



**IMPROVE YOUR
PUNTER IMMEDIATELY**

**DAN LUNDY
4TH DOWN UNIVERSITY**

OBJECTIVES

- ✓ **Stance & Start**
- ✓ **Mold, Reception & Table**
- ✓ **Drill Work - 'Indy'**
- ✓ **2nd Step Analysis**
- ✓ **Training Angles**
- ✓ **Training Standards**
- ✓ **Scheduling & Charting**
- ✓ **Dry Runs**
- ✓ **Holding Drills**
- ✓ **Think Outside The Box**



Stance & Start

- **Offset Feet**
 - **Avoid Too Much Separation**
- **Narrow Base = Natural Height**
- **Athletic Stance (Use Core/Glute)**
- **Stand Tall (Big Target For LS)**
- **Receive w/ Hands (Get-Off)**
- **Leave @ Reception (Hand To Foot)**



Punting Mold

1. Handshake

2. Pinky: Bottom Seam

3. Thumb: Inner Seam

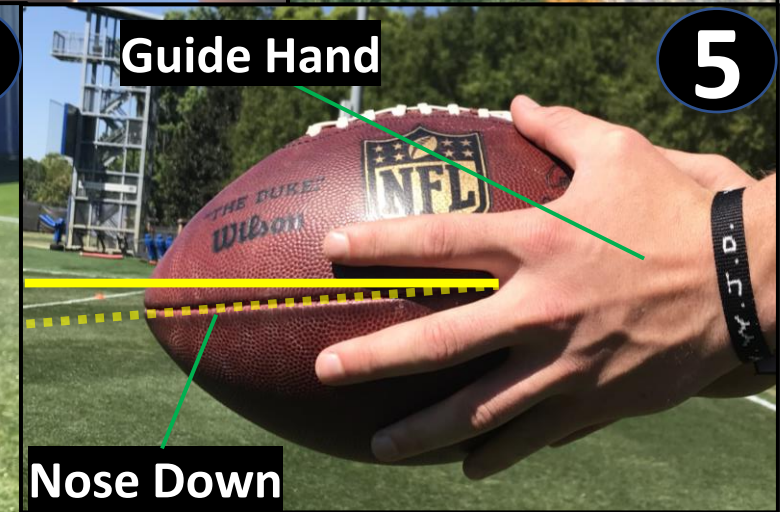
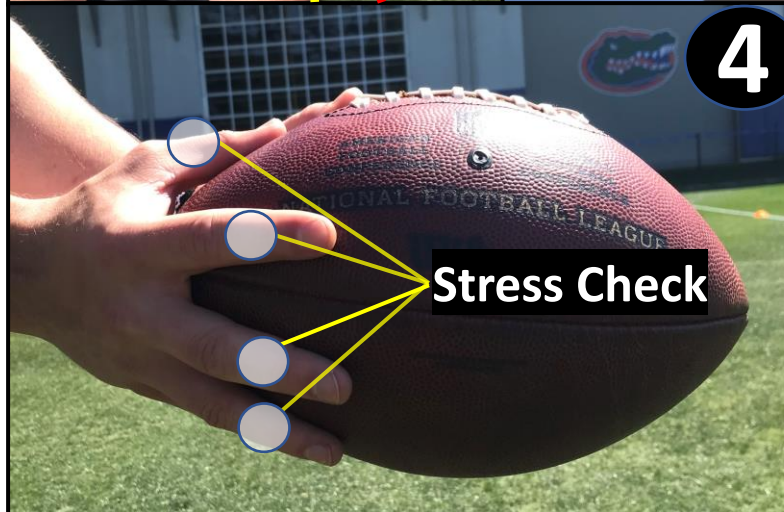
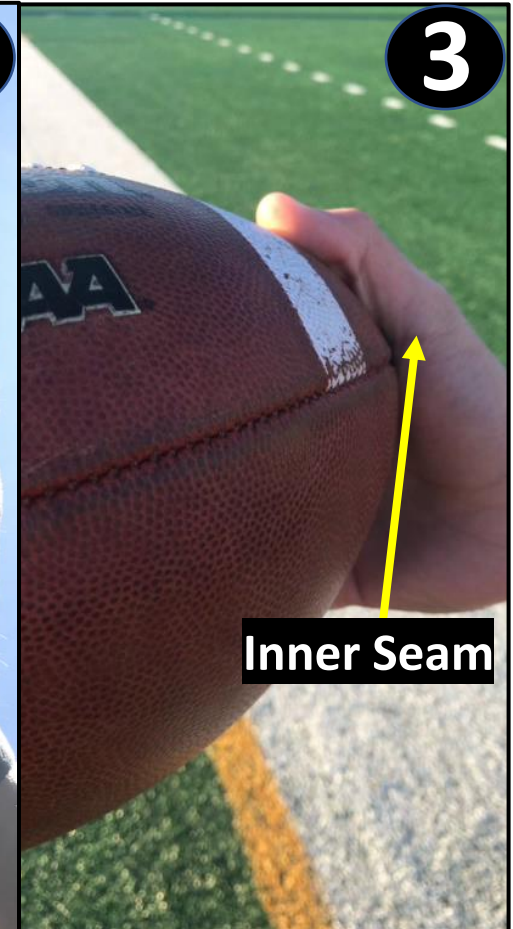
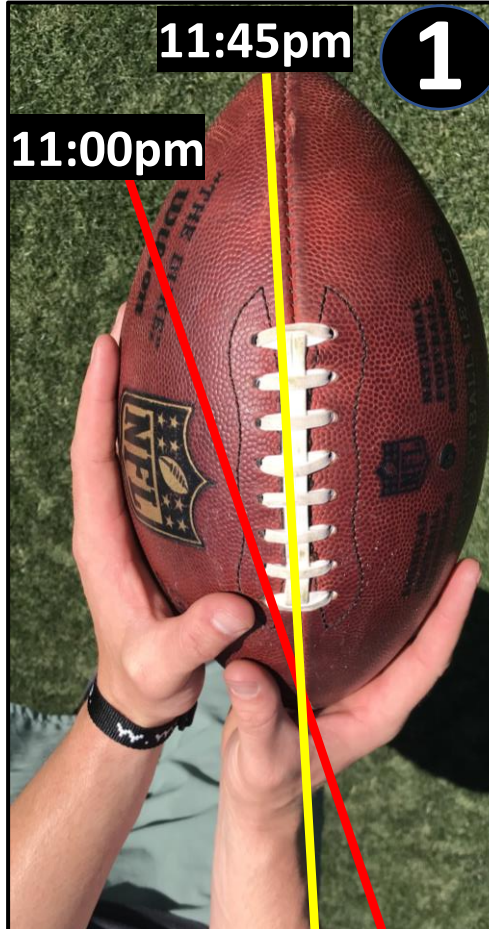
4. Possession (Relaxed)

