

A Kicker/Punter Stretching Routine
Developed by Kicking Coach Ricky Krautman
10-15 Minutes Total Stretching/Warming-Up

***These warm up exercises below should include stretching/warm-up exercises to avoid pulled muscles and to get the most out of your place kicking/punting practice. Remember it is quality and not quantity that creates successful field goal kickers & punters. ***

- 1) Slow jog 2X Full Field back & forth include “dynamic stretching” on way back (shuffling, karaoke, high knees, heel touches, backwards jog-STAY LOW)
- 2) Trunk Twists
- 3) While standing up: Feet Together-reach and touch toes for 10 seconds
- 4) Straddle position while standing up: Reach for the right leg, left leg, center for all (10 seconds)
- 5) Quad Stretch: Pick up one leg, pull it back, and hold it there for 10 seconds (left and right leg)
- 6) On ground: Butterfly Stretch (Groin muscle) Feet together-push down on ankles for 10 seconds
- 7) On ground: Bring one leg into chest-lean back all the way and hold that leg in that position for 10 seconds. (Both legs)
- 8) On ground-Adductor Stretch: Lean forward first for 10 sec & then lean back for 10 sec.
- 9) On One Knee: HIP FLEXOR STRETCH-Pushing action with quad: (one hand in air for support) 10 seconds each quad
- 10) Superman Lower Back stretch: Lay on stomach with both arms out in front-Pick up arms and stomach to stretch the lower back (both feet stay on ground at all times) 10 seconds
- 11) 20 Sit Ups (Abdominal Strength)
- 12) 20 Pushups (Upper body Strength)
- 13) 20 SECOND PLANKS
- 14) 10 Jumping Jacks
- 15) Stationary Warm Up Leg Swing Kicks (10 kicks each leg) Hold on to goal post for support with 1 arm, while the other leg is air kicking 10 times. (Plant foot stable) **Leg should hit your face on the follow through**
- 16) Take 5 dry run practice kicks with out the ball to get rhythm going (full steps)
- 17) Take 3-5 No step kicks to warm up kicking leg (take no steps to the ball) Close to goalposts (3-5 yards out)
- 18) Take three-five 1 Step Kicks to warm up kicking leg (upright drill)
- 19) 2-3 Step Kicking Approach (Start With 3 Extra Points, then move around field, different hash marks)