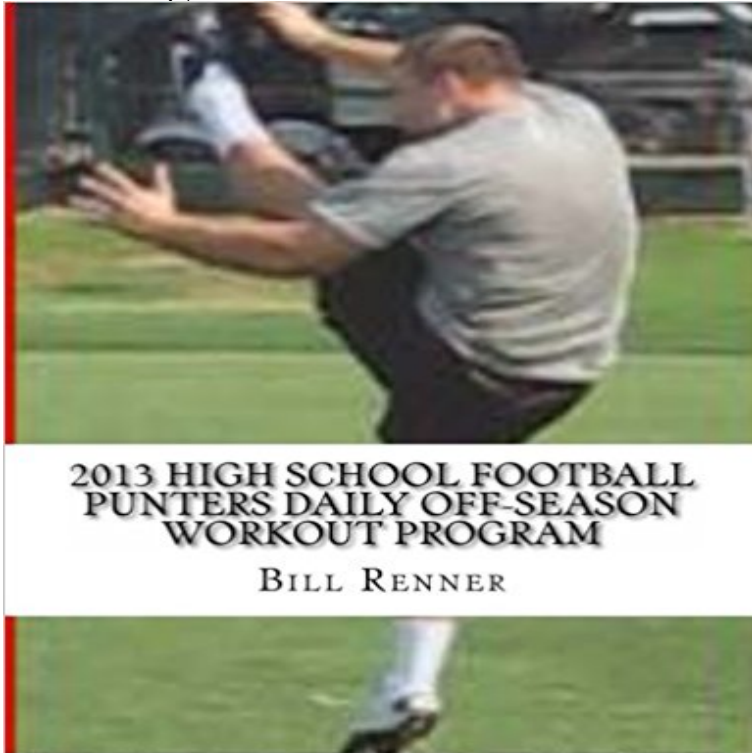


# 2013 High School Football Punters Daily Off-Season Workout Program



**WHY** an Off-Season Workout Book Every athlete needs to have a detailed workout plan in order to insure that he will develop and perform his skills successfully. Failure to have such a plan will result in a trial and error performance. This prevents an athlete from developing to his maximum potential.

**WHAT** an Off-Season Workout Book **WILL** Do This off-season workout book provides a punter with a daily workout plan that is designed specifically to improve a punter. It begins with the first day of the year and continues through the end of July.

Each day has a planned workout for a punter. It incorporates punting drills, agilities, flexibility, lifting and running. These components are planned to complement each other and specifically apply to improving a punter. The punting workouts are specific with the number of punts, types of punts and situations to punt from hang time punts, coffin corner punts to directional punts. Workout Book Structure All workouts are charted and results tabulated to denote strengths and weaknesses for continued improvement. At the end of a week is a Weekly Summary Chart of the punts for that week. This allows the coach to review the performance of the punter for that week. The workout books practice plan is structured to build toward maximum performance when pre-season practice begins.

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