

**3rd PHASE GAME CHANGER
SPECIAL TEAMS
Punt Drills**

Bryan Cummings



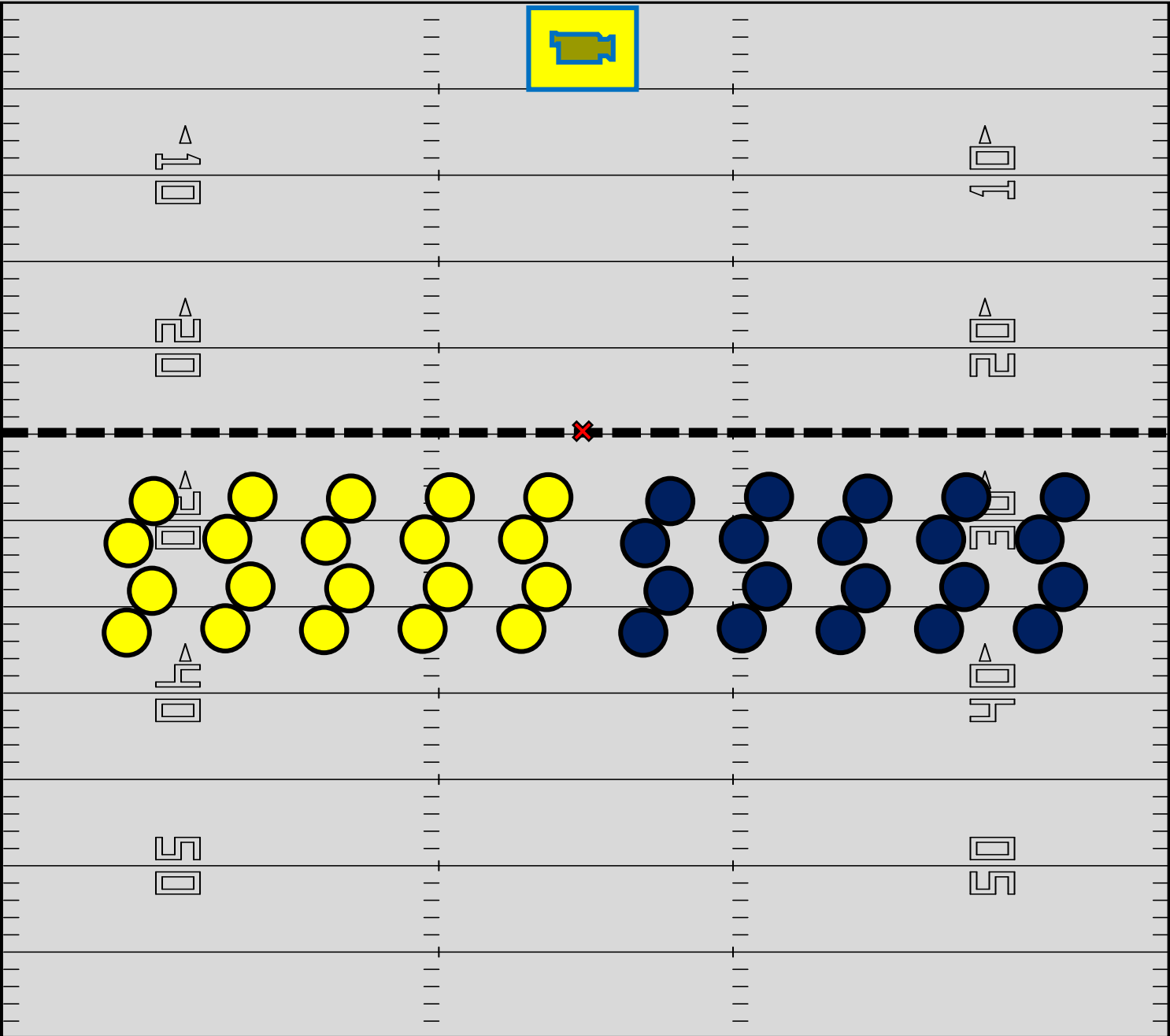
DOT MATRIX

ALIGNMENT

- 5 PARTNERS WIDE TO EACH SIDE, AS MANY ROWS AS NEEDED WORKING OUT FROM 30 YL

DRILLS

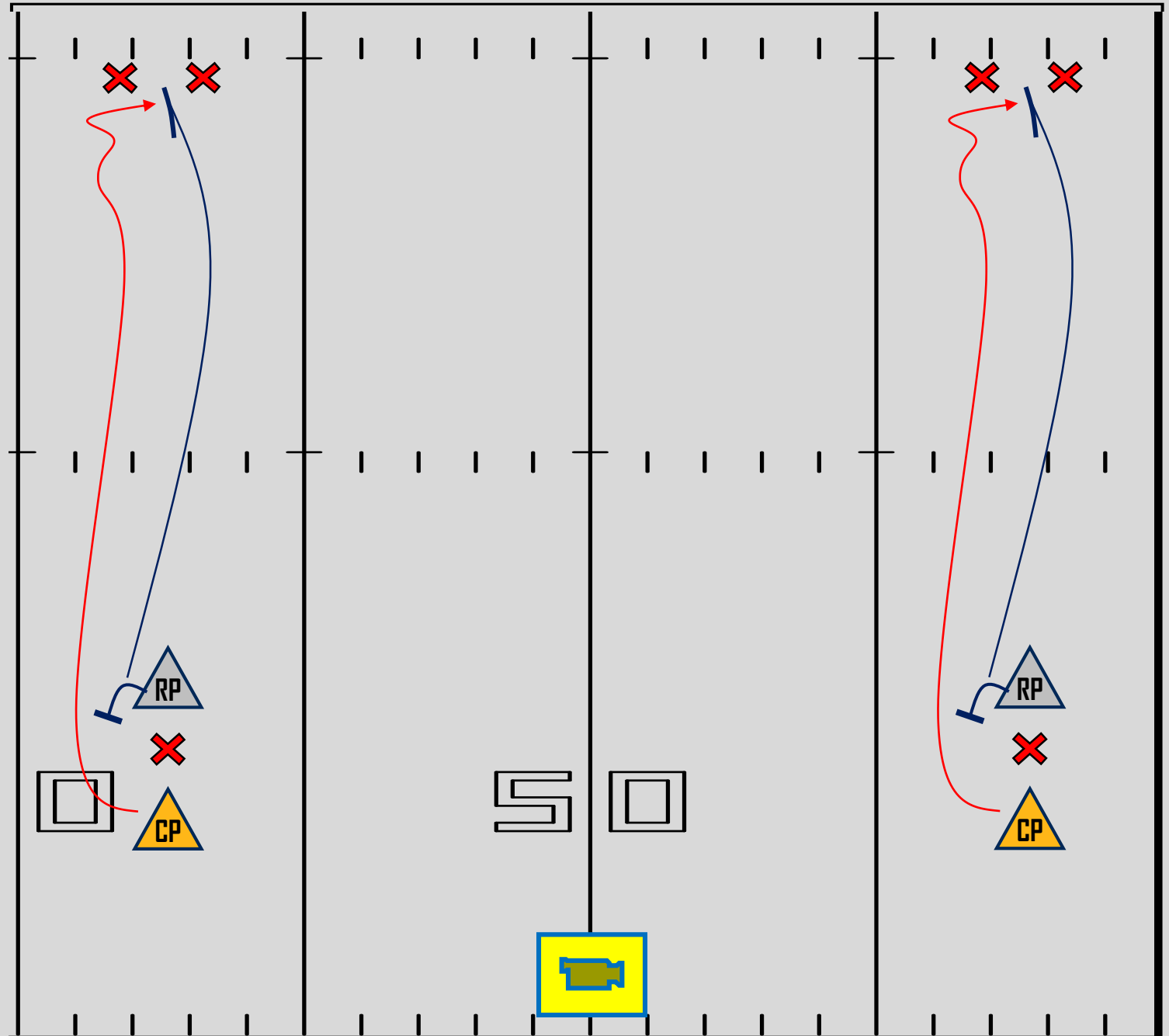
1. JUMP STANCE
2. PUNCH
3. CUTOFF 1 STEP
4. CUTOFF 2 STEP
5. HUDDLE CADENCE (Punch/Cutoff)



COMPETE DRILL

COMPETE

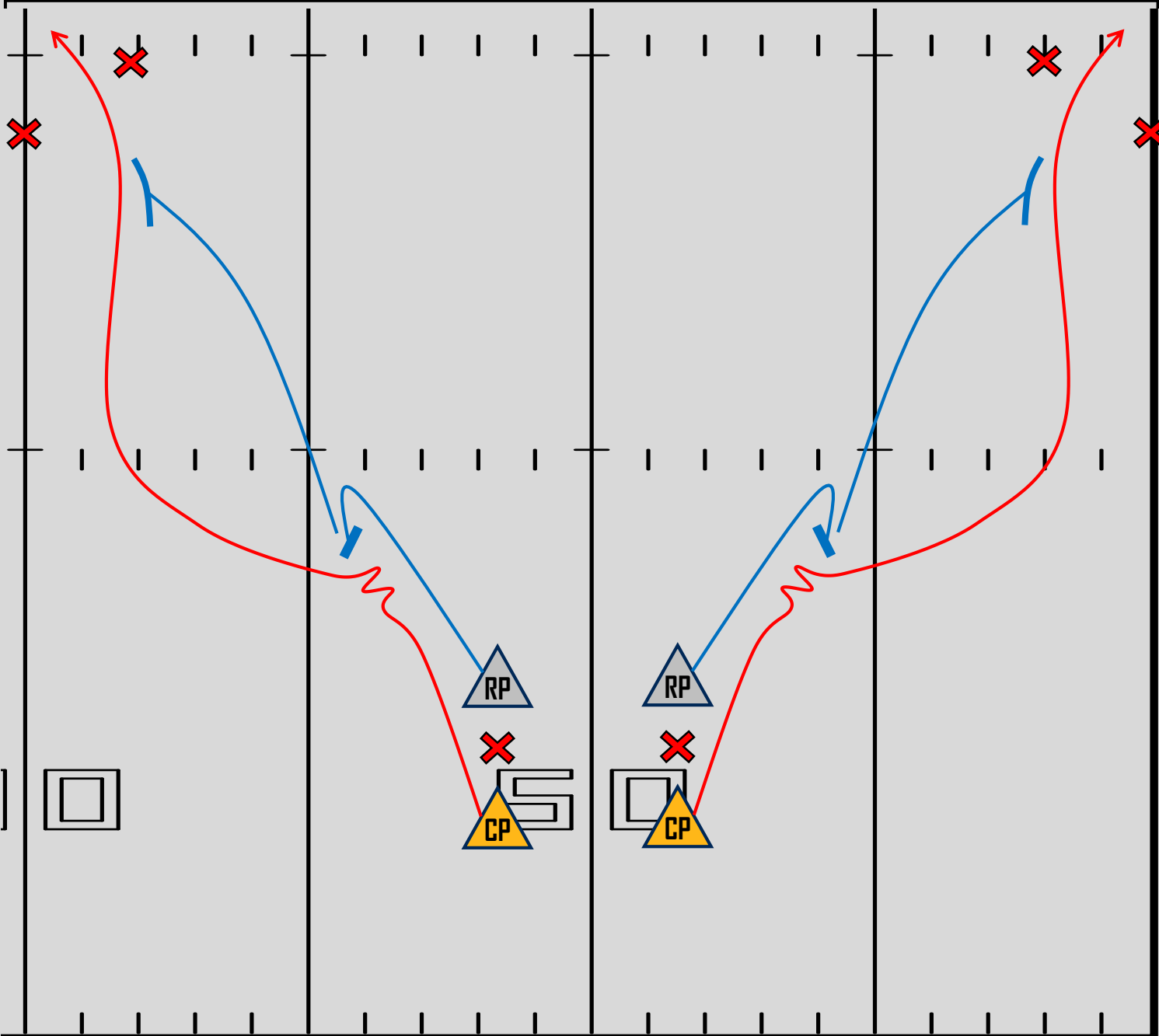
- MAN vs. MAN
- COVER - Get thru the cone
- RET - Stop CP from getting thru cone