5. Guide Hand Fills Void

6. Adjust Football's Nose

1. To Tendencies

2. To Conditions



Reception & Table

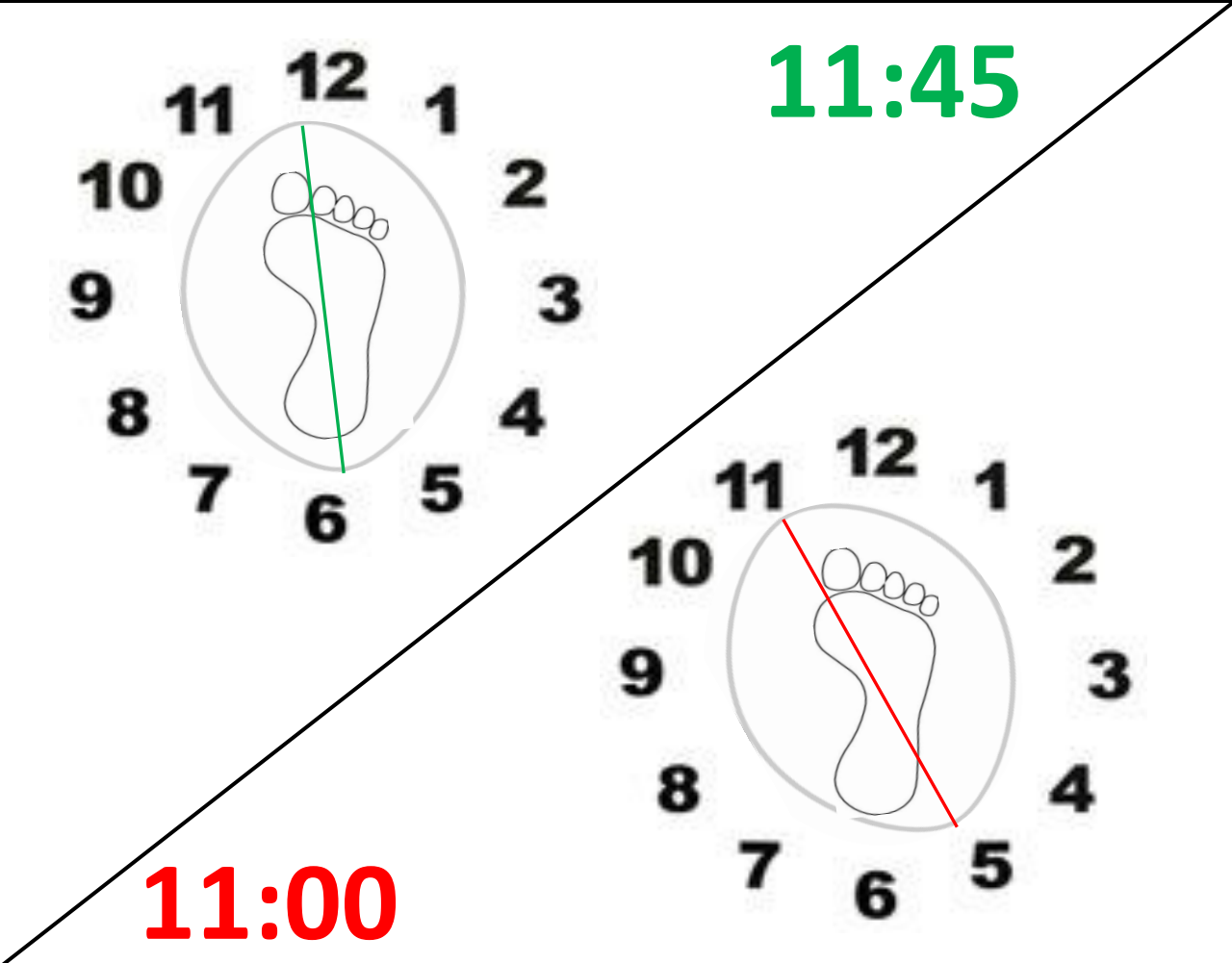


**“Eye Through Alley”
(Alley = Between Laces & Logo)**

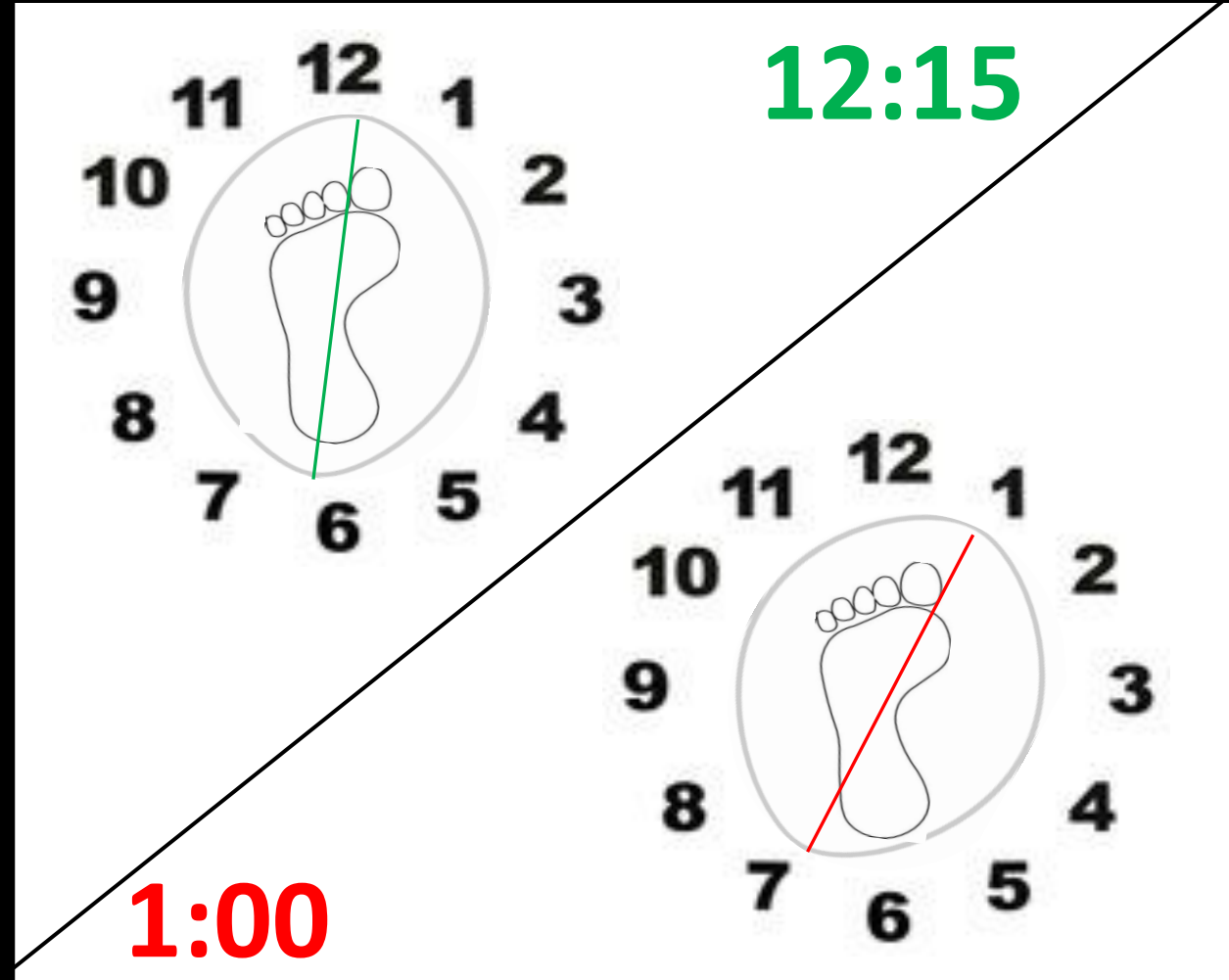


**Table Height
Under Arm - Solar Plexus**

OPTIMIZING FOOT ON BALL



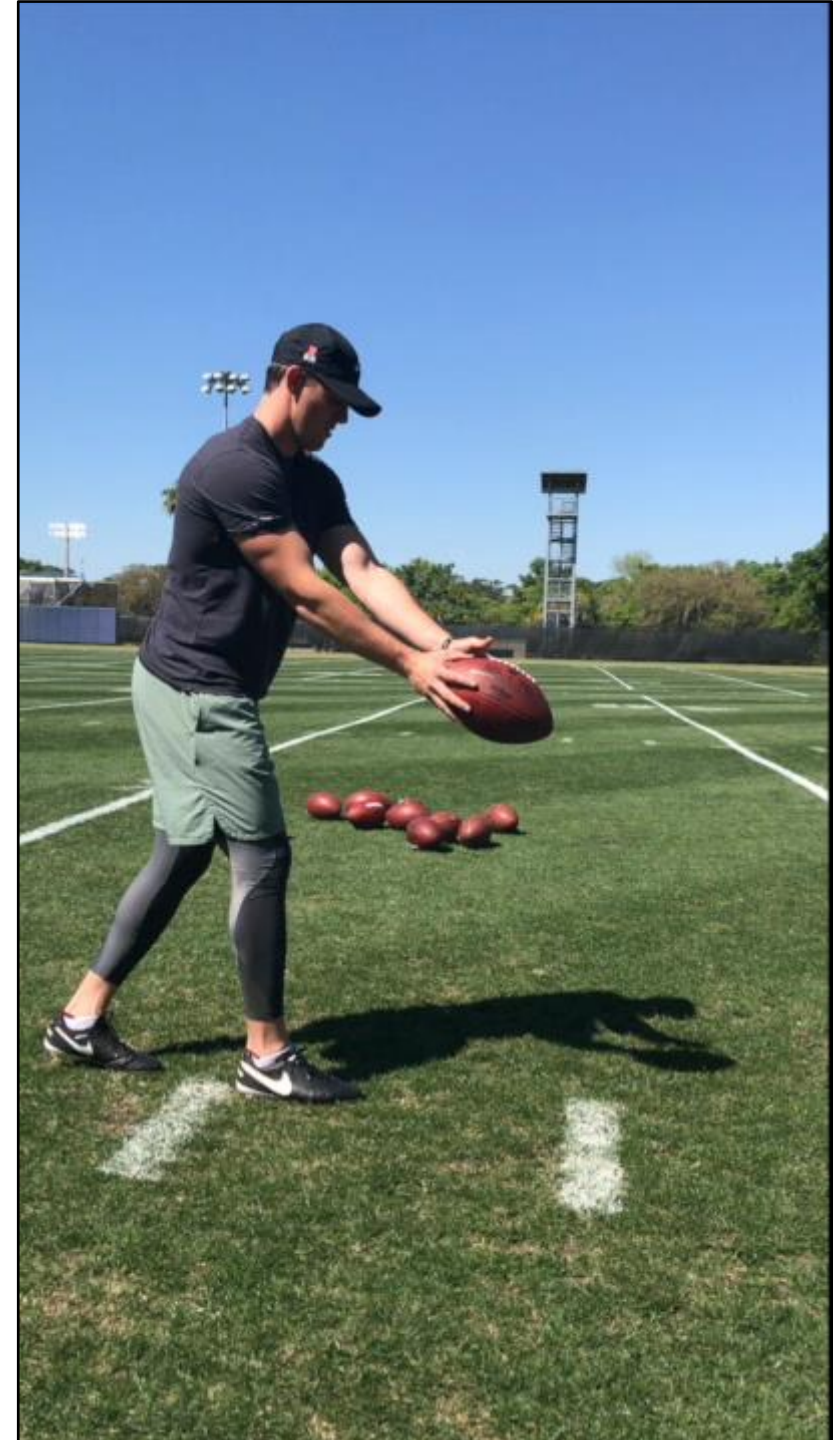
RIGHT-FOOTED PUNTER



LEFT-FOOTED PUNTER

1 Step Drill

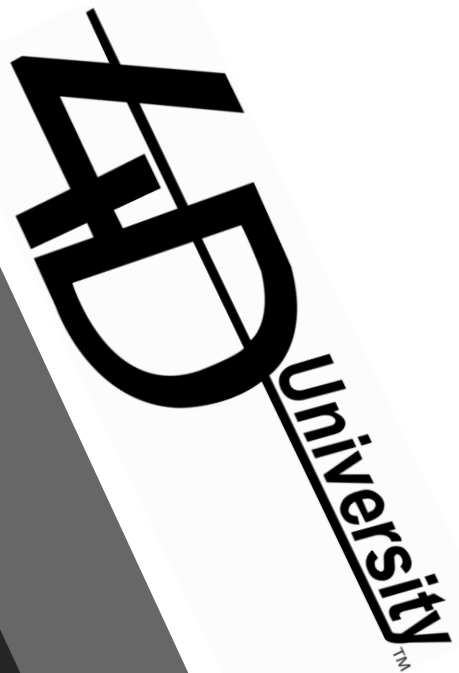
- Stance/Start: 1st Step w/ Ball In Hands
- Guide Hand Release: As Feet Pass
- 1st Step (Big): Light (Hot Surface Theory)
- Release/Float: Before Plant Foot Lands
