



INSTALL 1 TEST

PUNT

1) **GUNNERS:** DESCRIBE YOUR WEIGHT DISTRIBUTION IN YOUR STANCE.

1A) **CORE:** DESCRIBE YOUR WEIGHT DISTRIBUTION IN YOUR STANCE.

2) **GUNNERS:** HOW MANY STEPS IS A SPEED RELEASE vs A VICE? WHATS DIFFERENT ON THE 4TH STEP?

2A) **CORE:** WHATS DOES **PREACH** STAND FOR?

3) **GUNNERS:** WHAT IS THE TECNIQUE USED TO GET A DEFENDER OFF OF YOU?

3A) **CORE:** WHATS IS LOCKED & LOADED? WHAT DOES HOTS&2 STAND FOR?

4) **GUNNERS:** BALL IN MIDDLE OF THE FIELD: WHATS YOUR ALIGNMENT?

BALL ON LEFT HASH & YOU'RE THE LEFT GUNNER: WHATS YOUR ALIGNMENT?

BALL ON RIGHT HASH & YOU'RE THE LEFT GUNNER: WHATS YOUR ALIGNMENT?

4A) **CORE:** BALL IS ON THE RIGHT HASH, GOING RIP, NAME **EACH** PLAYERS LANDMARK:

LONG SNAPPER:

RIGHT GUARD:

RIGHT TACKLE:

RIGHT WING:

LEFT GUARD:

LEFT TACKLE:

LEFT WING:

PP: