



BRANDON KORNBLUE
15254 SEA STAR LANE
BONITA SPRINGS, FL 34135
(561) 702-0203
COACH@KORNBLUEKICKING.COM
WWW.KORNBLUEKICKING.COM

RECOMMENDED TRAINING SCHEDULE

for Long Snappers

Typical day of *off-season* snapping (3-4 days/week) :

- WARM UP ARMS & WRISTS
- WORK OVERHEAD THROWS 10 YARDS APART - TIGHT SPIRAL (X 15)
- LEG EXTENSION SNAPS 5 YARDS APART (X 10)
- LEG DRIVES (X 50)
- 5 SECOND DRILL - SLOW MOTION SNAPS (X 50)
- LYING FOREHEAD SNAPS (X 100)
- 10 YARD SNAPS (X 5)
- 12 YARD SNAPS (X 3)
- 14 YARD SNAPS (X 10)
- MAXIMUM: 50 SNAPS/DAY
- EXPLOSIVE WEIGHT TRAINING - FULL BODY TRAINING (UPPER, LOWER, & CORE)
- INCREASE & MAINTAIN FLEXIBILITY
- PRE & POST WORKOUT STRETCHING (WARMUP/COOL DOWN)



LOU GROZA
KICKER OF THE YEAR AWARD
OFFICIAL VOTING COMMITTEE MEMBER