- 2nd Step (Small): Maintain Shape (Torso)
- 'Big, Small': Get Vertical At Finish



1 Step Drill - Front-Side

- **Plant Foot Off Punter's Midline**
 - Optimizes Linear Leg Swing
 - Avoids Stacked Feet
- **Minimal Back Swing (Knee Drive)**
 - Big Back Swing = Low Contact Point
 - Low Contact = Driven Punt





FULL STEP DRILL



Plane Drill

Blue Tarp (Background)

- Eyes On A Plane
- Stabilizes Punt Table

• Yellow Line

- Punt At Natural Height
- Avoid Over-Striding
- Split Line B/T Feet
 - Body Aligned To Target
 - Avoid Stacking



Hallway Drill

- Front-Side Punt Angle
- Hallway Visual (Split Line Inverse)
 - **Yellow Lines** = Protection
 - **Green Line** = Intended Target
- Directional Punt (Move Hallway)



5 Yard Explosion Drill

- Punter = 5 yds from 8 ft object
- Object = On Target Line
- 2 Cones:
 - 1. Stance (Heels @ 5 Yds)
 - 2. Contact (3.5 Yds From Stance)
- Eliminates Over-Striding
- Promotes Hip Activation
- High Table & Delayed Release
- + Trajectory, Hang Time, & Distance



2nd STEP ANALYSIS



Negative = **Big**



Positive = **Small**



Punt-Side



Back-Side



Front-Side

Coaching Angles

4D University Standards™

.8 Sec (Snap)

+

1.3 Sec (Hand To Foot)

= 2.1 Second (Op Time)

