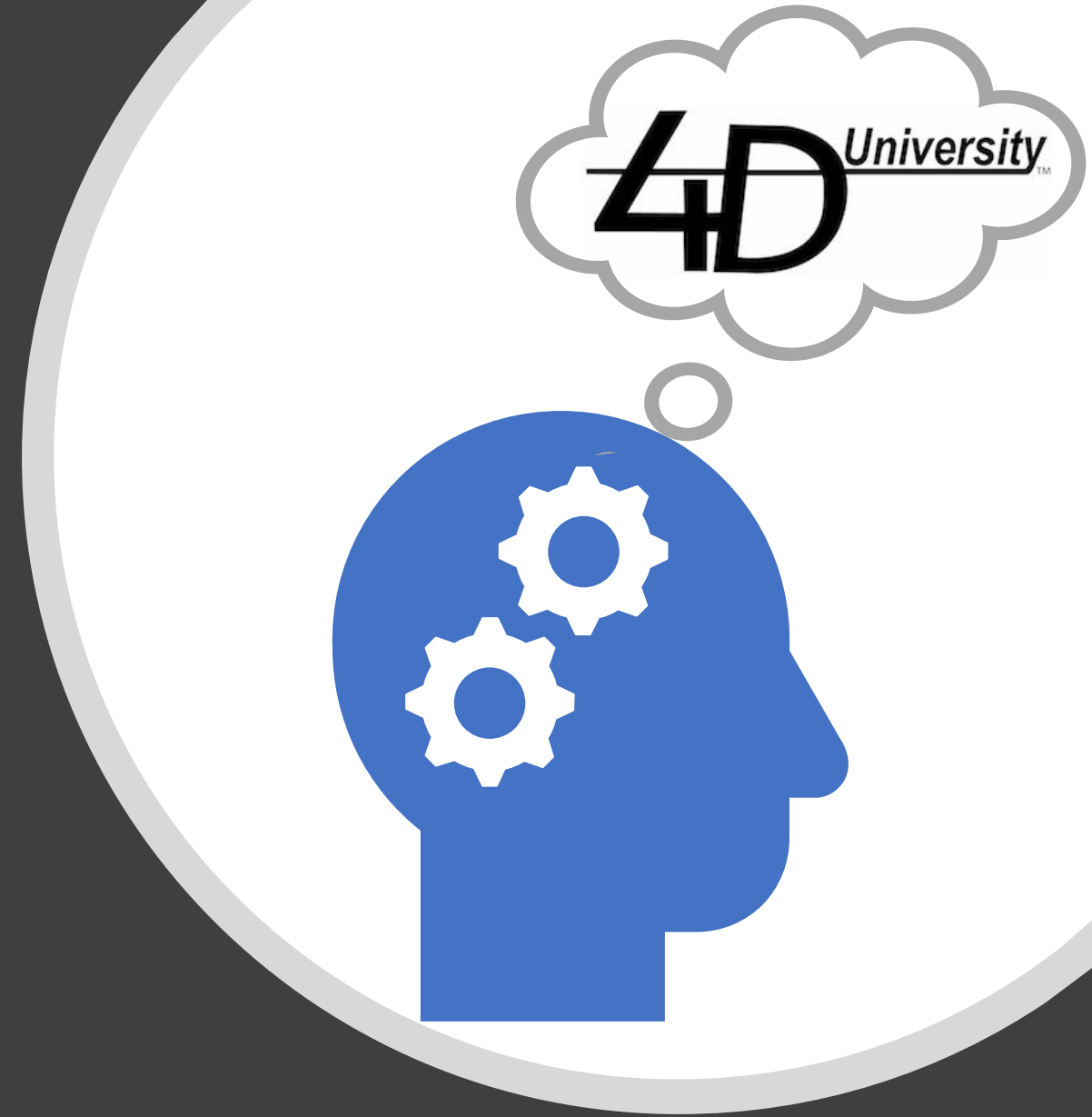


IMPROVE YOUR FG/KO SPECIALISTS IMMEDIATELY

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OBJECTIVES

- Practice Schedules
- Fundamentals/Processes:
 - Field Goal
 - Kickoff
 - Holding
- 'Indy' Drills
- Technical Adjustments
- Film Angles
- Visible Training (Barbasol)
- *LESS Variables = MORE Consistency**



WEEKLY SCRIPT

FG/KO

- Structures Specialists Practice
- Monitors Reps
- Promotes Low Stress Activity
- Minimizes KO Activity
- Addresses All Scenarios
- Film Daily, Review Meticulously
- See Notes For Drill Explanations

