

Skill: Punting

Visual Description: The student will stand with the non-kicking foot slightly in front of the kicking foot while holding the football with both hands. The ball is dropped and contacted by the laces of the dominant foot. Contact should be made about knee high.

Movement Sequence

- 1) Feet staggered, dominant foot forward*
- 2) Knees flexed, slight waist bend*
- 3) Weight distributed equally
- 4) Place hands on opposite sides of the ball*
- 5) Swing leg from hip
- 6) Contact ball around knee high*
- 7) Follow through after contact

Movement Cues

- 1) Feet
- 2) Bend
- 3) Weight
- 4) Hand position
- 5) Leg swing
- 6) Contact
- 7) Follow Through

Task Complexity

Learner: Novice

Skill: discrete

Environment: open (when snapped to punter)

