



SUMMER SCHEDULE

SAMPLE

MONDAY	Free Day 0 balls. Do what you like. Stay active, but lay off of doing anything too strenuous. Sorry, you still have to help dad with the lawn.	No Weight Workout
TUESDAY	Get to Work Day 50-70 balls. Warm-up, line drills, short kicks and punts, moving back to full kicks and punts. Be sure to get 5-10 KOs in and punt "safety style" punts back. End on a positive kick or punt.	Flexibility Workout
WEDNESDAY	Weakness Day 35-50 balls. Work on the areas that are weakest, but in moderation. Need help from a hash? KO squibbs? Pressure kicks w/ running penalty? End on a positive kick or punt.	Full body Weight Workout
THURSDAY	Light Day 20-25 balls. The whole focus on this day is perfecting each kick. Stay within 80% of your range. Make each kick/punt count. Pick the last ball and mean it (good or bad).	Full body Weight Workout
FRIDAY	Game Day 20 balls. Every one is a game situation. Come off the sidelines, make the play, move on. Get your mental state in the game to win in each opportunity. Pick the last ball and mean it (good or bad).	Flexibility Workout
SATURDAY	Fun Day 30-40 balls. Warm up, try most anything. Go for your record, but don't overdo it. Try drop kicks, running punts, bad snaps, terrible holds, onsides kicks. Have fun and get better at all of it. End on a positive kick or punt.	Full Body Weight Workout
SUNDAY	Dual-Threat Day 40-50 balls. Warm up, get focused on moving from kicker to punter. Never take more than three kicks or punts in a row. "Call your shot" and do it. End on a positive kick or punt.	Flexibility Workout

NOTE: This is just a guideline of how your off-season workout might be. Feel free to adjust to your own personal conditioning and wellness. If this feels like too much, back off a bit. Too light, add 5 balls to the routine. Remember, you want quality repetitions, not going through the motions.