Monday	
Period 1 (5 Minutes)	No Step Drill w/out ball (5-10 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (10-15 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 3 (5 Minutes)	One Step Drill w/out ball (5 reps)
Period 4 (15 Minutes)	One Step Drill w/ ball (10-15 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 5 (5 Minutes)	Full Step FGs w/out ball, K reacts to holder's hand leaving spot (5 reps)
Period 6 (10 Minutes)	Full Step FGs w/ ball, K reacts to holder's hand leaving spot (5-10 reps)
<i>Hydrate, Stretch (5 Minutes)</i>	
Period 7 (10 Minutes)	4 Step Kickoff Explosion Drill w/out ball (10 reps)
Period 8 (10 Minutes)	4 Step Kickoff Explosion Drill w/ ball (5 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 9 (10-20 Minutes)	Directional Kicks: Sky & Squib w/ & w/out ball (10 reps)
Tuesday	
Period 1 (5 Minutes)	No Step Drill w/out ball (5-10 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (10-15 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 3 (5 Minutes)	One Step Drill w/out ball (5 reps)
Period 4 (15 Minutes)	One Step Drill w/ ball (10-15 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 5 (5 Minutes)	Full Step FGs w/out ball, K reacts to holder's hand leaving spot (5 reps)
Period 6 (10 Minutes)	Full Step FGs w/ ball, K reacts to holder's hand leaving spot (5-10 reps)
<i>Hydrate, Stretch (5 Minutes)</i>	
Period 7 (10 Minutes)	Kickoff Step Review w/out ball (10 reps)
Period 8 (10 Minutes)	Kickoffs w/ ball (3-6 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 9 (10-20 Minutes)	Onside Kicks w/ Flyers: Emphasis = Timing, Scheme, Execution (5-10 reps)
Wednesday	
Period 1 (5 Minutes)	No Step Drill w/out ball (5 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (5-10 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 3 (5 Minutes)	One Step Drill w/out ball (5 reps)
Period 4 (10 Minutes)	One Step Drill w/ ball (5-10 reps)
<i>Hydrate, Stretch (5 Minutes)</i>	
Period 5 (30 Minutes)	Horseshoe Drill: 25, 30, 35, 40, 45 yard FGs (both hashes)
Period 6 (25 Minutes)	Sideline Drill w/ LS & Holder - Hurry Up Scenarios (5-10 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 7 (20 Minutes)	Fire Drills (Bad Snaps & 'Fire' Call Situations)
Thursday	
Period 1 (5 Minutes)	No Step Drill w/out ball (5 reps)
Period 2 (10 Minutes)	No Step Drill w/ ball (5 reps max)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 3 (5 Minutes)	One Step Drill w/out ball (5 reps)
Period 4 (10 Minutes)	One Step Drill w/ ball (5 reps max)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 5 (5 minutes)	Kicker & Holder Pre-Snap Routine & Non-Verbal Communication Review
Period 6 (25 minutes)	Play Clock Drill: 30, 35, 40 yard FGs (both hashes)
<i>Hydrate, Stretch (5 Minutes)</i>	
Period 7 (5 Minutes)	4 Step Kickoff Explosion Drill w/out ball (5 reps max)
Period 8 (5 Minutes)	Kickoff Steps w/out ball (5 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 9 (20 Minutes)	Onside Kicks w/ Flyers (Emphasis on Timing & Kicking To Scheme's Target)
Friday	
Period 1 (5 Minutes)	No Step Drill w/out ball (5 reps)
Period 2 (5 Minutes)	No Step Drill w/ ball: Final Leg Swing Review (5 reps max)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 3 (10 Minutes)	One Step Drill w/out ball: Focus on footwork for bad snaps/holds (5 reps)
Period 4 (10 Minutes)	Full Step FGs w/out ball: Focus on Stance & Start (5 reps)
<i>Hydrate, Recover (5 Minutes)</i>	
Period 5 (20 Minutes)	Snap/Hold Review: Critique LS location & Holder's Spot Placement/Ball Lean
Saturday	
Game Day - Execute	

FIELD GOALS

Essential Drills

- ✓ No Step (Lean)
- ✓ 1 Step (In Case)
- ✓ Full Step (Process)



Low Stress (No Step) → High Stress (Full Step)

NO STEP DRILL

- After Warm Up
- Kick Without Momentum
- Low Stress Activity
- Common Problems:
 1. Weight Distribution
 2. Foot Positioning
 3. Glute Usage
 4. Upper/Lower Body Disassociations
 5. Excessive Movements
 6. Kick-Side Resistance