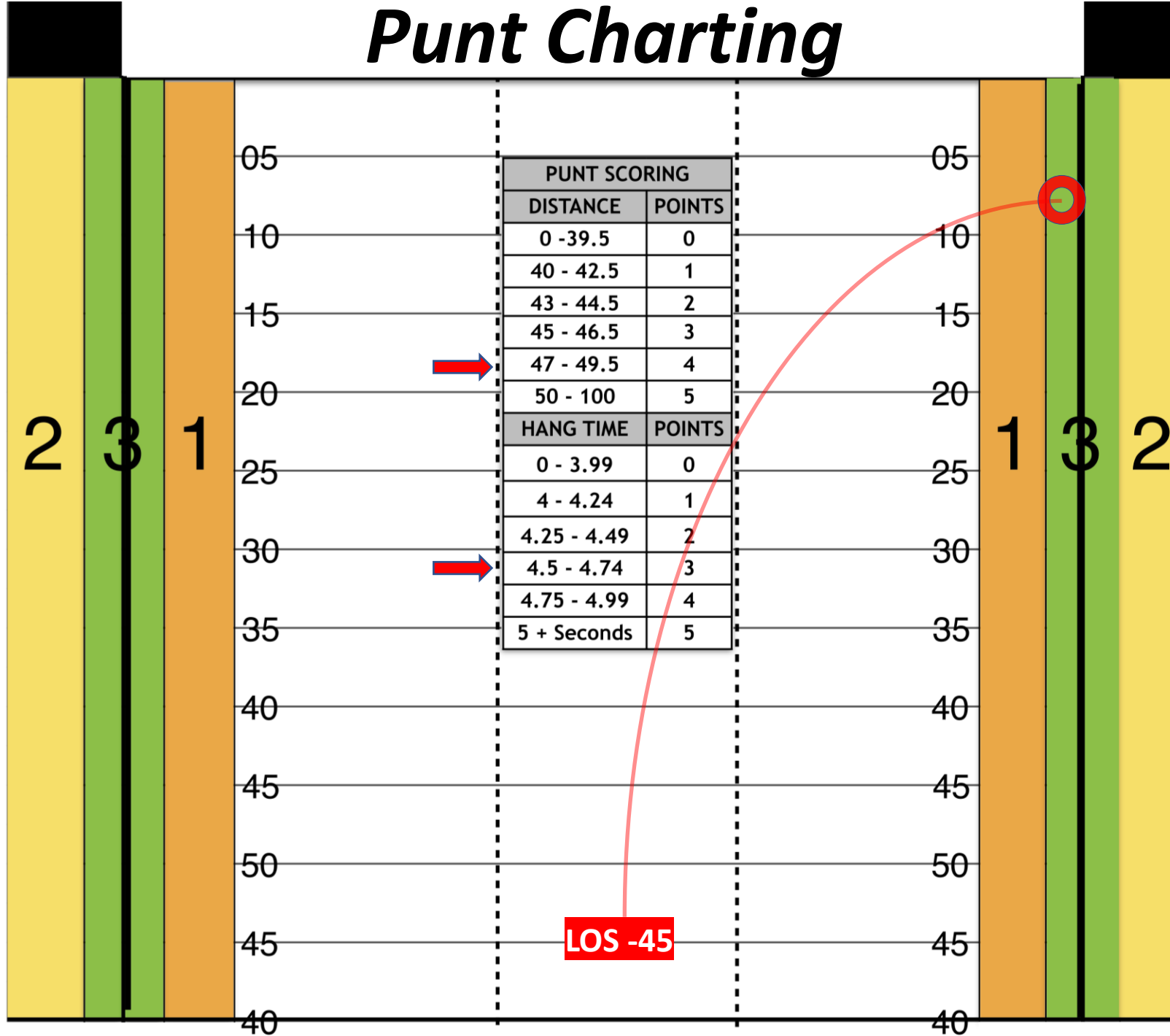
7.5 Yards - Short Snaps				
Rep	Laces			Location
1	0	1	2	0 1 2 3 5
2	0	1	2	0 1 2 3 5
3	0	1	2	0 1 2 3 5
4	0	1	2	0 1 2 3 5
5	0	1	2	0 1 2 3 5
6	0	1	2	0 1 2 3 5
7	0	1	2	0 1 2 3 5
8	0	1	2	0 1 2 3 5
9	0	1	2	0 1 2 3 5
10	0	1	2	0 1 2 3 5
11	0	1	2	0 1 2 3 5
12	0	1	2	0 1 2 3 5
Total Points - Laces			Total Location Points	
0			0	

