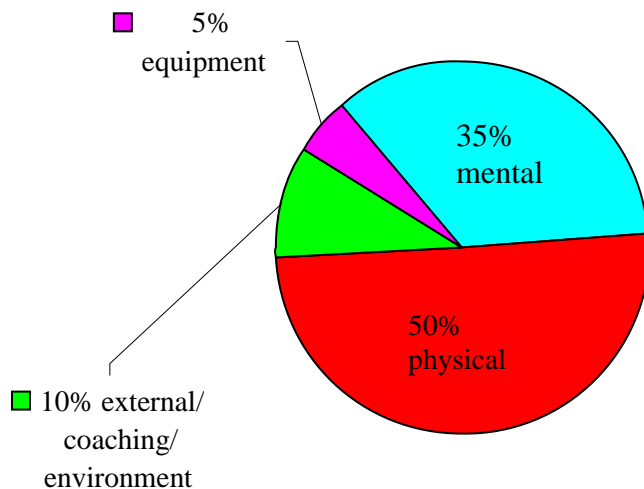


Carney Kicking/Punting Assessment Pie



As a coach, these are the areas of focus to *evaluate* and *trouble-shoot* the kicker or punter:

- * **Physical:** Can the PK/P physically perform the task, possess a foundation of legitimate mechanics, and repeat the motion on a consistent basis?
- * **Mental:** Can the PK/P concentrate and focus on the proper swing thoughts to perform the task. Can they mentally block out distractions?
- * **External:** Is the environment, schedule, routine, kick/punt quantity, and coaching influence helping or hindering the PK/P?
- * **Equipment:** Does the PK/P have the correct shoes for the job...size, style, traction, lack of traction, etc? Are the footballs legitimate... too flat or too pumped up? Are they using the proper kickoff tee or field goal block (height of block)? Are the snaps clean, are the holds clean? Are the shoulder pads too big, do they have improper face mask preventing vision?

* Percentages will vary up to 15% in relation to the age of the PK/P and the level of experience (high school, college, pro). This pie chart represents the **Pro Level**.

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