K COMPETE DRILL

COMPETE

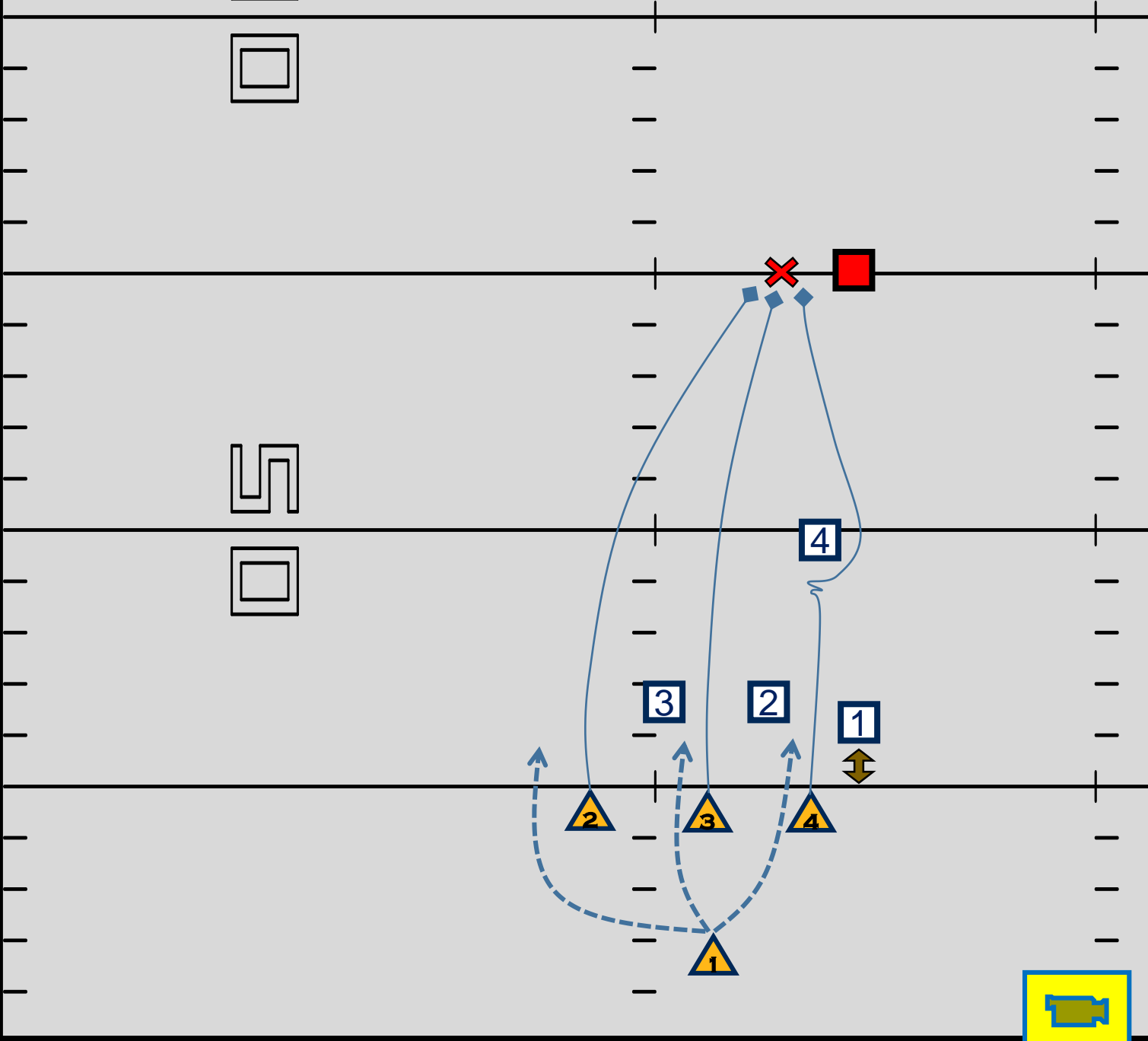
- MAN vs. MAN
- COVER - Get thru the cone
- RET - Stop CP from getting thru cone



