

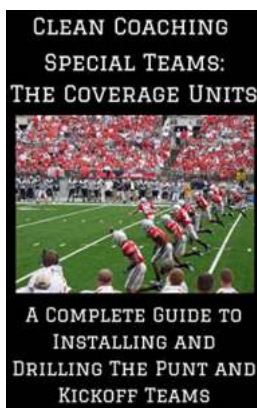
The Ultimate Guide to Installing and Drilling the Punt and Kickoff Teams: Mastering Special Teams

Special teams play a crucial role in football. Both punt and kickoff teams have the opportunity to make a significant impact on the game's outcome. In this comprehensive guide, we will explore the essential steps involved in installing and drilling these teams effectively. From strategizing the formations to executing flawless kicks, this guide will equip you with the knowledge and skills needed to take your special teams' performance to the next level.

Understanding the Importance of Special Teams

Special teams are often overlooked, but they hold tremendous potential to shift the momentum of a game. Successful punts and kickoffs can flip the field position, pinning the opposing team deep in their territory, while failed attempts can provide excellent field position to the opposing team instead.

Moreover, special teams offer a chance to create big plays. A well-executed punt or kickoff return can result in a touchdown or set up the offense with an advantageous starting field position.



Special Teams: The Coverage Units: A Complete Guide to Installing and Drilling the Punt and Kickoff Teams

by David Weitz (Kindle Edition)

★★★★☆ 4.6 out of 5

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Installing the Punt Team

When installing the punt team, it is important to focus on several key aspects:

- **Formation:** Choose the appropriate formation based on the game situation and your team's strengths. This can include variations such as traditional formations, spread formations, and rugby-style punt formations.
- **Assignment:** Assign specific roles to each player on the punt team, including the punter, protector, and coverage team members.
- **Execution:** Emphasize the correct technique of the punter, ensuring a smooth and accurate kick. Drill the protection team on blocking assignments to create a secure pocket for the punter.

By focusing on these vital aspects, you can build a punt team that consistently delivers excellent results.

Drilling the Punt Team

Drilling is essential to refine the punt team's execution, minimize errors, and enhance overall performance. Some effective drills for the punt team include:

- **Blocking Drills:** Practice different blocking techniques and assignments. This includes releasing downfield, sealing, and maintaining proper leverage against potential rushers.
- **Accuracy Drills:** Set targets for the punter to hit, focusing on both distance and placement. Repetition and consistency are key here.

- **Coverage Drills:** Simulate live game situations, emphasizing proper lane discipline, tackling techniques, and shedding blocks.

By dedicating ample time to drilling these key aspects, your punt team will become a force to be reckoned with.

Installing the Kickoff Team

The kickoff team's primary objective is to kick the ball as far as possible while restricting the return team's progress. Key steps to focus on when installing the kickoff team include:

- **Kick Placement:** Determine the ideal location to kick the ball, aiming for the corners or forcing the returner into a specific lane.
- **Coverage Lanes:** Assign specific coverage lanes to each player, accounting for different scenarios, such as squib kicks or high deep kicks.
- **Containment:** Drill the team on maintaining gap integrity and preventing the returner from finding open running lanes.

With a well-installed kickoff team, you can control the field-position battle and limit the opposition's chances of a game-changing return.

Drilling the Kickoff Team

Similar to the punt team, the kickoff team requires dedicated drills to enhance performance. Here are some drills to consider:

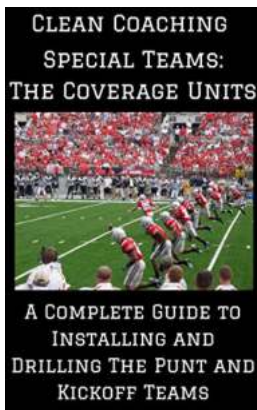
- **Hangtime Drills:** Work on the kicker's ability to achieve maximum hangtime, allowing the coverage team to get down the field and limit return opportunities.

- **Containment Drills:** Practice maintaining containment lanes and executing proper pursuit angles to prevent breakaway returns.
- **Tackling Drills:** Develop tackling techniques specific to kickoff coverage, focusing on open-field tackling and shedding blocks.

By incorporating these drills into your practice routine, your kickoff team will become a formidable unit capable of shutting down returners effectively.

Special teams can make or break a football game. By following this complete guide to installing and drilling the punt and kickoff teams, you will equip yourself and your team with the necessary skills and knowledge to maximize performance on special teams.

Stay ahead of the competition, master special teams, and elevate your game to new heights!



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Special Teams is the quickest way to win or lose a game. One of the top determiners of if a team will score is where they start their drive. When teams start from their own 20 they are half as likely to score as if they start at the 50 or

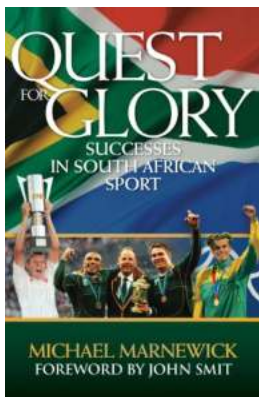
closer.

In this book you will learn detailed Punt and Kickoff schemes that will keep the opponent pinned in their own territory. Any scheme can be effective but it's the player's understanding of their assignment and techniques that really determine the success of a coverage unit. That's why this book details all the specific techniques and drills that are needed to effectively cover kickoffs and punts. With over 25 drills and teaching progressions this book gives you everything you need to solidify your coverage units and guarantee that you can pin the opponent in their own territory.



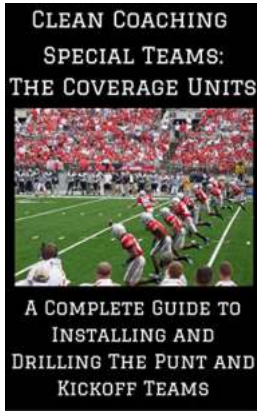
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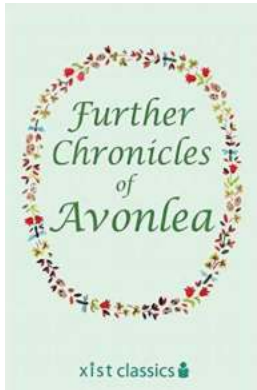
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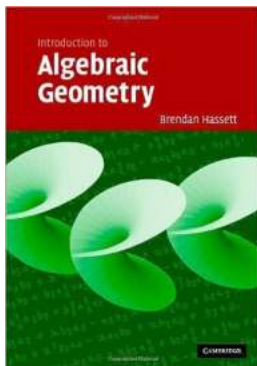
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