Lace Location Scoring	FG Location Scoring
2 Points - No Turn	
1 Point - 1/4 Turn	
0 Points - Full Turn	
Lace Location Diagram	

14.5 Yards - Long Snaps			LS - Location Point System		
Rep	Time	Location			
1		1 2 3			1 Point = Above chest; Hand adjustment needed
2		1 2 3			
3		1 2 3			3 Points = Torso to waist; No hand adjustment needed
4		1 2 3			
5		1 2 3			
6		1 2 3			2 Points = Waist to knees; No hand adjustment needed
7		1 2 3			
8		1 2 3			
9		1 2 3			
10		1 2 3			
11		1 2 3			0 Points = On ground; side to side; over head
12		1 2 3			
Average Time		Total Location Points			
#DIV/0!		0			

- ✓ Punters are as good as their unit
- ✓ LS = Throws Well, Flexible, Big Hands

Punt Charting



DIRECTION RIGHT - 40YD LINE				
REP	DISTANCE	HANG	DIR.	POINTS
1	47	4.5	R	7
2				
3				
4				
5				
6				
Total Punt Points				0

MIDDLE LEFT / RIGHT - 40YD LINE				
REP	DISTANCE	HANG	DIR.	POINTS
1				
2				
3				
4				
5				
6				
Total Kickoff Points				0

DIRECTION LEFT - 40YD LINE				
REP	DISTANCE	HANG	DIR.	POINTS
1				
2				
3				
4				
5				
6				
Total Kickoff Points				0

*Calculate 5 Best Reps

Scheduling

“Punt More, Kick FG Less, Kickoff Least”

Punting = Natural (Softball) | Kicking = Unnatural (Baseball)

Monday	
Period 1 (10 Minutes)	Stance and Start, Ball Reception Drill
Period 2 (10 Minutes)	One Step Dry Drop Drill (25-30 reps)
<i>Water Break & Stretch (5 Minutes)</i>	
Period 3 (10 Minutes)	2 Step Dry Drop Drill On Line w/ Ball (25-30 Reps)
Period 4 (15 Minutes)	One Step Punting Drill On A Line (15 Reps)
<i>Water Break & Stretch (5 Minutes)</i>	
Period 5 (15 Minutes)	Full Punts On A Line, No Snap (10 reps)
Period 6 (15 Minutes)	Full Punts w/ Snap (Middle 5-7 reps)
<i>Water Break & Stretch (5 Minutes)</i>	
Period 7 (15 Minutes)	Full Punts w/ Snap (Directional Left 5-7 Reps)
Period 8 (15 Minutes)	Full Punts w/ Snap (Directional Right 5-7 Reps)
<i>Water Break & Stretch (5 Minutes)</i>	
Period 9 (20 Minutes)	Directional Pooch Punts w/ Snap (10 reps)
Period 10 (15 Minutes)	Bad Snap Drill (10 Reps) - Hallway Drill



4D *University*TM



Dry Run Examples

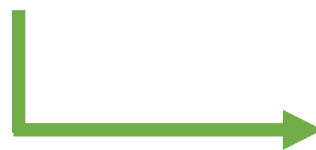


Outside The Box "Indy"

Soccer Ball



Tennis Ball



Outside The Box: Continued



Stabilization



Sideline Drill

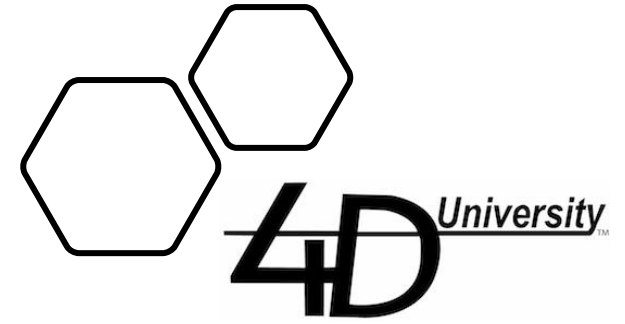


Plant Side Arm

- Minimize Arm Movement
- Release:
 - Parallel To Floor
 - Align w/ Sternum
- Sync w/ Body's Tempo
- Eliminates
 - Footwork Issues
 - Drop Issues
 - Open Torso Issues
 - Swinging Across Body
- Plant Arm Finish:
 - 10:30pm (RFP)
 - 1:30pm (LFP)