NO STEP TENDENCIES



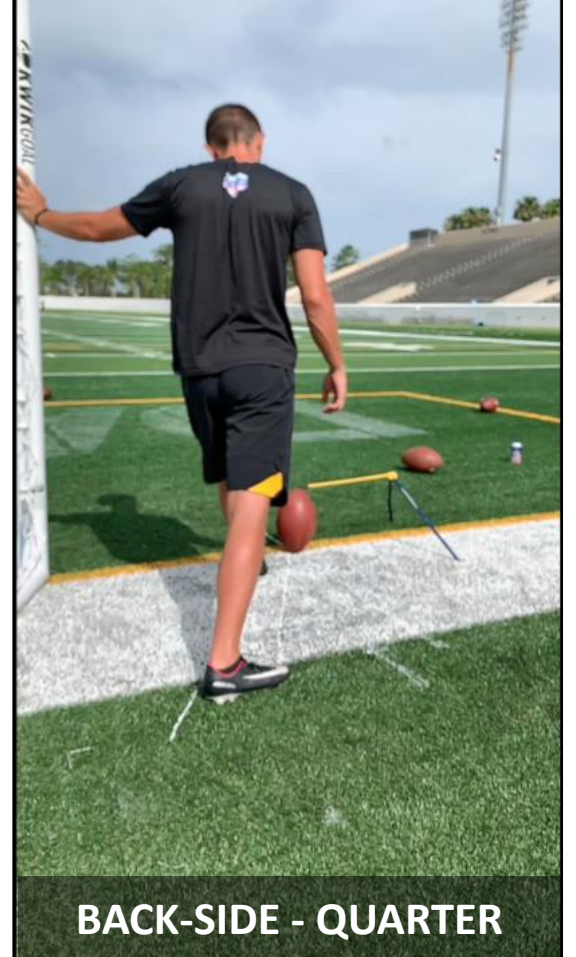
- Plant Depth/Width
- Wide/Narrow Base
- Convex/Concave Backside
- Drive Foot Location
- Heel Swing (Use Glute)
- Backswing Past Parallel
- High Heel (Low Trajectory)
- Toe Wrap = Ball Contact
- Crunch (Unnatural Torso)



BACK-SIDE - TARGET LINE

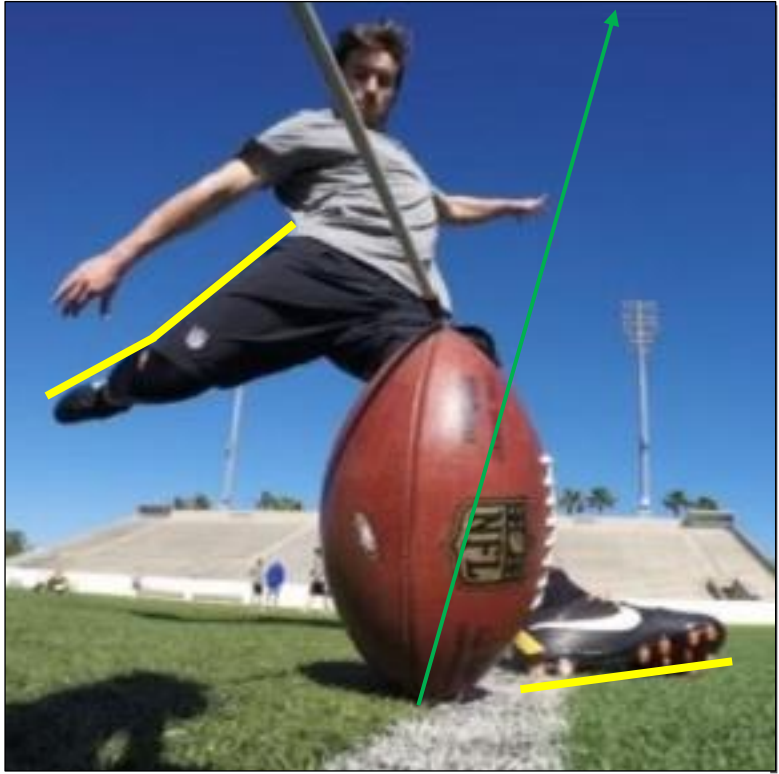


FRONT-SIDE - QUARTER



BACK-SIDE - QUARTER

NO STEP DRILL ANGLES



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GLUTE ACTIVATION

KICKOMETRY

- Visual
- Personal (Lines)
- Objective
- Measurable
- Consistent

noun, plural Kickometrics [kick-om-eh-trix]: the measurements of kicking



1 STEP DRILL

- Mimics “Drive” Step
- Emphasis: Transition To Plant
- Less Stress Than Full Step FGs
- Prepares For Imperfect Operations
- Found: Mark Drive Step Of Full Step FG



1 STEP DRILL: ADJUSTMENTS



- 90 Degree Rule
- Finding “Drive” Step
 - Kick 2-3 FGs, mark drive step on best rep
 - “Cliff” Theory: create momentum w/ jab step
- Kick-Side/Plant-Side Arm
 - Plant-Side Arm = start w/ slight raise
 - Kick-Side Arm = minimal movement
- Step Direction
 - Closed drive step tendency
 - Drive Step = open (ready to kick)

FULL STEP FG



1. Consistent Steps

- Back Steps (Use Arms)
- Toe, Ball, Target Technique
- Side Steps (Shoulder Width)

2. Stance

- KS Shoulder Ball
- Center-Line Plant
- PS Foot Plant Line

3. Drive Step & Leg Swing

- Open Drive Step (To Holder)
- 'Parallel To Floor,' Backswing

4. Plant Spot & Weight Distribution





FRONT-SIDE QUARTER ANGLE



DRIVE STEP & LEG SWING

“Parallel To Floor, Close The Door”

Backswing = **Glute** | Downswing = **Knee**



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OUTLIERS:

**EXCESSIVE
BACKSWING**

&

**DEEP
PLANT**

BACK-SIDE PLANT LINE ANGLE

LEFT-FOOTED K

RIGHT-FOOTED K



'DRY'



DRILLS

1 STEP FIELD GOAL

KICKOFF DRY RUN



C H A R T I N G



	1	
4	2	
		3

Charted By: _____ Date: _____

Rep. #	Dist. & Hash	Op. Time	Snap (Location)	Hold/Spot (Location)	Result (G/NG)
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Numbers correspond to height/location as ball passes plane of uprights

Charted By: _____ Date: _____

Rep. #	Dist. & Hash	Op. Time	Snap (Location)	Hold/Spot (Location)	Result (G/NG)
1.	41 / LH	1. 31	-	+	G
2.	45 / LH	1. 33	+	+	G
3.	49 / RH	1. 35	+	-	G
4.	51 / M	1. 38	-	-	NG
5.					
6.					
7.					
8.					
9.					
10.					

KICKOFFS

- Most Violent Specialist Movement
- 1 KO = 1 85% Rep Max
- KO Plant = Narrow FG Plant
- KO = Aggressive FG w/ Hurdle
- Great Approach = Great KO
- KOs Require Entire Body



FIND KO STEPS

“Start Where You Want To Finish”

- 1. Start At Plant Spot**
- 2. Simulate KO Rep (Away From Plant)**
- 3. Approach Inside 45° (Narrow FG)**
- 4. Swing When They Feel Comfortable**
- 5. Mark Plant Spot**
- 6. Mark Hurdle Gap**
- 7. Common Steps: 10/6, 9/5, & 8/4**



