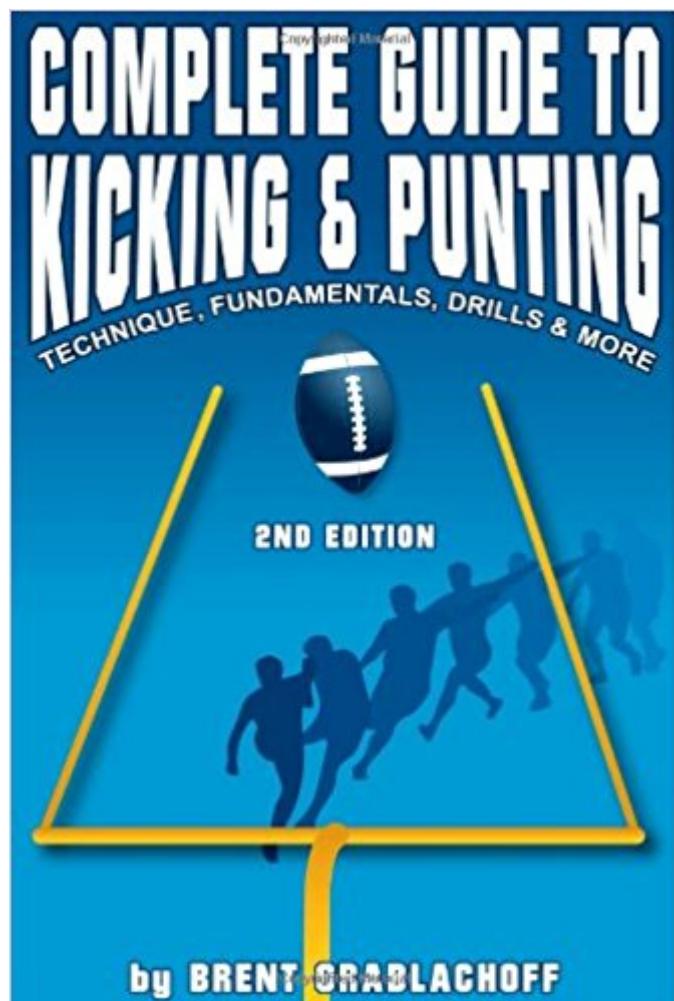


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# Complete Guide To Kicking & Punting



## **Synopsis**

Coach Brent Grablachoff teaches you the art of kicking and punting in this comprehensive instructional kicking book. Learn a proven step by step process of kicking quality field goals, kickoffs, punts, and onside kicks. Improve your kicking and punting form, technique, and fundamentals. Increase your distance, height, accuracy, and confidence! He teaches you stretches, workouts, and leg speed & strength exercises. Learn new kicking drills, practice routines, recruiting advice, secrets to optimize your equipment, and even tips on mastering the mental game. The Complete Guide to Kicking & Punting is the best and most complete instructional football kicking book available! Chapter 1: FG Kicking TechniqueChapter 2: FG Kicking DrillsChapter 3: Kickoff TechniqueChapter 4: Kickoff TypesChapter 5: Kickoff DrillsChapter 6: Punting TechniqueChapter 7: Punting DrillsChapter 8: Stretching ExercisesChapter 9: Training ExercisesChapter 10: The Mental GameChapter 11: A Kicker's ToolboxChapter 12: How to PracticeChapter 13: The Next Level

## **Book Information**

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## **Customer Reviews**

GET REAL RESULTS SIMPLE AND EFFECTIVE EASY TO UNDERSTAND FOR STUDENTS, PARENTS & COACHES SUITABLE FOR ALL AGES & SKILL LEVELS \* Field Goals \* Kickoffs\* Punts \* Onside Kicks \* Specialty Kicks Learn a proven process to kick field goals, kickoff and punt effectively, consistently, and with total confidence. Coach Brent Grablachoff has helped thousands of youth, high school, college, and professional kickers & punters improve and see real results. In this book, Coach Brent reveals his secrets of success that will help you become a complete kicker and punter. Coach Brent teaches you solid technique & fundamentals, new drills,

stretches & exercises, practice plans, in-game strategy & even tips on mastering the mental game. Improve your distance, height, hang-time, accuracy, and confidence. Increase your leg speed, strength, and flexibility. Learn how to handle adversity and dominate under pressure. The instruction is easy to understand and conceptualize with accompanying illustrations & photos. Coach Brent's book teaches anyone how to kick and punt effectively. "Brent is one of the few coaches that truly understand the total kicking game." - Brent West, Head Football Coach, Cisco HS, Texas (5x State Finals, 1x State Champion) "This book has provided me with a wealth of information that I wish I would have known in high school and college." - Rhys Barnhart, USF Kicker, 94 Consecutive PATs (NAIA Record) "Brent's coaching gave our Special Teams an advantage each week during our undefeated CIF Championship Season." - Bruce Ingalls, Head Football Coach, Laguna Hills HS, California (CIF Champion) "Coach Brent has a gift for breaking down complex techniques into simple components that each student can master." - Scott Placek, Parent of Student, Austin, Texas

**EBOOK & DVD ALSO AVAILABLE** Kicking World, LLC San Diego, California SPORTS / FOOTBALL / INSTRUCTION

Coach Brent Grablachoff is the Founder & Head Coach of Kicking World; the leading kicking, punting & snapping instruction service in the world. He and the staff hold over 25 annual camps worldwide offering the best in fundamentals & technique instruction with noticeable results. Brent conducts year-round private training for specialists of all ages & skill levels in Southern California and travels often to Texas and New Jersey. Brent speaks at football conferences across the U.S. and consults to coaches and teams across the world. When Coach Brent is not coaching or watching football, he enjoys fishing and playing golf. Brent lives in San Diego, CA.

A great companion book to the DVD set I also purchased online for my son. Everything in the book is written very clearly and will be easily understood by any student of placekicking and punting. My son uses it as a reference guide anytime he has a question regarding his technique or to troubleshoot any changes he sees in his kicking. Thanks for a well-written guide!

I would recommend this book to EVERYONE that wants to learn more about the techniques and proper way to kick and punt. Illustrated with pictures and very detailed....Well- written....

good information

The best kicking book out there. It really explains the kicking concept like no other book could. I'm just glad I got it before season started.

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