Jab & Drive Step

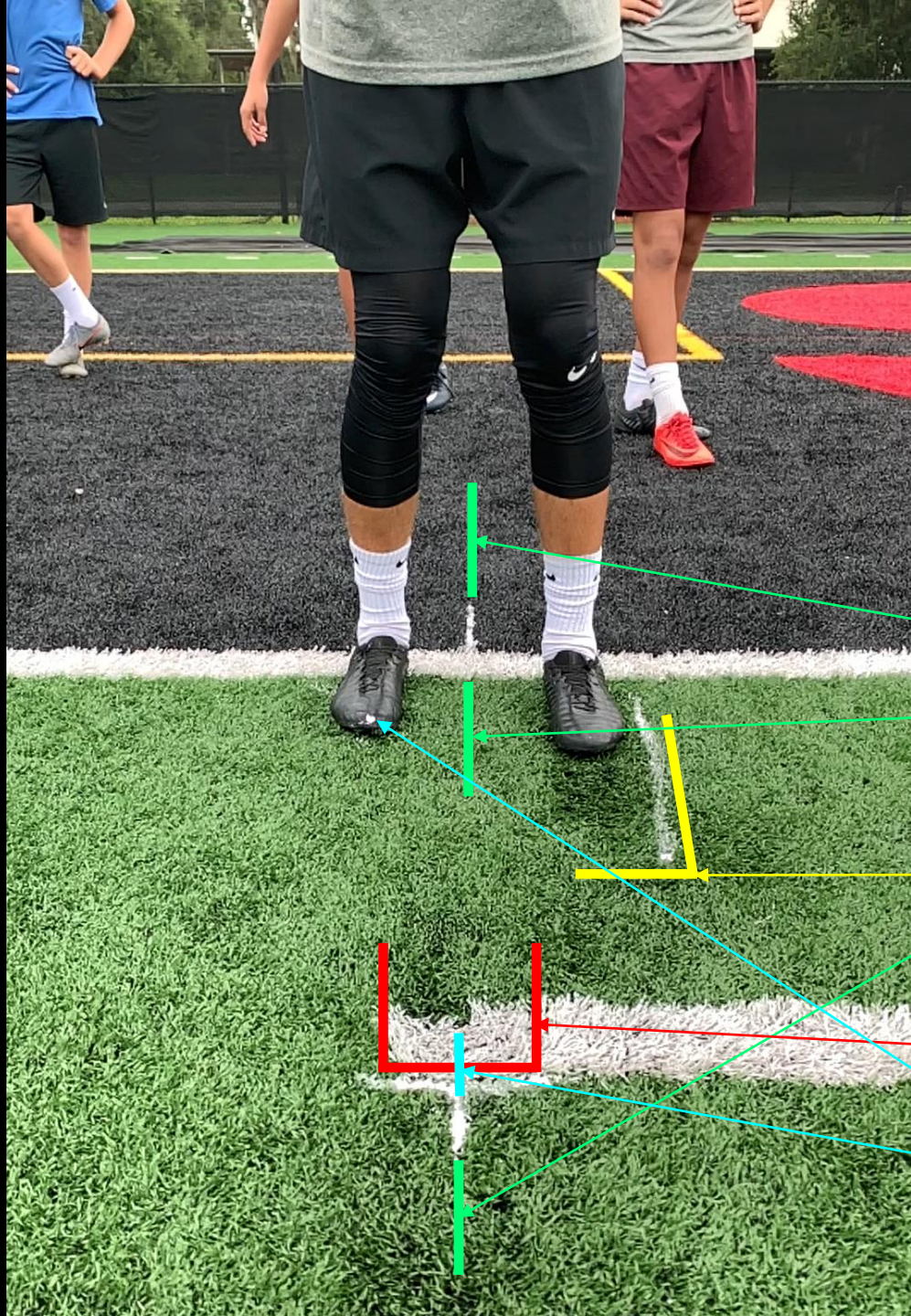


Target Line

Jab Step

Drive Step

Drive Step Direction



HOLDING



DRILLS



PARTNER HOLDING DRILL



SNAP, HOLD, REPEAT DRILL



HASH CORNER SPOT DRILL

“KICKERS ARE AS GOOD AS THEIR OPERATION”

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