KICKOFF ADJUSTMENTS



NEW DRIVE STEP = ↑ INERTIA



KO PLANT = TIGHT FG PLANT



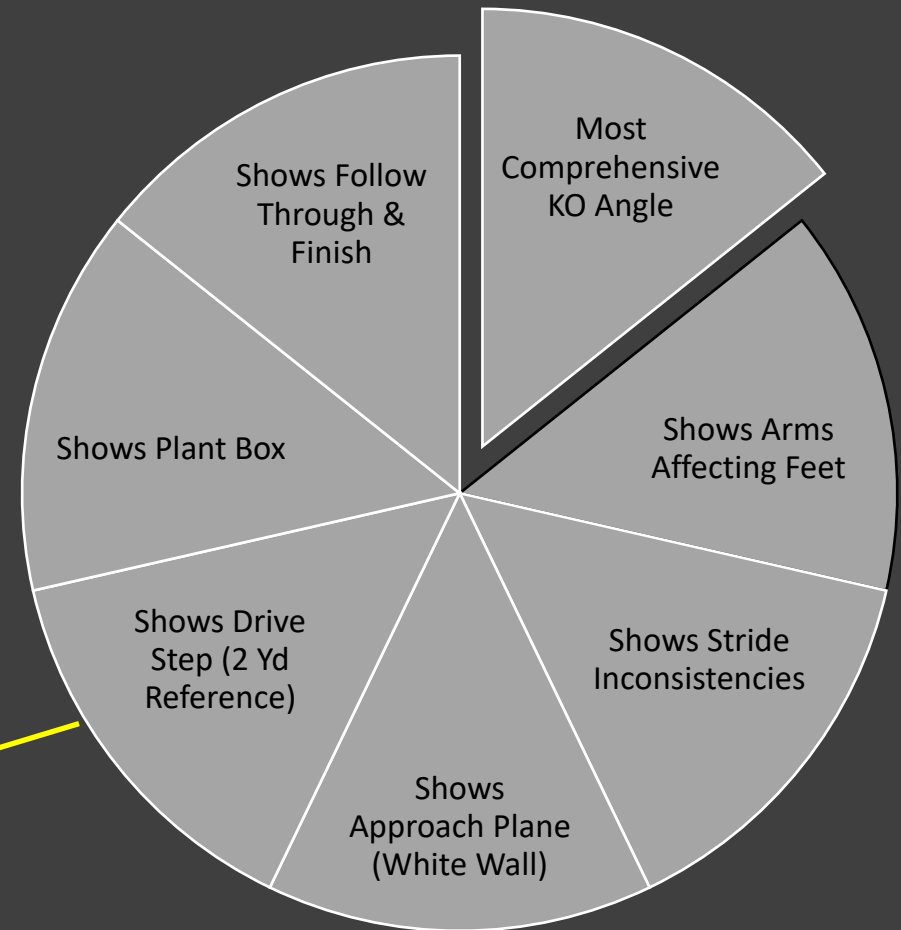
DRIVE STEP REFERENCES

PLANT BOX

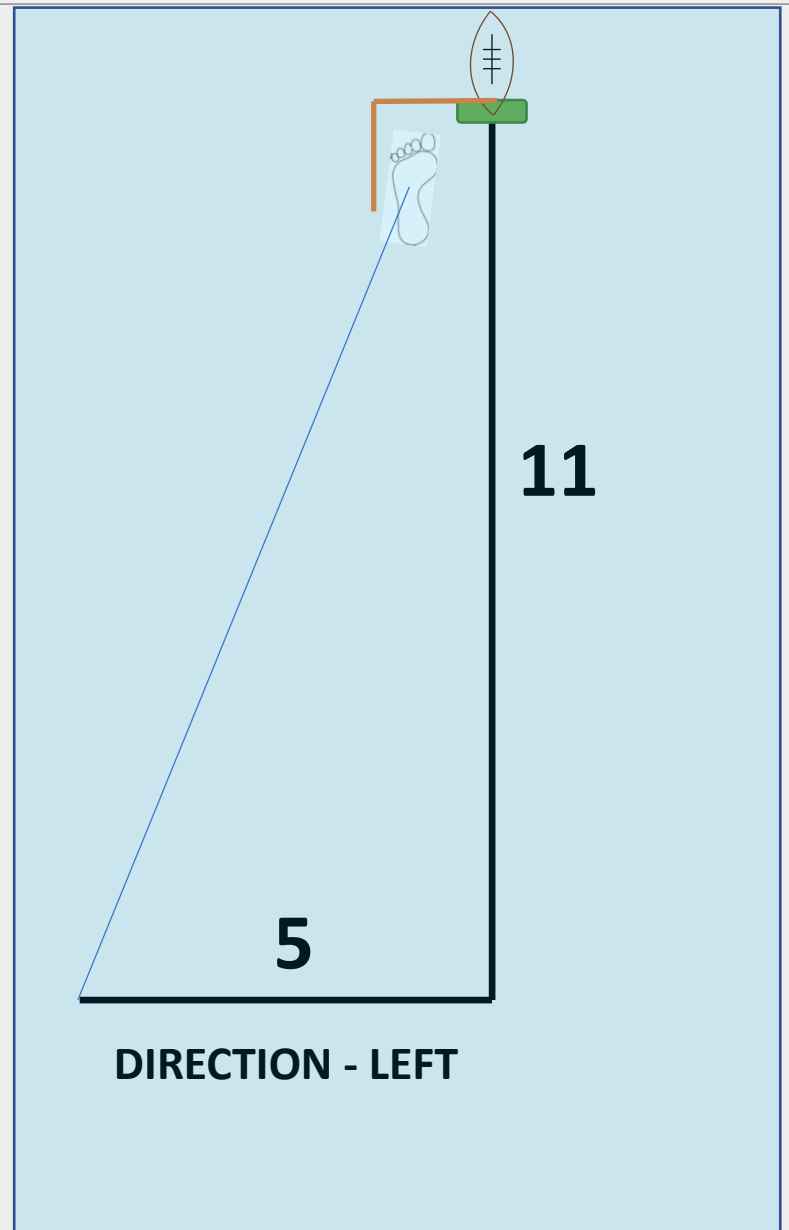
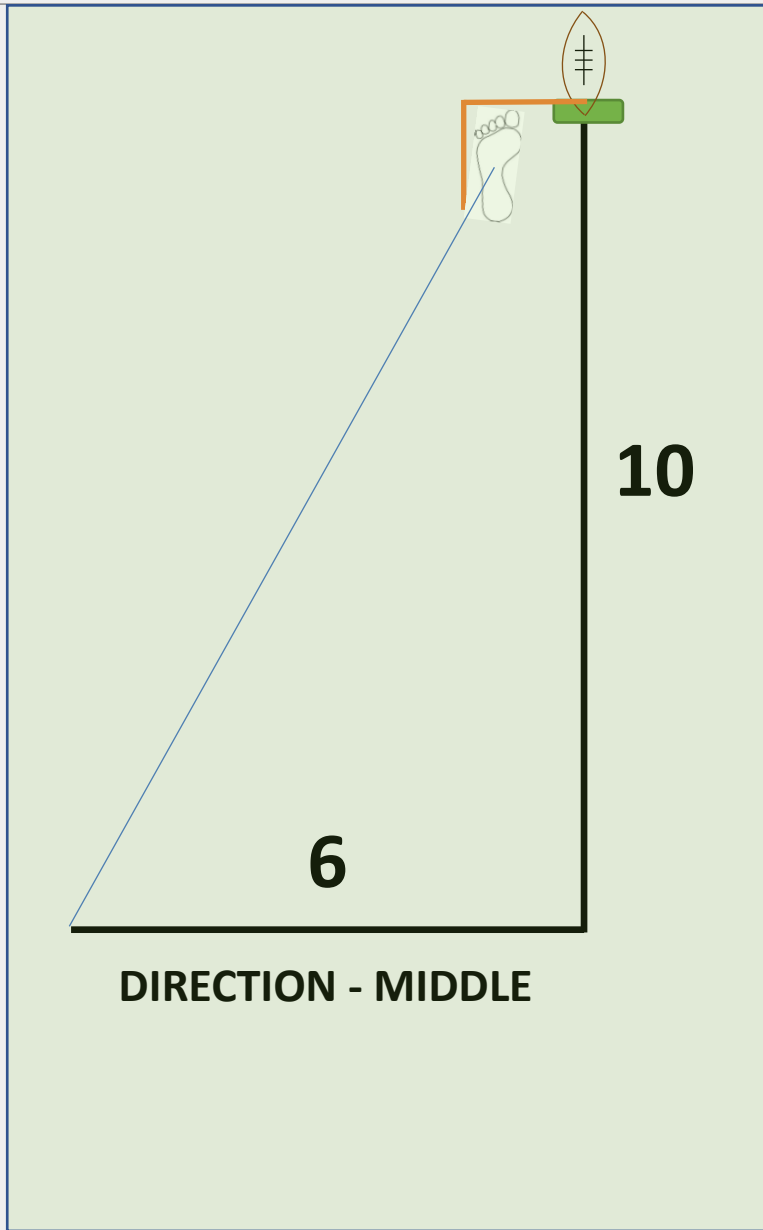
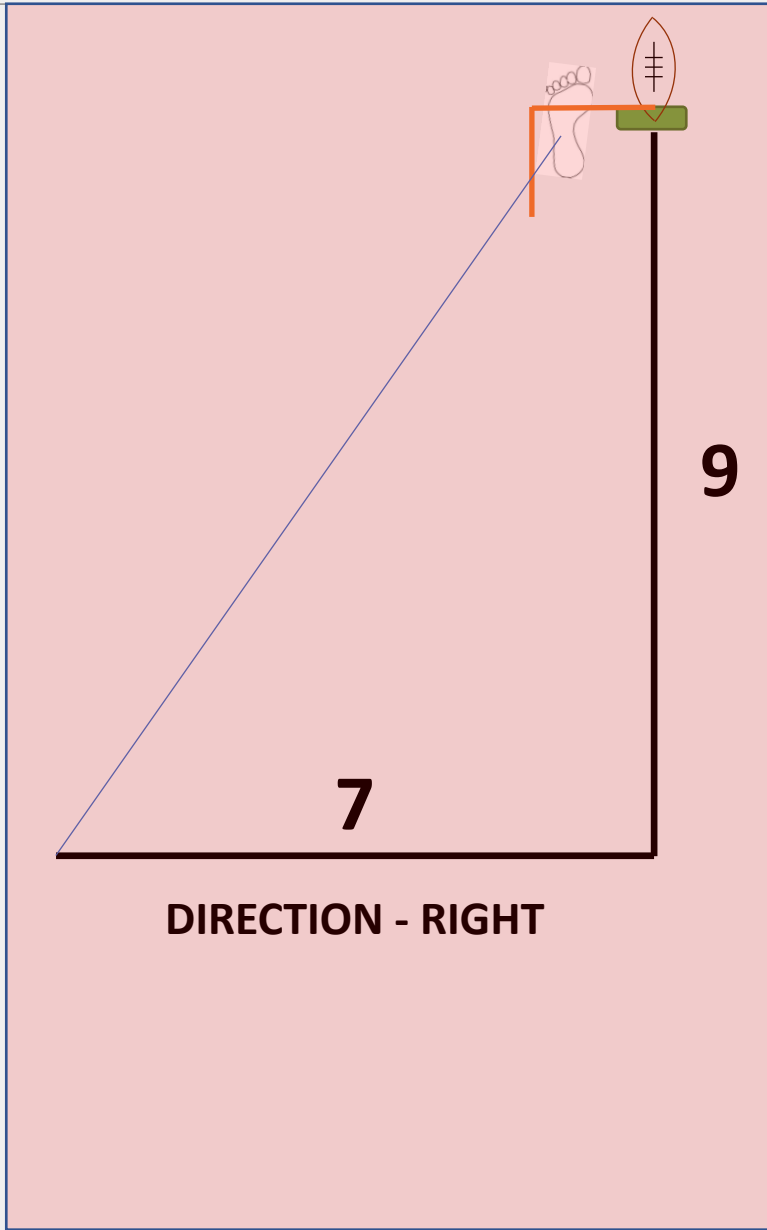


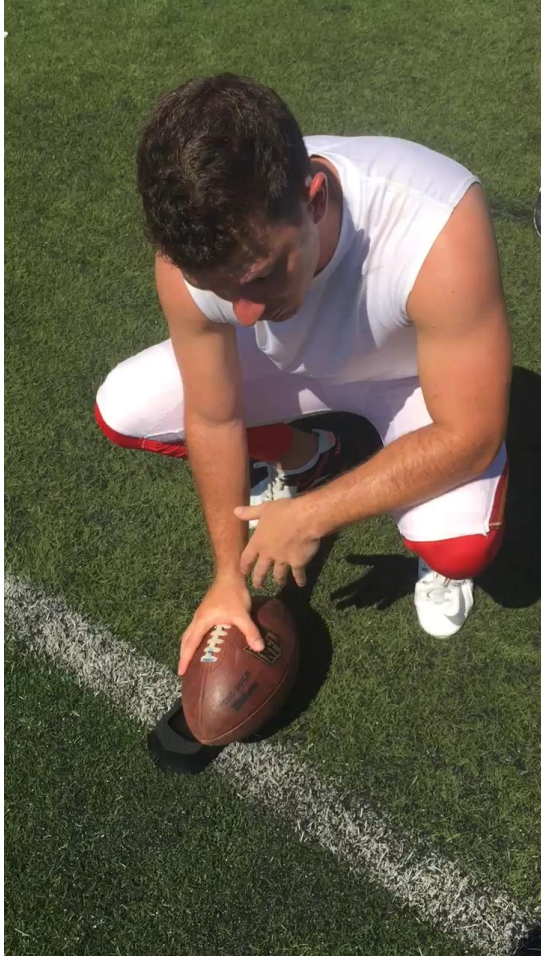
- **Optimal Zone For KO Plant Spot**
- **Find It:**
 1. **Place Feet Parallel To KO Tee**
 2. **Feet Together, Toes Aligned To Front Of KO Tee)**
 3. **Box Out Perimeter Around Kicker's Feet (Barbasol)**
 4. **Widest Point Of Box Is Considered The Plant Box**

2 YARD KICK-SIDE ANGLE

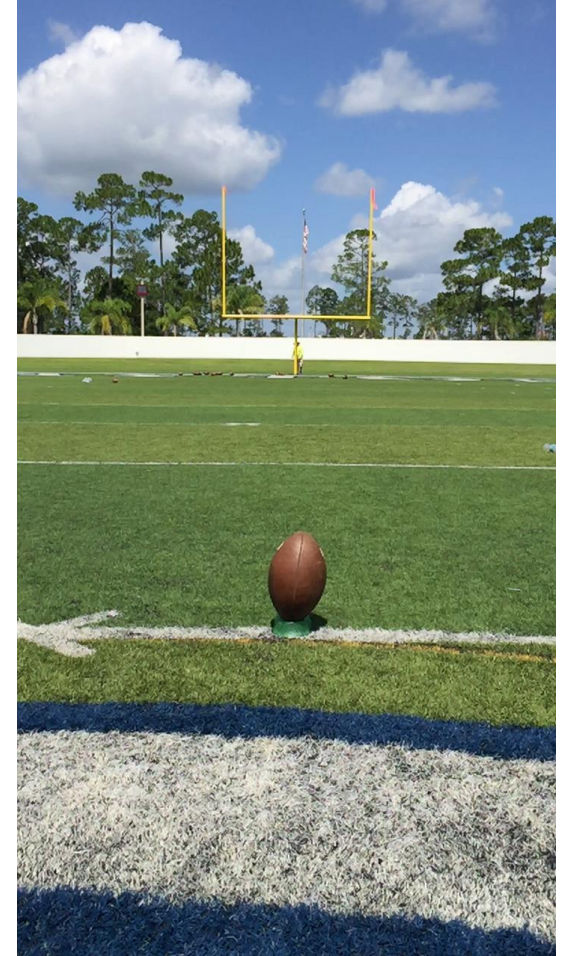


DIRECTIONAL KICKOFFS





SKY/DIRECTION KO



ONSIDE KICK

SITUATIONAL KICKS

KO COMPETITION

4	80+		3		80+	4
	75		1		75	
3	70	2			2	3
2	65	1	0	1	65	2
1	60				60	1
	55		KICKOFF SCORING			55
	50		<u>Distance</u>	<u>Points</u>		50
			0 - 49.5	0		
	45		50 - 54.5	1		45
			55 - 59.5	2		
	40		60 - 64.5	3		40
			65 - 69.5	4		
	35		70 + Yards	5		35
			<u>Hang Time</u>	<u>Points</u>		
	30		0 - 3.69	0		30
			3.7 - 3.79	1		
	25		3.8 - 3.89	2		25
			3.9 - 3.99	3		
	20		4.0 - 4.09	4		20
			4.1+ Seconds	5		

L.H. KICKOFF: FROM 35 YARD LINE

REP	DISTANCE	HANG	DIR.	POINTS
1				
2				
3				
4				
5				
6				

Total Kickoff Points 0
*Calculate 5 Best Reps

R.H. KICKOFF: FROM 35 YARD LINE

REP	DISTANCE	HANG	DIR.	POINTS
1				
2				
3				
4				
5				
6				

Total Kickoff Points 0
*Calculate 5 Best Reps

M. KICKOFF: FROM 35 YARD LINE

REP	DISTANCE	HANG	DIR.	POINTS
1				
2				
3				
4				
5				
6				

Total Kickoff Points 0
*Calculate 5 Best Reps

HOLDING

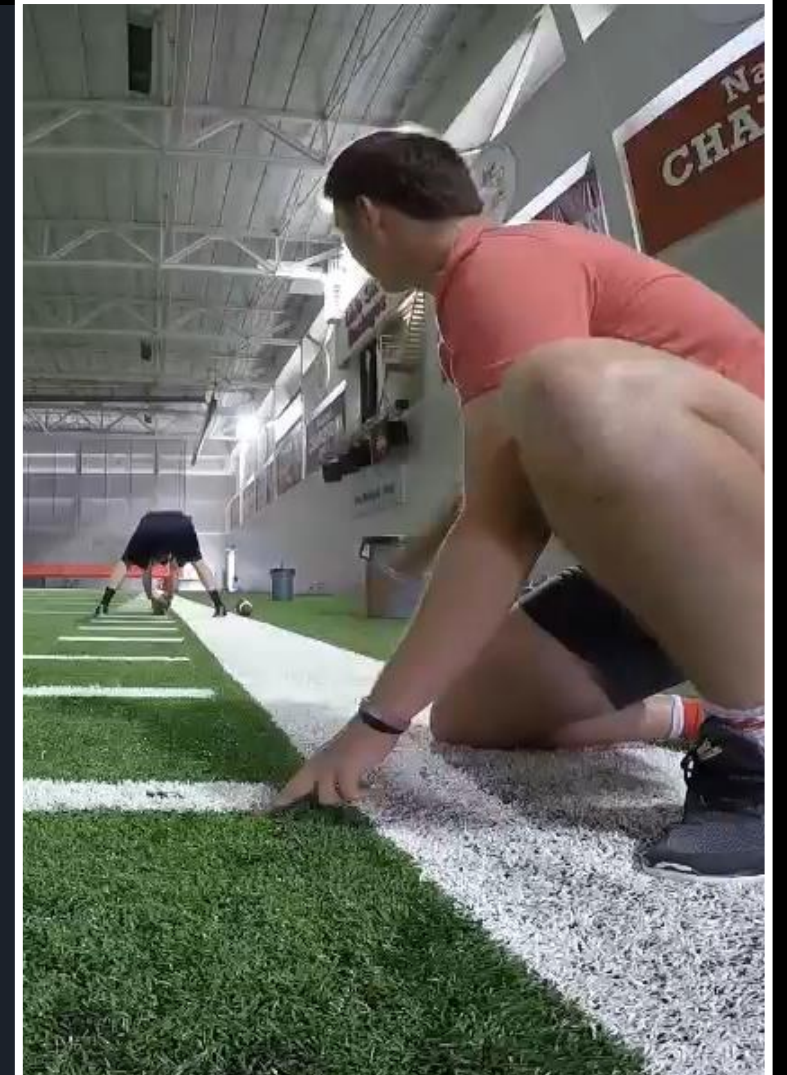
DRILLS



PARTNER HOLDING DRILL



SNAP, HOLD, REPEAT DRILL



HASH CORNER SPOT DRILL

“KICKERS ARE AS GOOD AS THEIR OPERATION”



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