FRONTSIDE COMPETE

HALF LINE

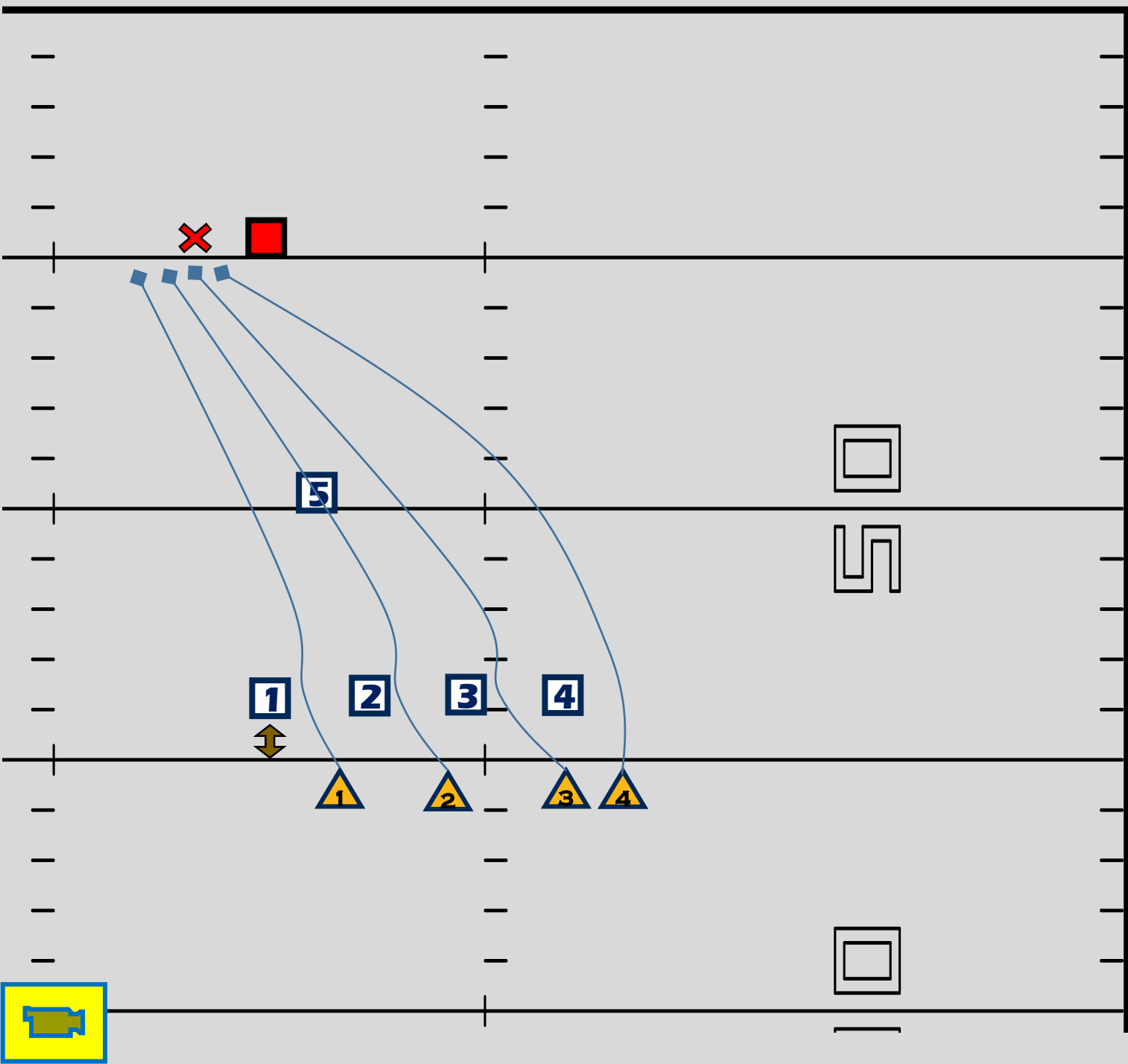
- PUNT vs PUNT RUSH
- FRONTSIDE



BACKSIDE COMPETE

HALF LINE

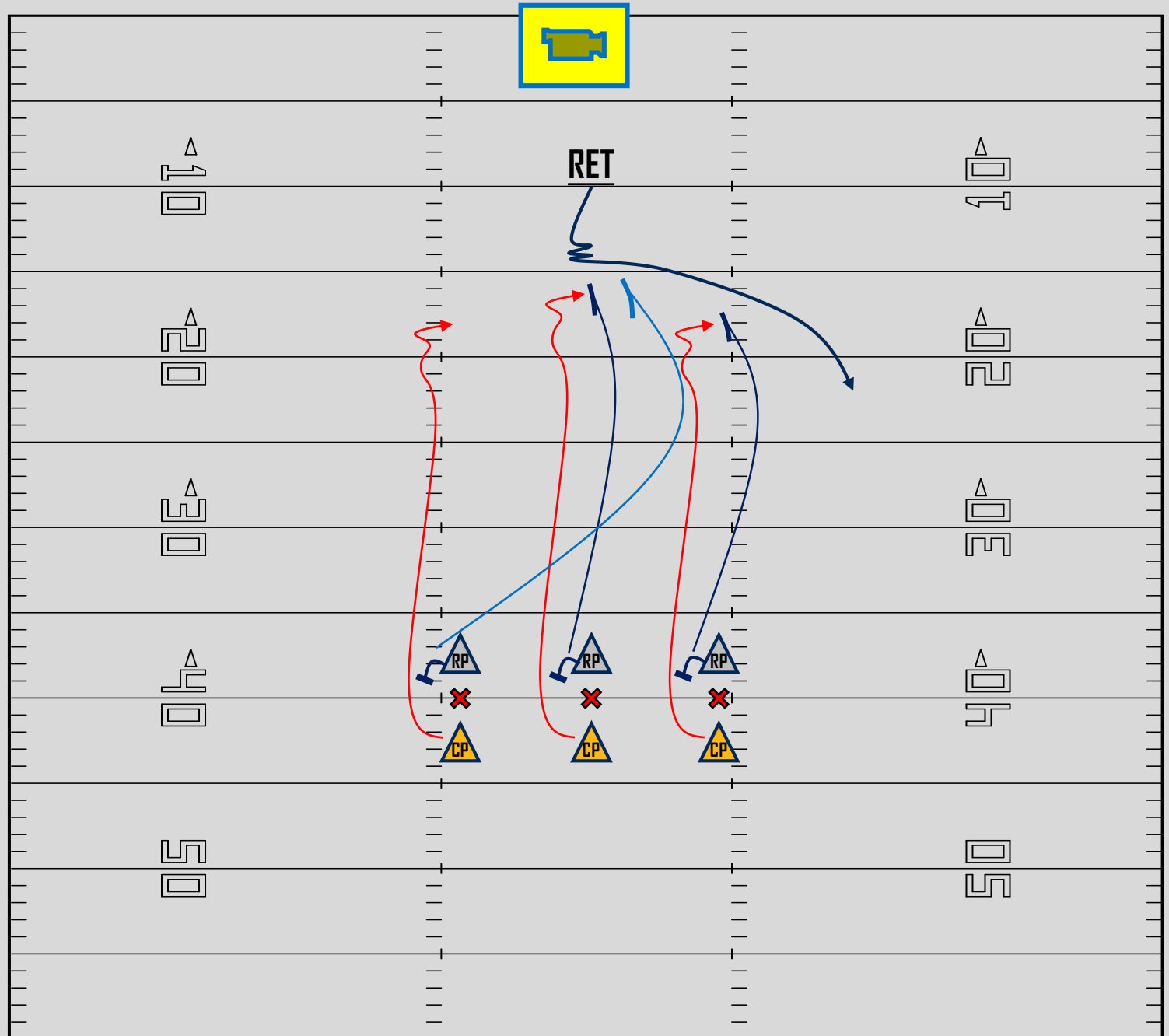
- PUNT vs PUNT RUSH
- BACKSIDE



3 COMPETE & RET

3 TANDEM & RET

- ALIGN @ 40 L-UpRt/MOF/R-UpRt
- WHISTLE
- WIN AT THE LINE
 - RP - Jam & Force Release Away
 - CP - Work Release & Tag Off Ret
- COMPETE & TAG OFF RET
 - RP - Work Grab & Wrap, POC
 - Away Work Tailer
 - CP - Work Release & Tag Off Ret
 - RET - Read & React Off Blocks



PUNT

ALIGNMENT

SPREAD WING LEFT PRO RIGHT

A PUNT

Bobenmoyer

FL

- RG - Mitchell
- RT - Brooks
- LG - Zay
- LT - Luke
- PP - Boyd / alt:AD

BE

- LS - Tank
- RS - Stelz
- P - Glau

GUNS

- 1 - Deggs
- 2 - Wesley
- Alt - Williams / LI

ALIGNMENT

SPREAD WING LEFT PRO RIGHT

B PUNT

C. Wilson

FL

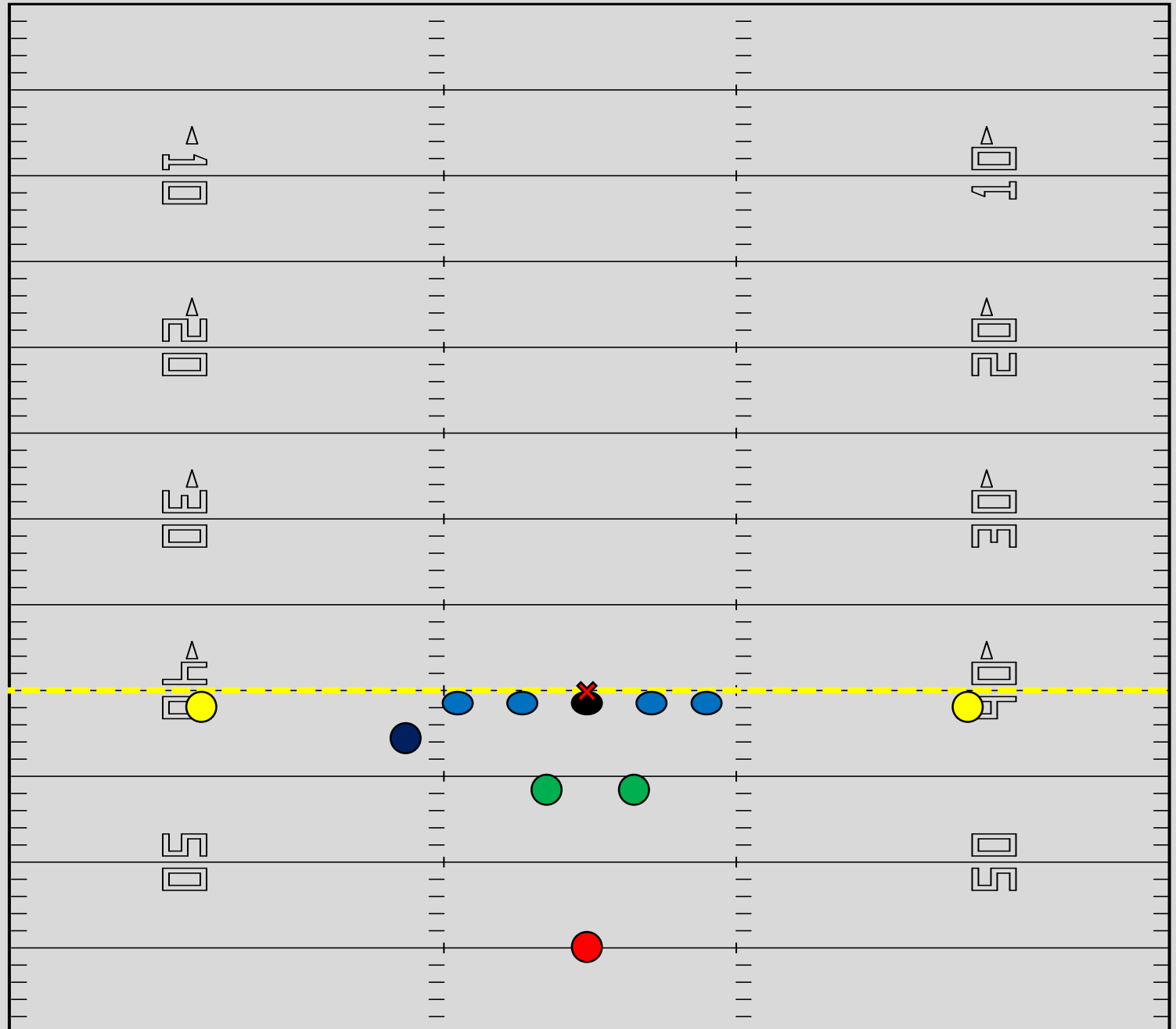
- RG - Cruz
- RT - X
- LG - Zel
- LT - Sol
- PP - Noel

