



# High School Kickers In-Season Daily Practice Schedule: A 10-Week Program for Effectively Preparing and Charting Kickers

*Bill Renner*

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Coach Renner's High School Kickers In-Season Daily Practice Schedule is a proven 10-week program that gives the kicker the right amount of kicks to peak on game day, to improve during the season, and to assess his strength and weakness on a practice-to-practice and week-to-week basis. The most important benefit of this daily practice plan is the confidence it will instill in the kicker. Any properly designed program must challenge the kicker yet allow him to see himself improve. The consistent daily practice plan structure that Coach Renner has designed in this 10-week plan is what facilitates this development. Each day's practice includes specific kicking warm-up drills without the ball for technique followed by specific kicking skill drills with the ball for swing maintenance, then a 35 yard field goal ball striking drill, succeeded by a field goal charting system with specific distances and hash kicks. All kicks are charted and analyzed day-to-day, weekly and then a season cumulative chart is kept for all the kicks. In addition, Coach Renner has included pictures of the seven stages a kicker needs to be in for accuracy control, a pre-game warm-up routine and his coaching notes for each drill. When a win or loss can depend on one swing of the kicker's leg, how can you afford to not have the best practice plan for him? Coach Renner's High School Kickers In-Season Daily Practice Schedule is that plan.

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