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## RECOMMENDED TRAINING SCHEDULE

- This schedule applies to combo K/P's. Punters only should double or triple their reps.
- A kicker or punter should not kick more than 50 balls during each practice session.
- If you are a placekicker, we highly recommend no-step kicks w/o the ball. If done properly, this drill can improve technique significantly. When practicing FG's, spend the majority of reps aiming at a smaller target to improve accuracy & confidence (i.e. kick from the endline & aim over one of the uprights OR aim at a tall lightpole).
- Punters must constantly practice drops. The drop is the most crucial aspect of a good punt. You can't hurt yourself or wear out your leg by practicing your drop.
- Be sure to regularly practice onside kicks, directional kickoffs, & pooch punting.

### Typical day of *in-season* kicking (3-4 days/week + game) :

#### **NO STEP FG's**

10 dry kicks (w/o ball)

#### **1- STEP FG's**

5 kicks (w/ball)

#### **FULL STEP FG's**

5 dry kicks (w/o ball)

15-20 kicks (w/ball)

#### **KICKOFFS (only 1-2 days per week)**

5 half-step kickoffs (w/ ball)

5 kicks (w/ball)

#### **PUNTS**

25 + drops on knee

25 + drops w/ steps

10 1-step punts

10-15 full kicks

#### **Strength/Weight Training:**

1-2 workouts per week (1 leg day)

### Typical day of *off-season* kicking (2-3 days/week) :

#### **NO STEP FG's**

10 dry kicks (w/o ball)

#### **1- STEP FG's**

5 kicks (w/ball)

#### **FULL STEP FG's**

5 dry kicks (w/o ball)

15-20 kicks (w/ball)

#### **KICKOFFS (only 1-2 days per week)**

5 half-step kickoffs (w/ ball)

5 kicks (w/ball)

#### **PUNTS**

25 + drops on knee

25 + drops w/ steps

5 1-step punts

10-15 full kicks

#### **Strength/Weight Training:**

3-4 workouts per week (2-3 leg days)



**LOU GROZA**  
KICKER OF THE YEAR AWARD  
OFFICIAL VOTING COMMITTEE MEMBER