BE

- LS - Isaiah Williams
- RS - Khris Lee
- P - Root

GUNS

- 1 - Swopes
- 2 - Vinson
- Alt - Dubase



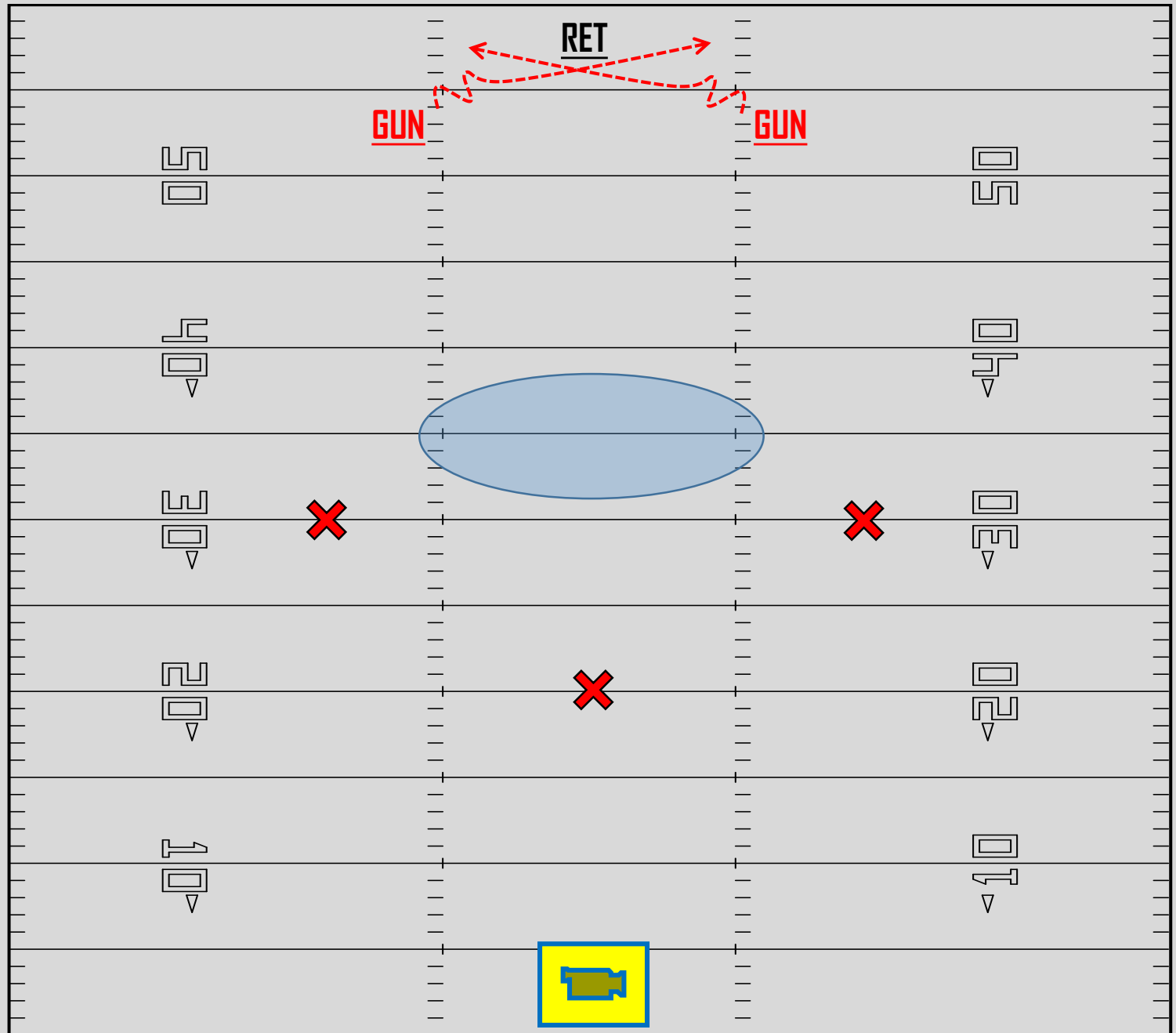
PUNT PRACTICE

HALF LINE ALIGNMENTS

- **RT SIDE** - RT DIV @ 30 YL
- **LT SIDE** - LT DIV @ 30 YL
- **BE** - MOF @ 20 YL

GROUP

- **MOVE THE BALL AROUND 35 YL**
OFFENSE vs DEFENSE



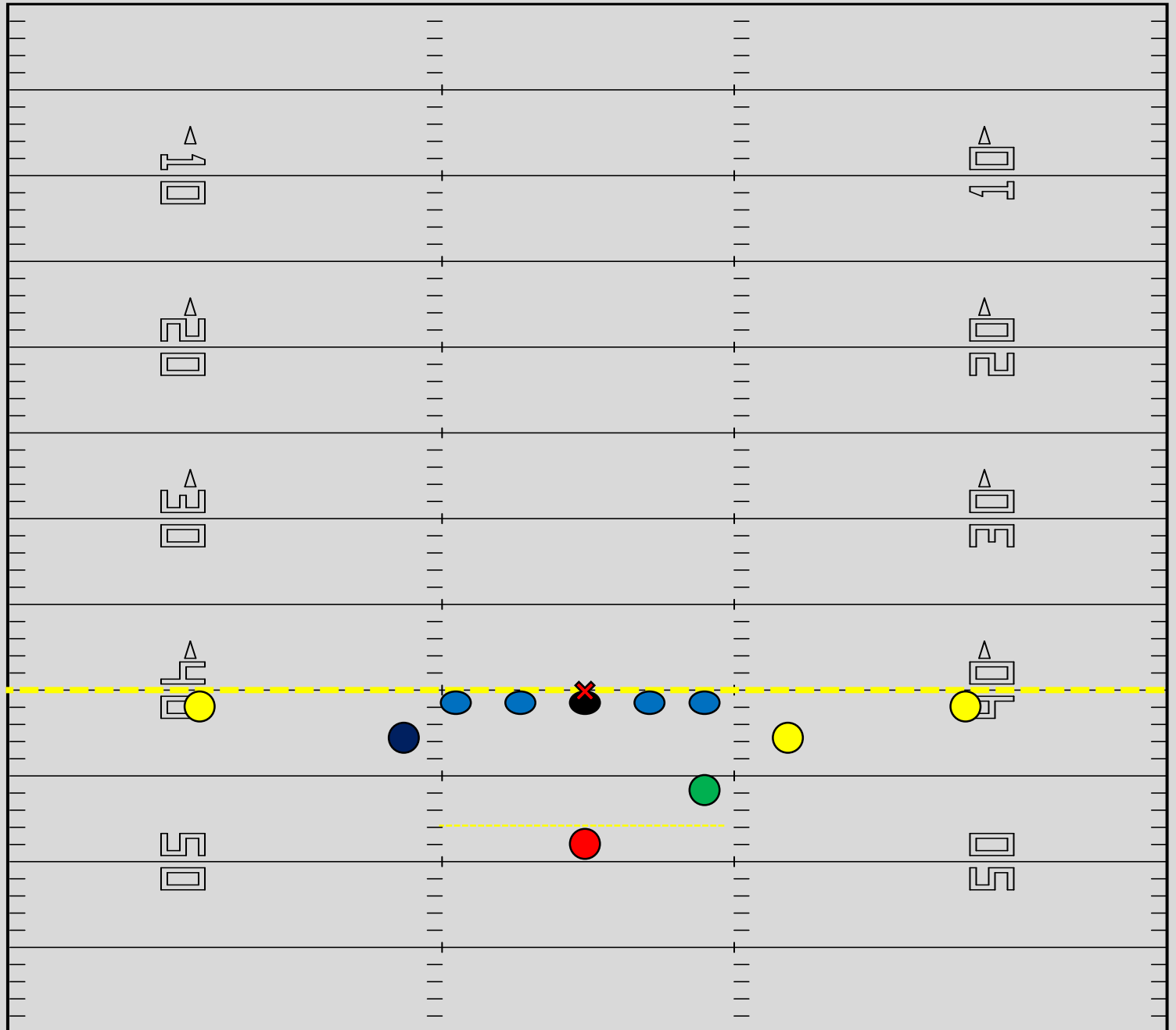
OFFENSE PUNT RIGHT

ALIGNMENT

- FINAL FORMATION OF: DICE LEFT OFF

DRILLS

1. JUMP STANCE
2. PUNCH
3. CUTOFF 1 STEP
4. CUTOFF 2 STEP
5. HUDDLE CADENCE (Punch/Cutoff)



PUNT

ALIGNMENT

SPREAD WING LEFT PRO RIGHT

POSITIONS

FL

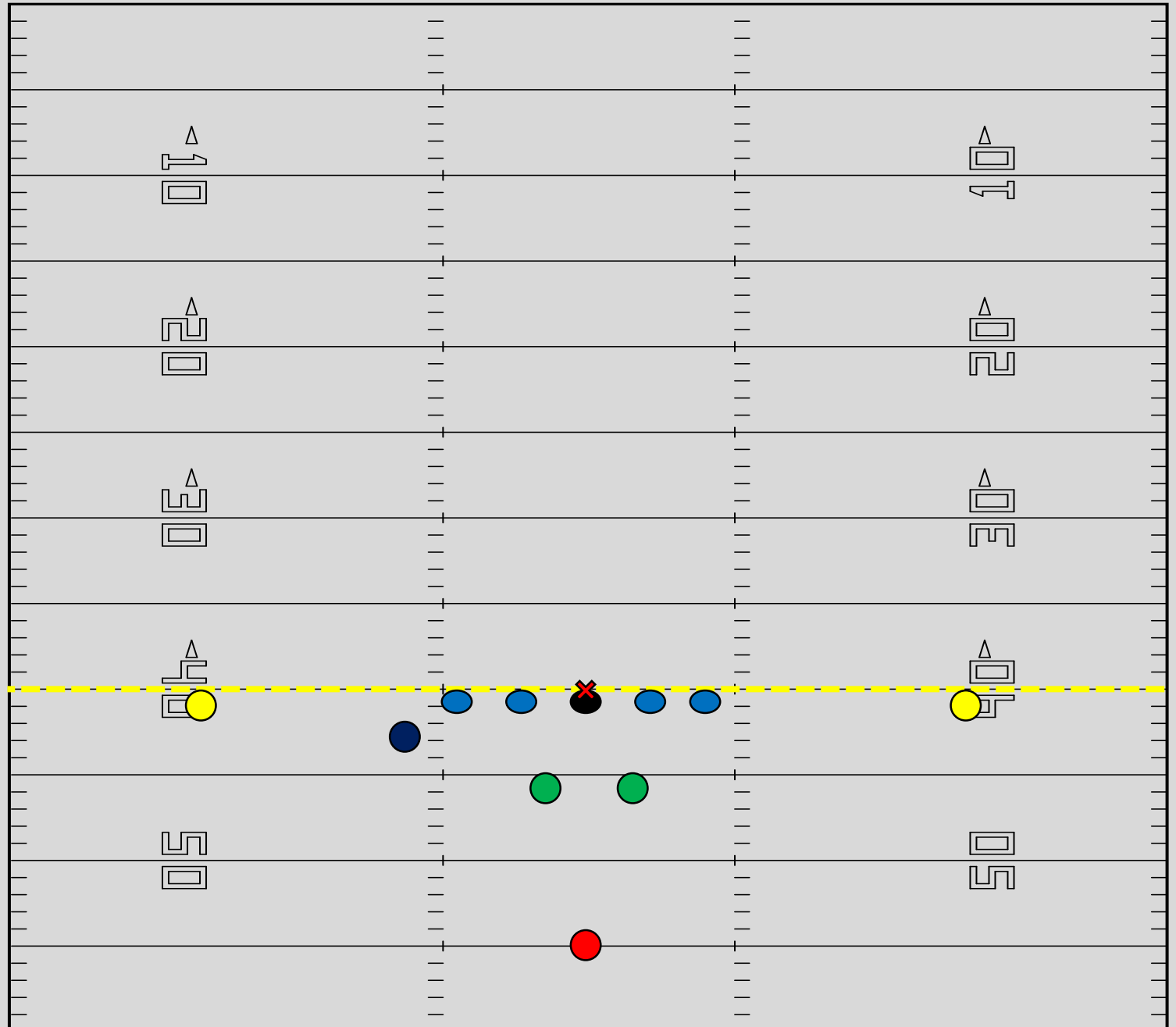
- RG -
- RT -
- LG -
- LT -
- PP -

BE

- LS -
- RS -
- P -

GUNS

- 1 -
- 2 -



PUNT COVER DRILL

LS/P/RS

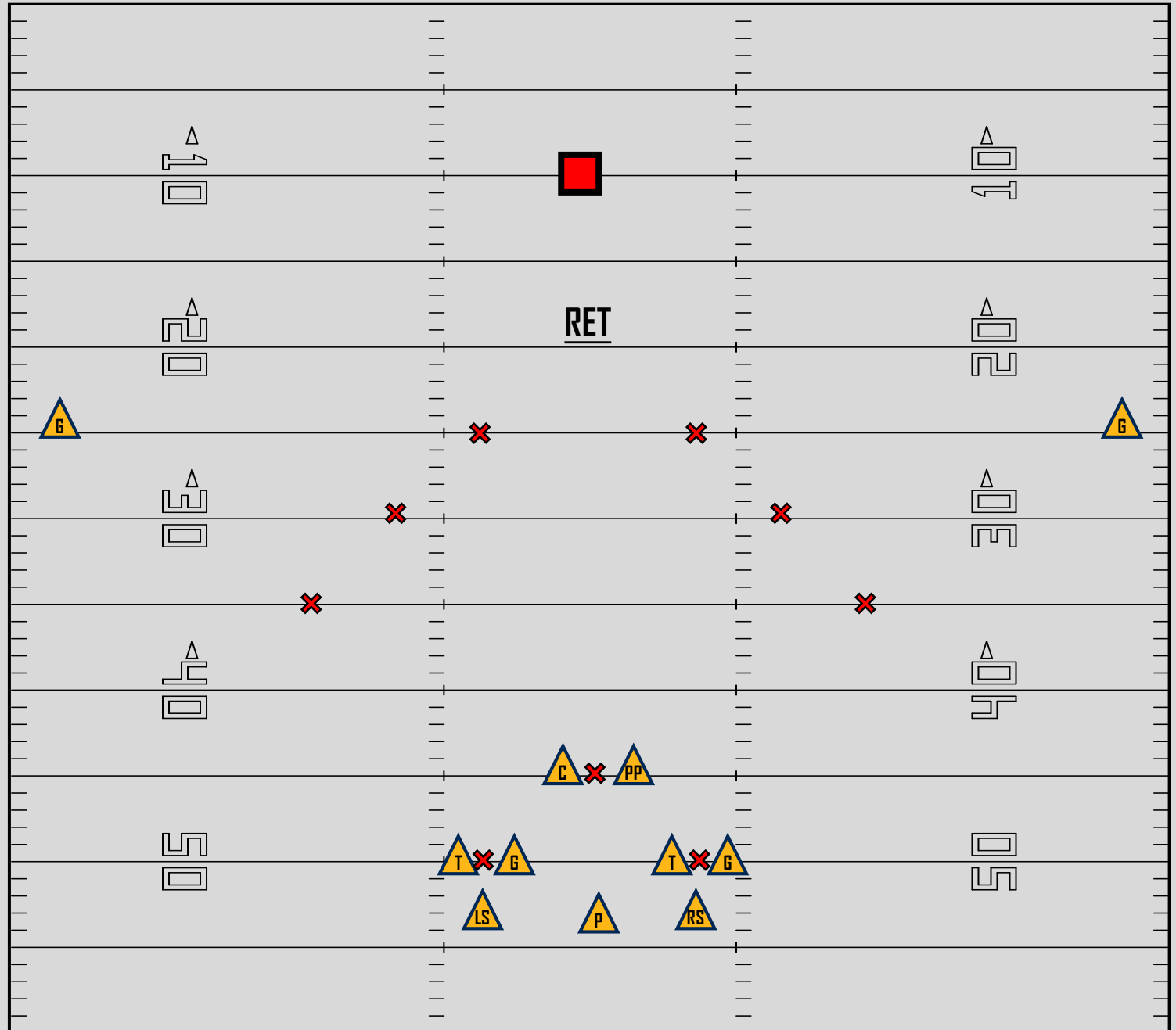
- ALIGN @ 50 LUpRt/MOF/RUpRt

1st WHISTLE

- Near Foot On Cone
 - Keep Vision on Near Peck of Ret
 - Keep Hips Square Downfield

