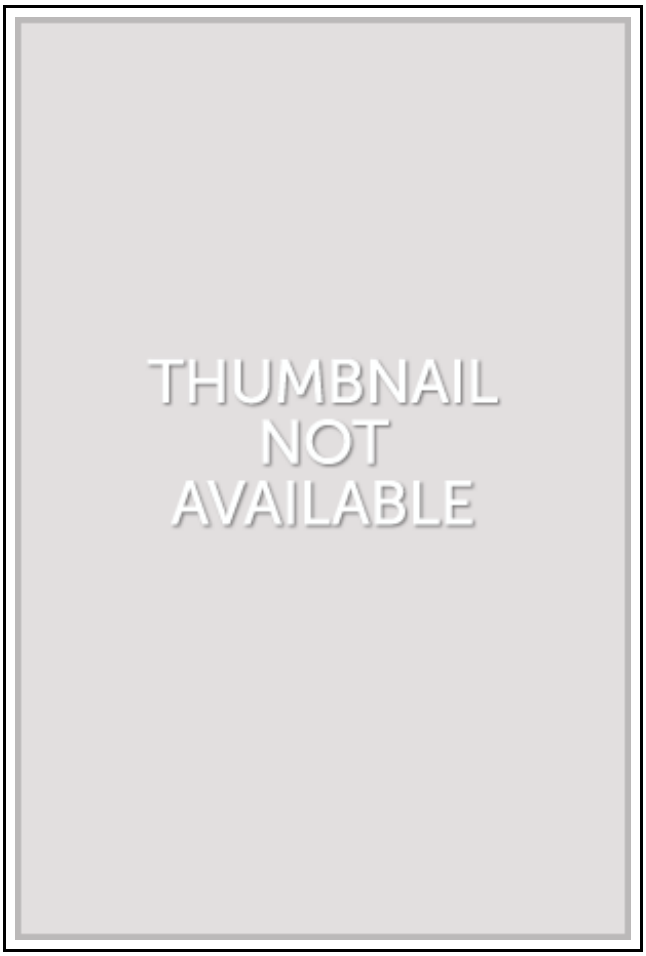
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Createspace, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The College Kickers Spring Football Practice Workout Program is designed for evaluation and improvement. Coaches need to have an accurate evaluation of their kickers ability once spring football practice is completed and the players need to have improved. For accurate coaches evaluation and player improvement to occur, the kicker needs to start his kicking specific training one month prior to spring practice. This prepares the kicker to be competently ready to swing at a ball when spring football practice starts. Otherwise, spring football practices are really just getting the kicker in kicking shape and the evaluation is not accurate, improvement does not happen and coaches leave with a sense of not having an adequate kicker for the next season. This training program starts one month before spring practice. This accommodates the needed repetitions for preparation when actual spring football practice starts. With these preparatory repetitions, the kicker can be assessed accurately and be able to improve during spring practice. Every practice has a prescribed plan warm-up drills, skill drills and for field goal kicks. Every practice has planned field goal distances, hash marks and a chart for marking each kick. When spring practice is over the coach will have 225 field goals charted, 75 from each hash, and be absolutely certain as to what the ability level of the kicker is. Since coaches cannot be with their players during the pre-spring one month workout, this early period will also allow the coach to assess the kickers commitment to being better by how disciplined he is to do the preparatory training on his own. This is a significant ancillary benefit of the program and perhaps the most important assessment...

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