

PUNTING AND PLACEKICKING

SKILL CUES

Punting

1. Grip the ball with the laces up. Place one hand on the rear of the ball and the other hand on the front of the ball.
2. Take a one-and-a-half step approach: short step with the kicking leg, a full step with the non-kicking leg, then kick.
3. Drop the ball onto the top of the kicking foot instep. Angle the ball slightly to point inward to better fit on the instep. Point the kicking foot toes down as you kick the ball.
4. Keep the hands out for balance after the kick and follow through with the leg in the direction of the intended flight.
5. Focus eyes on the ball during the kicking process.
6. If the ball is punted correctly the foot will give it a spiral spin, which adds significantly to the distance the ball will travel.

Placekicking (straight-on style)

1. Slowly approach the ball from a distance of 7 to 10 yards.
2. Plant the non-kicking foot about 1 foot behind and to the side of the ball.
3. Flex the kicking leg at the knee and straighten as the foot contacts the ball.
4. Lock the ankle at contact so the foot and leg form a right angle.
5. Focus the eyes on the ball, trying to contact it just below the midline.
6. Follow through in the direction of the intended flight, letting the kicking leg carry the kicker off the ground.

TEACHING CUE

1. Discuss how and when each of the presented skills is used in football. For example, placekicking is used to start play at each half and kick a point after a touchdown. Punting is used to move the ball the farthest distance from your goal before giving it up to the opponents.

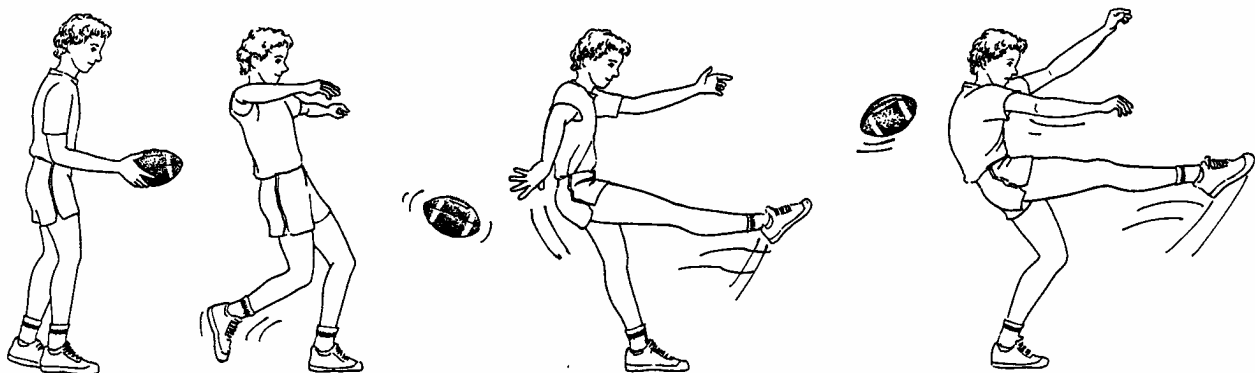
ACTIVITIES (30-40 MINUTES)

1. Present the skill of punting, emphasizing the six skill cues and the teaching cue. Present a punting demonstration. (3-5 minutes)
2. Have students stand 20 to 30 yards apart and punt back and forth from a stationary position. Take no approach steps. (5-6 minutes)
3. Using the same arrangement, have students take the one-and-a-half-step approach and kick the ball, concentrating on the technique. Have students punt back and forth to each other. (4-6 minutes)
4. Have one student in each group of three snap the ball to the punter, one member punt the ball, and the last member catch the punts downfield. Repeat five times then switch roles. (5-6 minutes)
5. Present the skill cues for placekicking, emphasizing that the ball must be contacted below center to get it airborne. Again, a demonstration is recommended. (3-5 minutes)
6. Have one student in a pair be a kicker and the other a retriever. Students should use kicking tees (if possible) to hold the ball in place (if no tees are available add a third student to serve as a holder). The kicker kicks five times with a one step approach, concentrating on the skill technique. Students switch roles after five kicks. (5-6 minutes)
7. Using the same student arrangement, have students take a full run at the ball and kick for distance. Emphasize the importance of planting the foot at the right spot and keeping the eyes focused on the ball as it is being kicked. (5-6 minutes)

CLOSURE (3-5 MINUTES)

Review and discuss with students the content of the lesson. Use the following ideas to reinforce learning, check understanding, and give feedback.

1. Discuss when a punt and a placekick are to be used during the game of football.
2. Discuss the strategies that might be used when punting or placekicking to give the kicking team an advantage versus strategies that give the receiving team an advantage.



Punting