2ND WHISTLE

- Returner To - Get Contain
- Returner Away - Track Hip
 - Track Returner & Tag Off



PUNT COVER DRILL

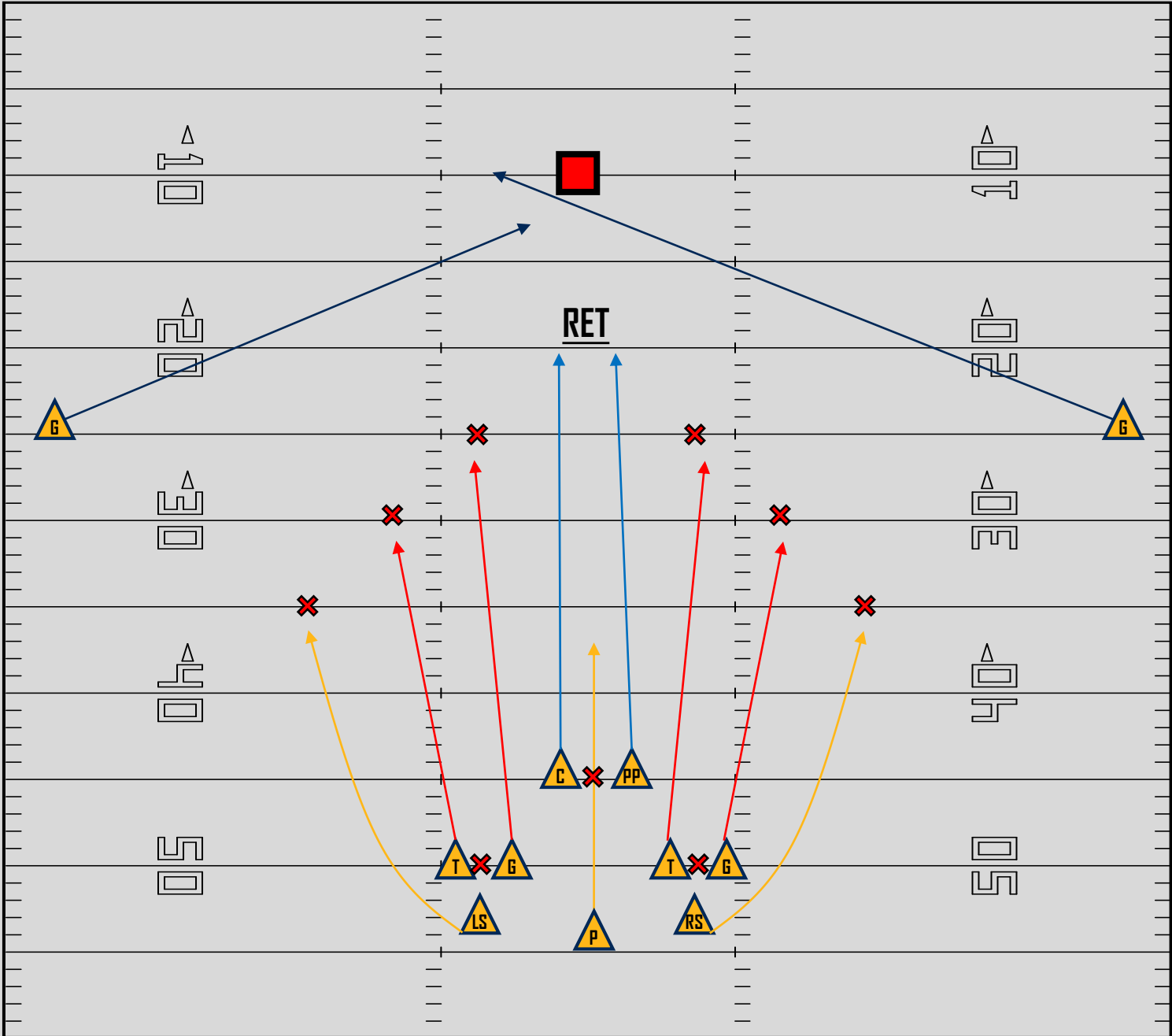
GUNNERS – ALIGN @ 25 SL

PP/C – ALIGN @ 45 MOF

PODS – ALIGN @ 50 L/R UpRt

**PODS = Tackle/Guard/Shield*

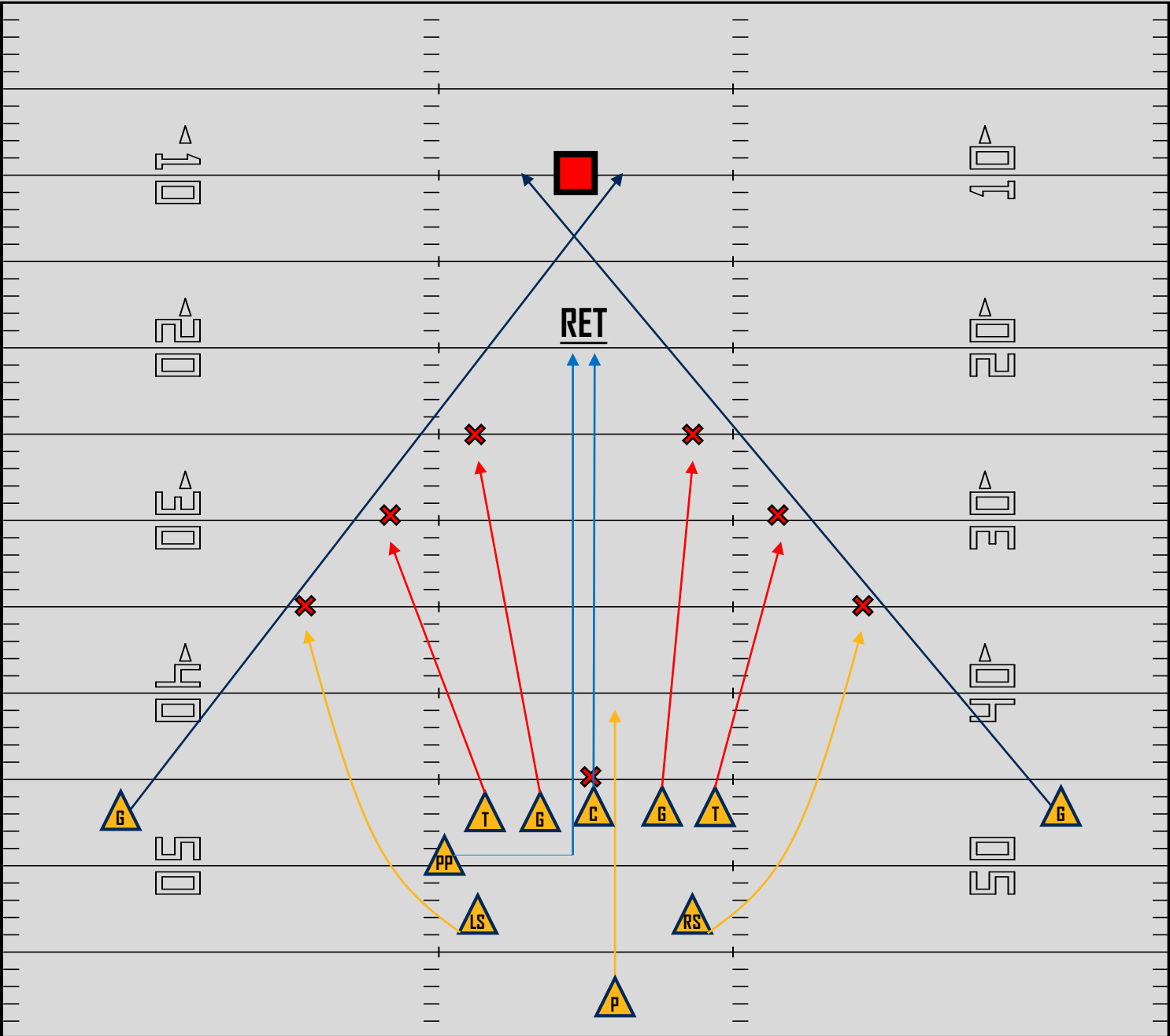
PUNT – ALIGN @ -45 MOF



PUNT COVER DRILL

PROTECT THEN COVER TO YOUR LANDMARKS.

