



## 2015 Punt Return Returners Technique

- Prior to the punt, we want to start in an athletic position
- Athletic Position:                   Knees Bent  
  Feet Shoulder Width  
  Weight on the insteps
- Read and Identify the general depth and direction of the kick
- Run, under control, to the landmark...**DO NOT GLIDE OR CROSS YOUR FEET**
- Peak the Coverage
- Set your feet, pray to the heavens, then read the book!



- Important returners try to touch their elbows together while praying and reading the book (Hand at chin level)
- Optional = Interlocking pinkies
- “Rock the Baby” give with the ball as it’s coming down



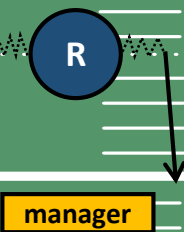
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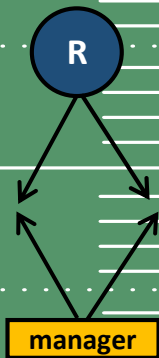
- **If the punt is uncatchable, we want to yell “POISON” early and often**
- **While yelling poison, returner should be waving his arms emphatically so that his teammates who don’t hear the poison know to sprint to the nearest sideline based on the signal**
- **Plus Territory Rules**
  - **Never call for a Fair Catch**
  - **Decoying is an art**
  - **Drift as if your finding the location of the ball**
  - **Change gears quickly as if you**
  - **Sell the catch by bending and dipping as if you are trying to protect the ball**



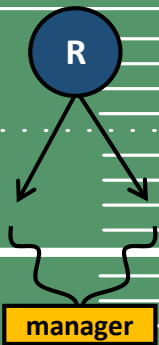
# 2015 Punt Return Returners Pre-Practice Circuit



Normal Punt



C.O.D catch



Groundballs

Jugs/ Punter

40

50

40

30

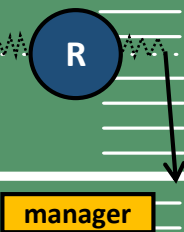
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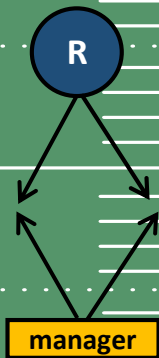
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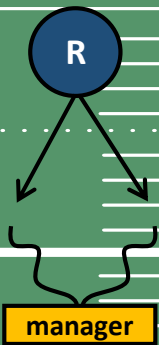
# 2015 Kickoff Return Returners Pre-Practice Circuit



Normal Kickoff



C.O.D catch



Groundballs

Jugs/ Kicker

40

50

40

30

20

10

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