- *BALL*
- *HEAVY*
- *FORCE*
- *CONTAIN*



PUNT COVER DRILL

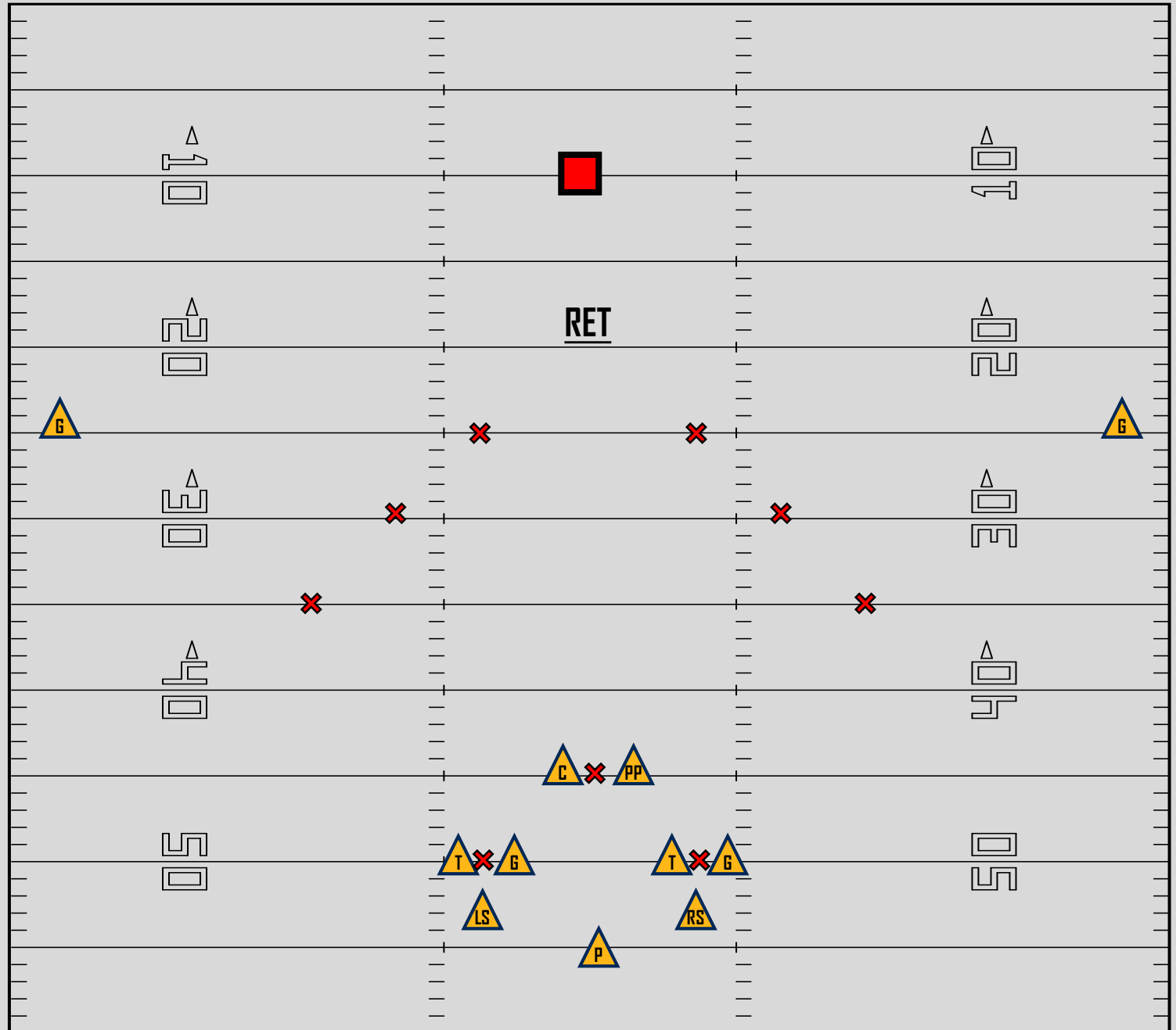
GUNNERS – ALIGN @ 25 SL

PP/C – ALIGN @ 45 MOF

PODS – ALIGN @ 50 L/R UpRt

***PODS = Tackle/Guard/Shield**

PUNT – ALIGN @ -40 MOF



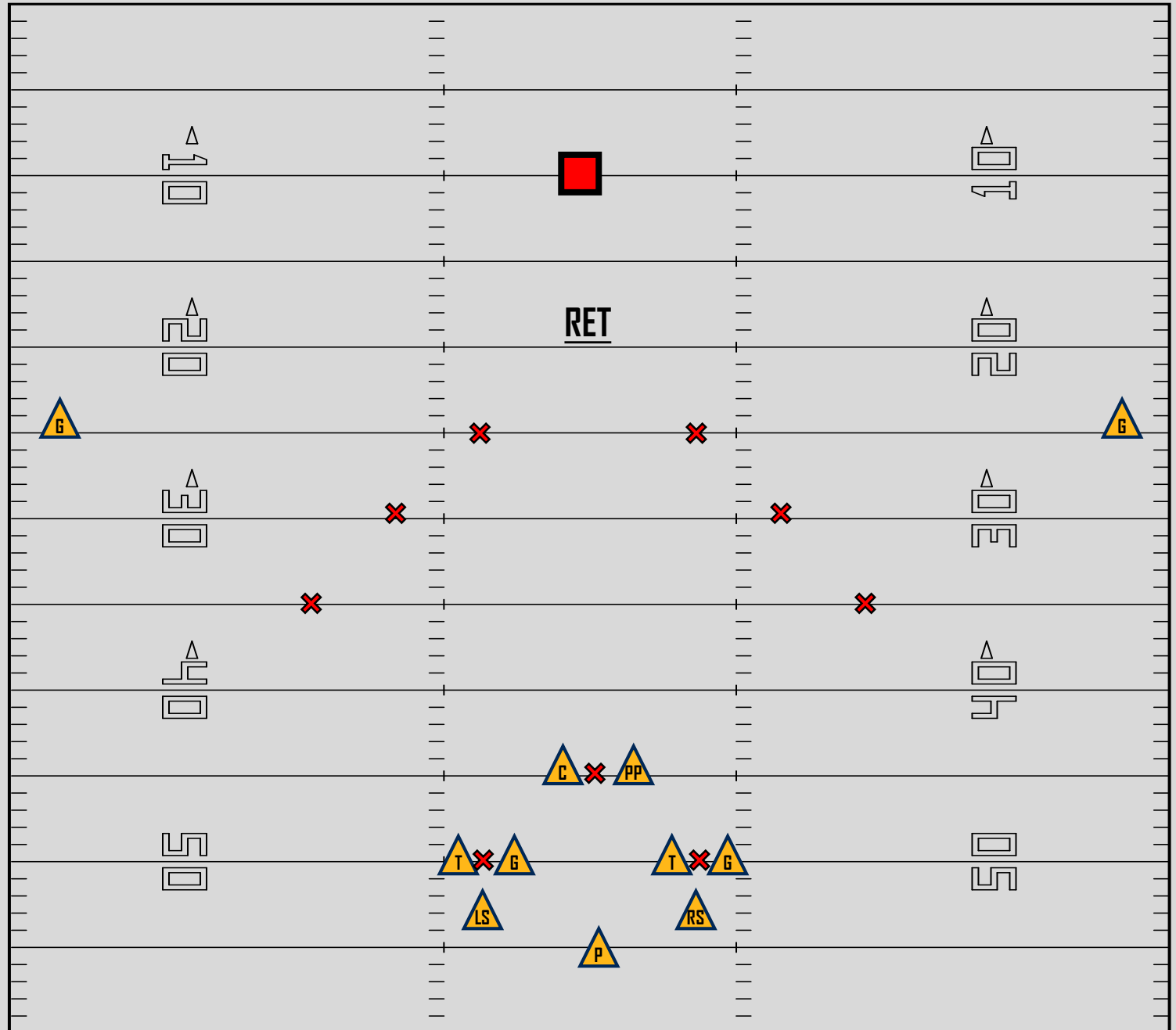
PUNT COVER DRILL

GUNNERS

- ALIGN @ 25 SL

1ST WHISTLE

- 1st Gun
 - Cross Face of Bag
- 2nd Gun
 - Near Foot & Come to Balance
 - Form Tackle Bag
- Communication
 - Know Who is 1st Gun, and Who is 2nd Gun



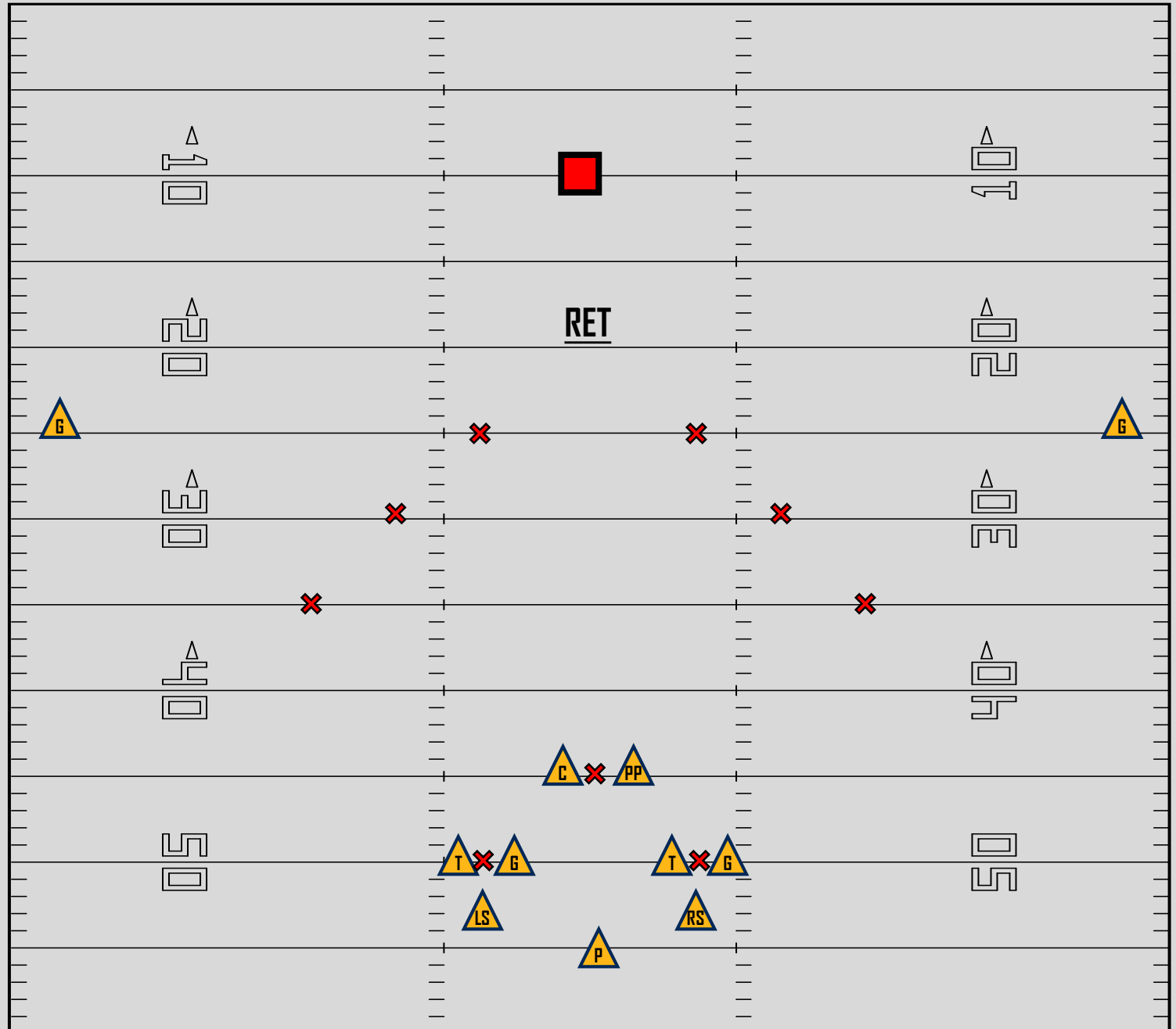
PUNT COVER DRILL

PP/C

- ALIGN @ 45 MOF

1st WHISTLE

- Near Foot & Tag Off Returner
 - Keep Vision on the Near Hip of the Returner



PUNT COVER DRILL

G/T

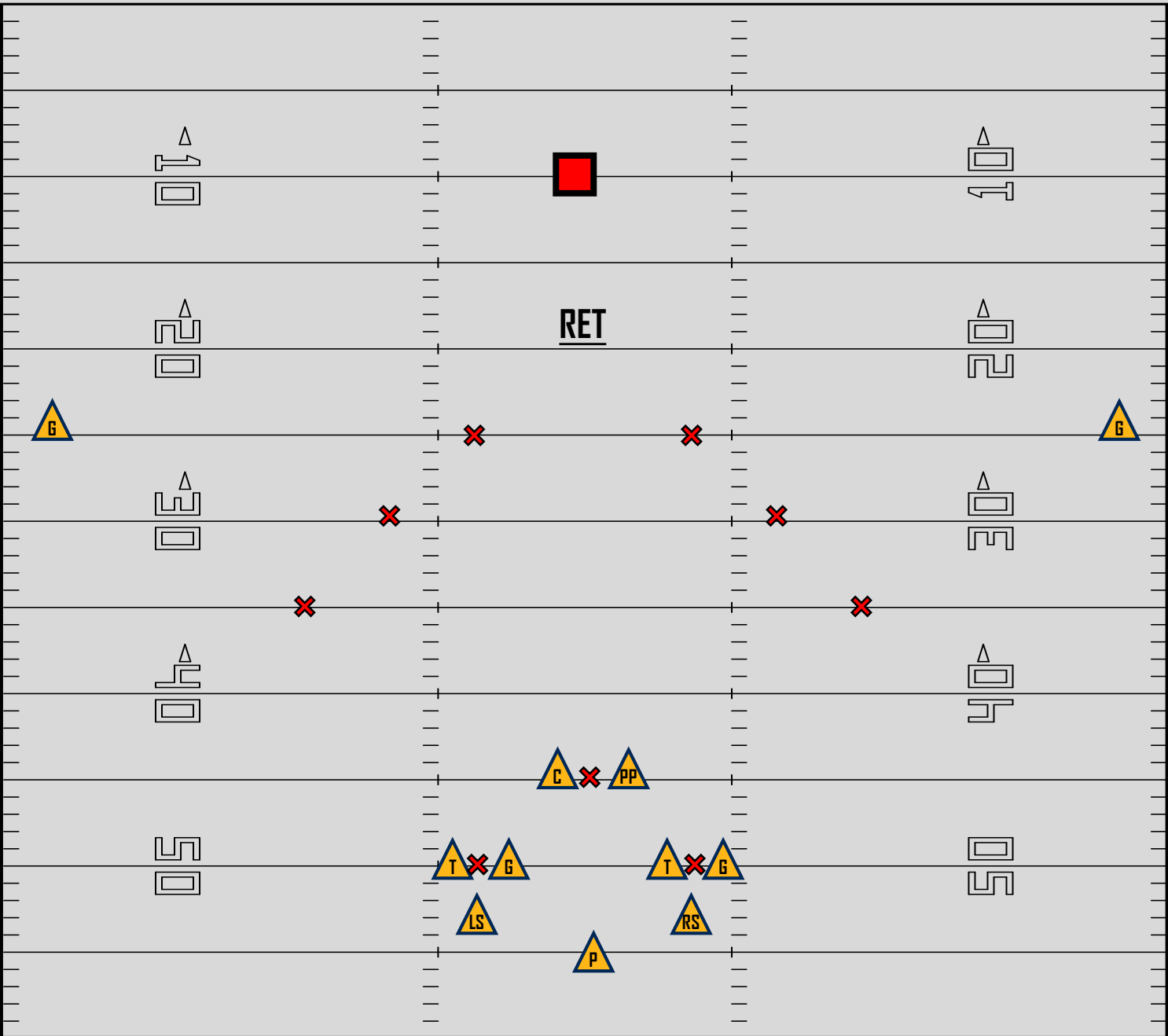
- ALIGN @ 50 L/R UpRt

1st WHISTLE

- Near Foot On Cone
 - Keep Vision on Near Peck of Ret
 - Keep Hips Square Downfield

2ND WHISTLE

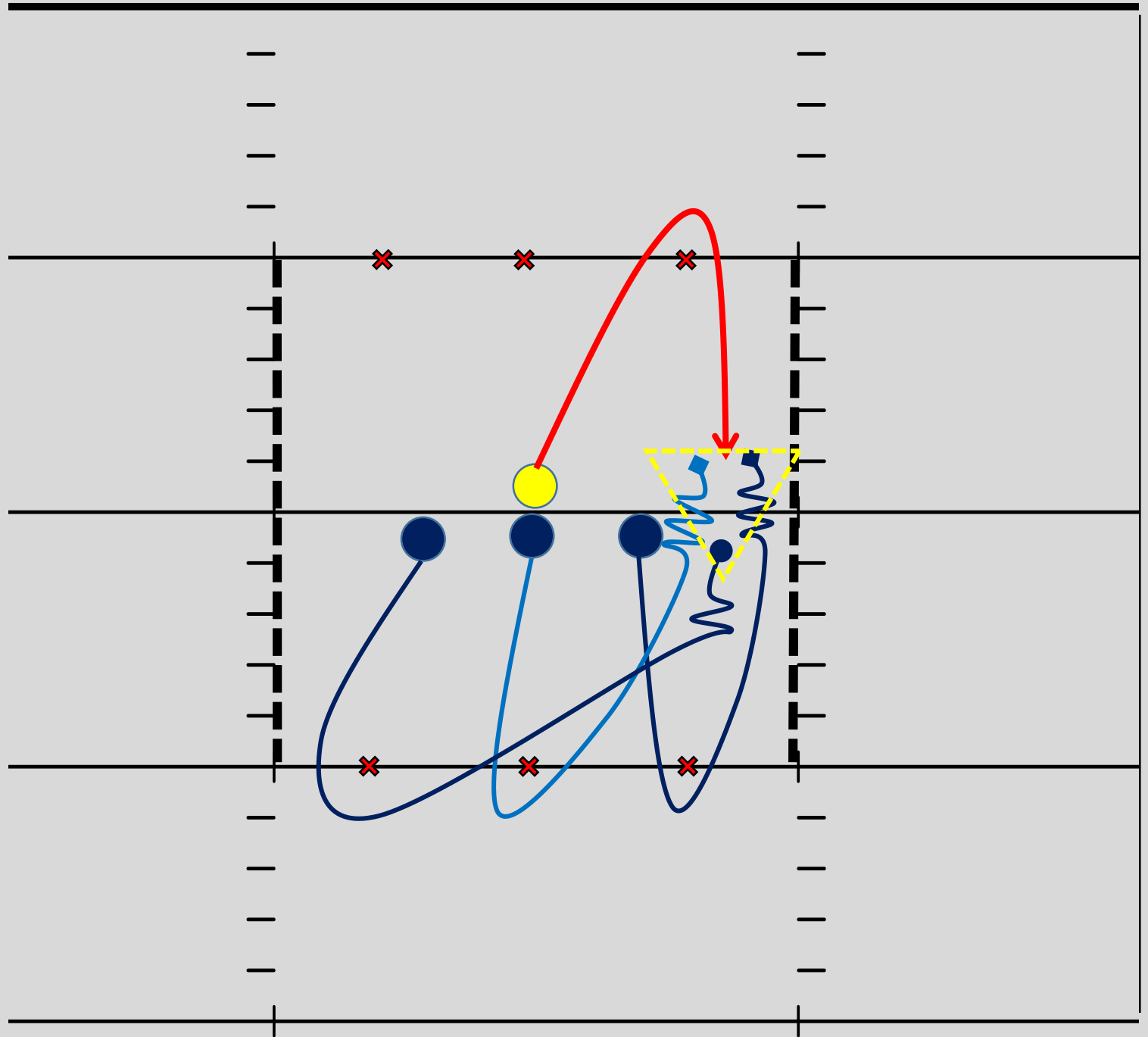
- Returner To - Get to the Level
- Returner Away - Chase Hip
 - Tag Off on Ret



LEVERAGE TACKLE

LEVERAGE TACKLE

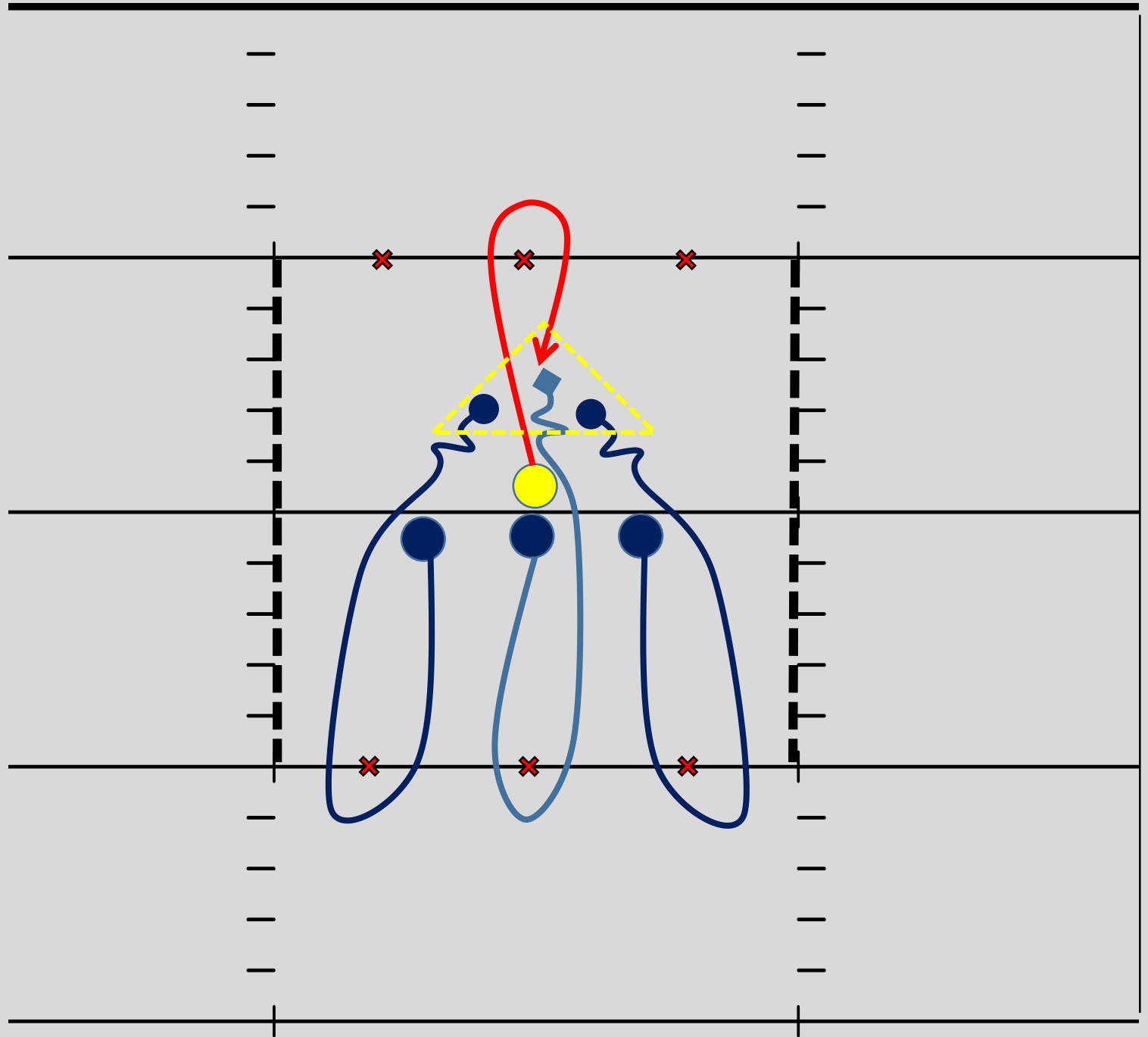
- 3 on 1 (H - H)
 - OUTSIDE LEVERAGE
 - INSIDE LEVERAGE
 - FIT



LEVERAGE TACKLE

LEVERAGE TACKLE

- 3 on 1 (H - H)
 - OUTSIDE LEVERAGE
 - INSIDE LEVERAGE
 - FIT



Spectrum circuit

FORM/TRUNK

- 2P FACING - @ 30 YL

* Adjust groups to size.

ANGLE

- 2P FACING 2 YDS BACK - @ 50 YL

* Adjust groups to size, work in the same direction.

GATOR ROLL

- 4 TACKLERS - @ 30 YL

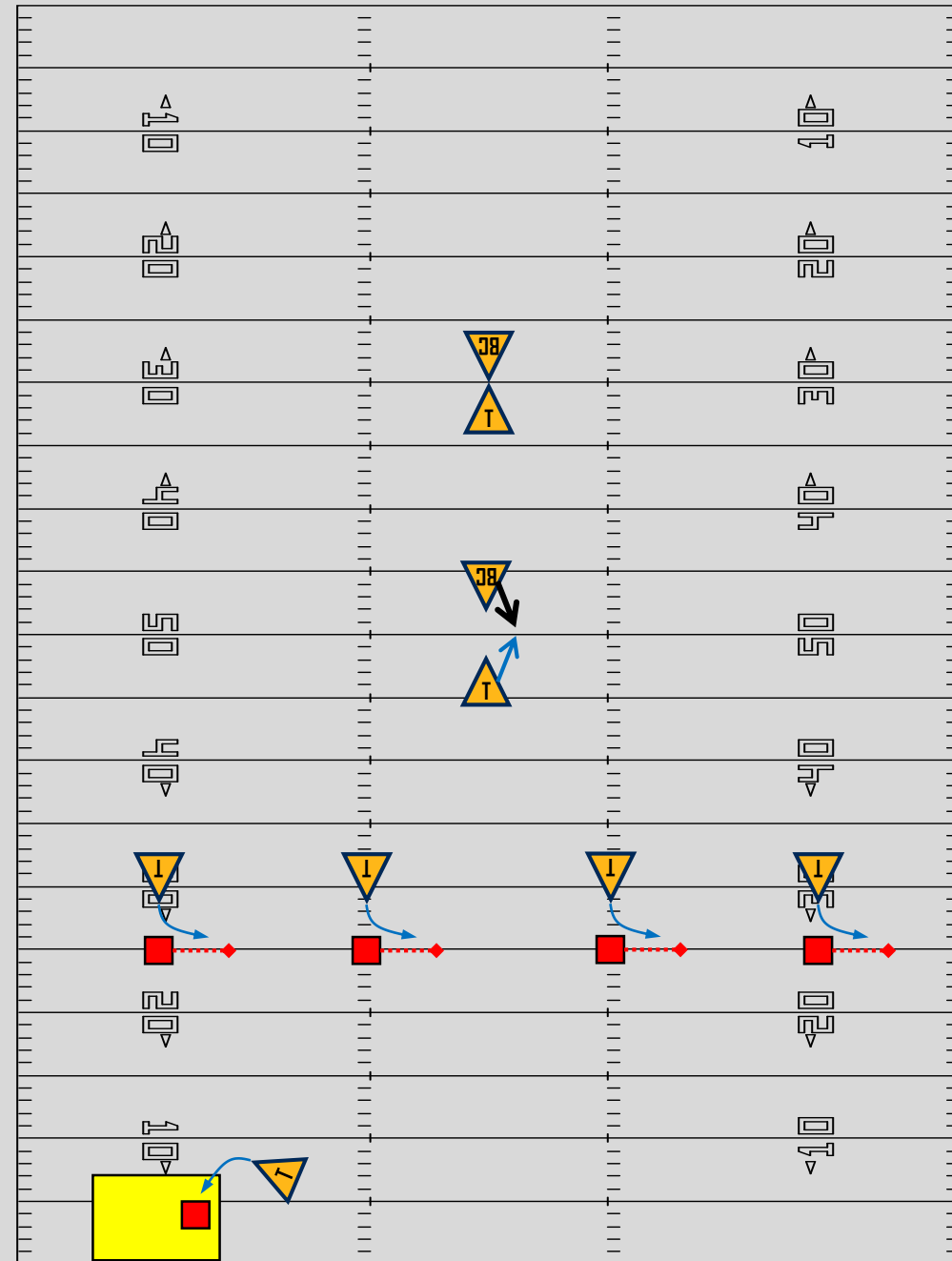
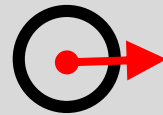
- 4 SERVE - @ 20 YL

* Bag drags behind, work in the same direction.

LAWNMOWER

- 1 LINE IN ENDZONE

* One at a time, round path & clip the heels.



ADVANCED TACKLING

FORM MED BALL

- FORM TACKLE ON THE MED BALL
- TACKLER BECOMES BC
- BC GOES TO BACK OF LINE

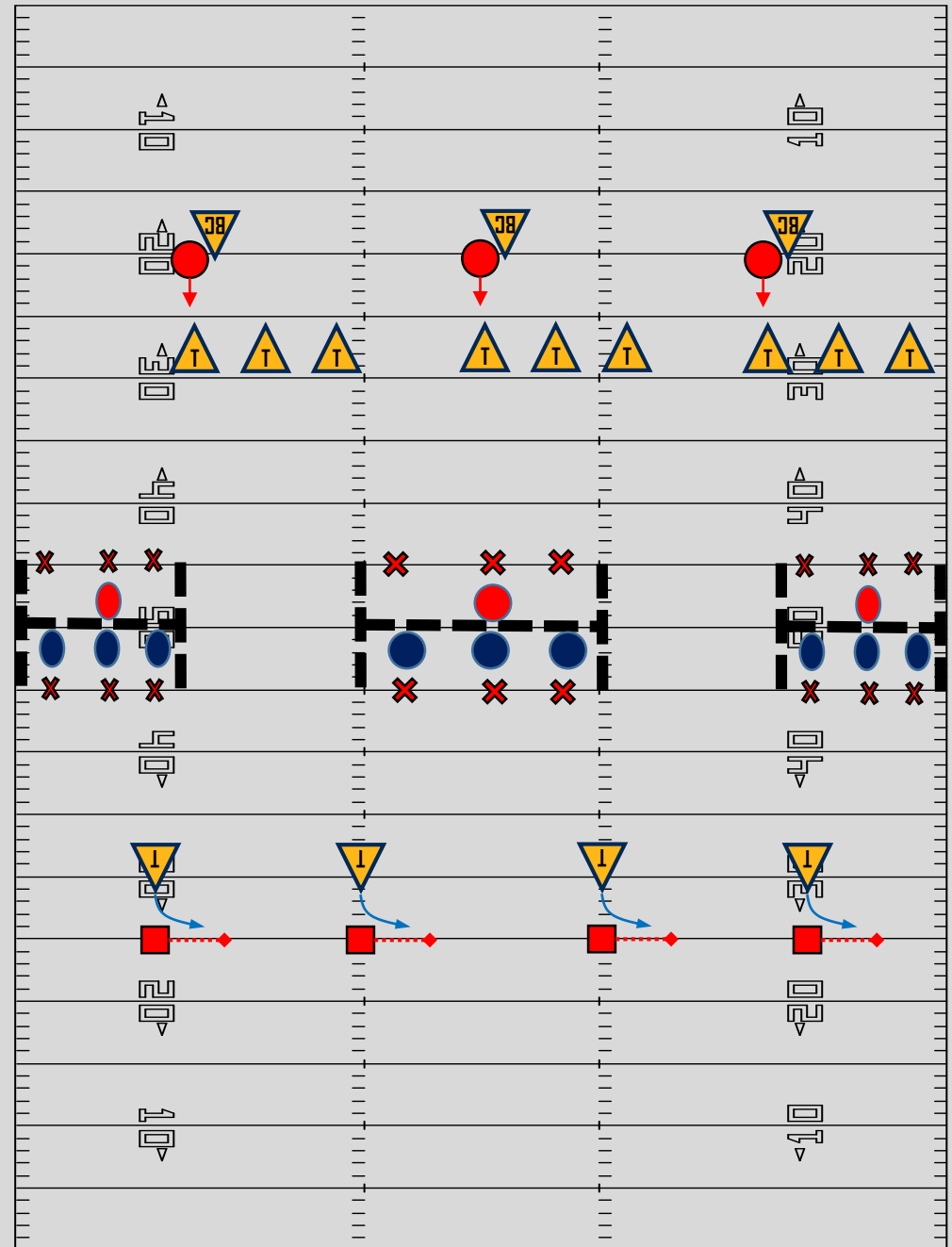
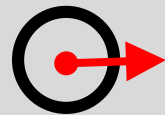
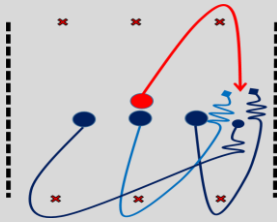
* Adjust groups to size.

3 ON 1 LEVERAGE TACKLE

- (SL-#) (H-H) (#-SL)
- * Adjust groups to size, work in the same direction.

GATOR ROLL

- 4 TACKLERS - @ 30 YL
- 4 SERVE - @ 20 YL
- * Bag drags behind, work in the same direction.



COVERAGE DEPTH

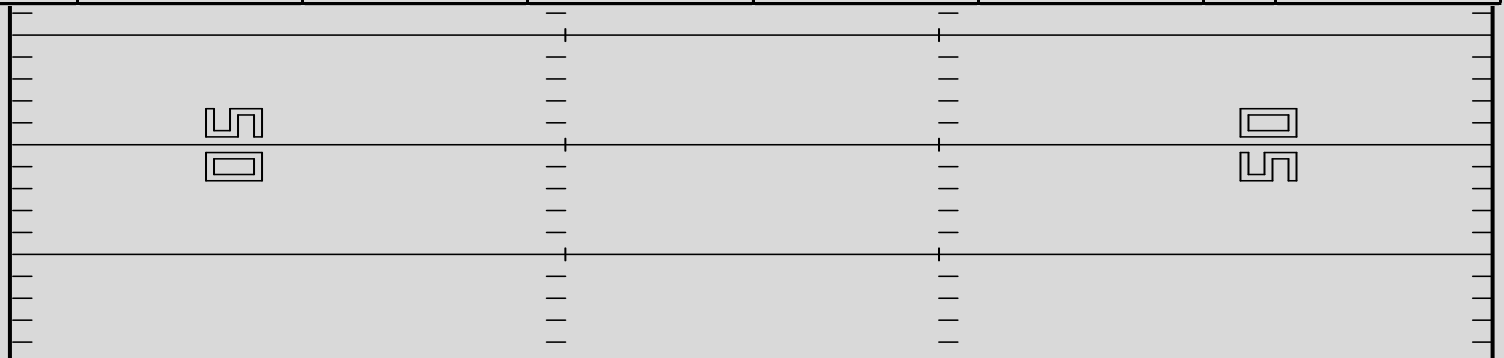


PUNT

	<u>LS</u>	<u>RS</u>	<u>PP</u>		<u>LT</u>	<u>LG</u>	<u>C</u>	<u>RG</u>	<u>RT</u>	<u>PUNTER</u>		<u>GUN</u>
1	BIGGS	GRAHAM	SANDERS		VERNA	D ANDERSON	BOBENMOY ER	KANE	MILLER	KNIPP		WALKER
2	SAMAD	QUINN	LITREL		RIDDLE	BOY D	VILLA	REID	NELSON	FALLOON		CAMERON
3	WILLIAMS	RAND T	LITREL		FORWARD	VILLA	BOBENMOY ER	COMBS	SID T			FAIRMAN
												RJ
												P STEPHENS
												DADA

KOC

	<u>1</u>	<u>2</u>	<u>3</u>		<u>4</u>	<u>L5</u>	<u>R5</u>	<u>4</u>	<u>3</u>	<u>2</u>		<u>1</u>
1	T TIME	WALKER	NEWSOM		BOOBIE	D ANDERSON	QUINN	DEGGS	BLOY ER	CAMERON		WESLEY
2	RUSSEL	MILLER	VILLA		KANE	BERK	LITREL	BOY D	NELSON	FAIRMAN		RJ
3	ONIC	FORWARD	REID		VERNA	SAMAD	BIGGS	SID T	BOBENMOY ER	DADA		P STEPHENS





10		01
20		02
30		03
40		04
50		05
40		04
30		03
20		02
10		01



10			01
20			02
30			03
40			04
50			05
40			04
30			03
20			02
10			01

ST FAKE-TRICK PLAY

- RET REVERSE
- CB FG BLOCK

- SHLD PASS/SHLD SCREEN
- ONSIDE PASS
- BE RUGBY TOSS

