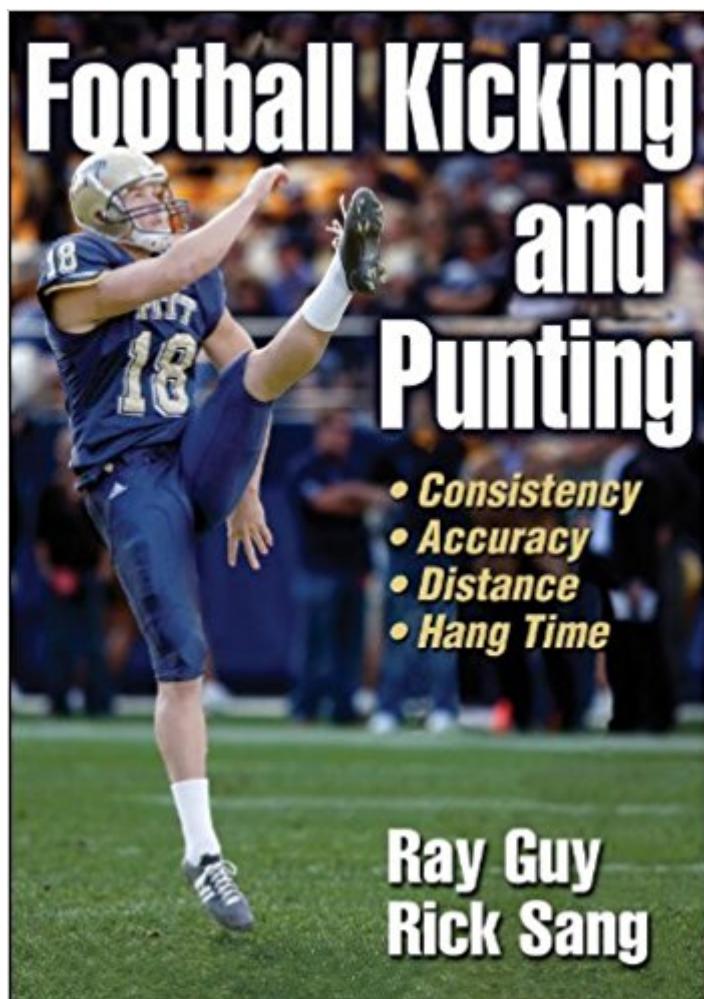


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# Football Kicking And Punting



## **Synopsis**

Huddle up with one of the greatest players in football history as he shares the techniques, strategies, and secrets of kicking and punting. In Football Kicking and Punting, Hall of Famer and NFL 75th Anniversary Team member Ray Guy joins veteran kicking coach Rick Sang to provide aspiring kickers and punters with expert instruction found nowhere else. From the fundamentals to advanced strategies, it's all here:-Field goals, extra points, and special plays such as onside kicks, corner punts, and squib kicks-46 proven drills to maximize practice time and ensure improvement in distance, hang time, consistency, and accuracy -Specialized warm-ups and conditioning programs to improve flexibility, increase leg strength, and prevent injury-Game strategy preparation, including opponent assessment and defense recognitionIn addition, Guy and Sang share their personal strategies for adapting and compensating for challenging field and weather conditions, specific game situations, and an opponent's strengths and weaknesses. So whether it's pinning your opponent inside the 20 or drilling that last-second kick through the uprights, let Football Kicking and Punting elevate your play and ensure winning performance.

## **Book Information**

Paperback: 288 pages

Publisher: Human Kinetics; 1 Original edition (May 27, 2009)

Language: English

ISBN-10: 0736074708

ISBN-13: 978-0736074704

Product Dimensions: 7 x 0.7 x 10 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 27 customer reviews

Best Sellers Rank: #227,842 in Books (See Top 100 in Books) #71 in Books > Sports & Outdoors > Coaching > Football (American) #346 in Books > Sports & Outdoors > Football (American)

## **Customer Reviews**

Coming out of the University of Southern Mississippi, Ray Guy was the first pure punter ever to be drafted in the first round of the NFL draft when the Oakland Raiders selected him in 1973. Guy was a key member of three Super Bowl-winning Raiders teams: Super Bowls XI, XV, and XVIII. During his career, Guy played in a record 207 consecutive games, averaged 42.4 yards per punt for his career, had 210 punts inside the 20-yard line, led the NFL in punting three times, had a streak of

619 consecutive punts before having one blocked, had a record 111 career punts in postseason games, had five punts of over 60 yards during the 1981 season, and never had a punt returned for a touchdown. Guy was selected to seven AFC Pro Bowl teams, and in 1994 he was named the punter on the National Football League's 75th Anniversary Team. Guy was also an outstanding punter and placekicker at Southern Mississippi. During his senior season, Guy recorded a 93-yard punt while leading the NCAA with a 46.2 average. As a placekicker at Southern Mississippi, he kicked a then-record 61-yard field goal. Guy was also a starting safety in college and intercepted a record eight passes. He was a consensus All-American, which included being named to the prestigious Walter Camp All-America Team. After his senior season, Guy was named Most Valuable Player of the annual College All-Star game, in which an all-star team of college seniors played the current Super Bowl champion. Guy has been inducted into both the Mississippi and the Georgia Sports Halls of Fame, the National High School Sports Hall of Fame, the College Football Hall of Fame, and the American Football Kicking Hall of Fame, and he was the first pure punter to be nominated for enshrinement in the Pro Football Hall of Fame. Guy was known for punts with a high hang time—sometimes as long as six seconds—and once punted the ball with so much hang time that the opponents pulled the ball and had it tested for helium. As the cofounder and director of the Ray Guy Prokicker.com Academy, Rick Sang is a veteran with over 29 years of experience establishing kicking instructional programs at colleges and universities across the country. This program has produced two Lou Groza Award winners, numerous college All-Americans, and several NCAA and NFL record holders. A former college coach, he was a member of both Eastern Kentucky University NCAA Division 1AA national championship teams (1979 punter and receiver, 1982 kicking coach) and a kicking coach for Arizona State's 1986-87 PAC-10, Rose Bowl, and Freedom Bowl championship teams. During his coaching career, he had a punter win an NCAA national net punting title and a kicker set a record of five field goals in one game. He is a member of the American Football Coaches Association and the Greater Augusta Sports Council.

Good information that, along with a camp to demonstrate these drills and techniques, should help a young kicker develop to their potential

good reference guide with many drills for kickers and punters.

A very detailed look at the mechanics of the kicking game. I would recommend this book for an

intermediate skill level. It may be too overwhelming for a beginner but no true gems of information that can help an advanced athlete improve their game.

As a former high school football punter and placekicker (now teaching my 15 year old son how to kick) I feel that this book is excellent. I find it is amazing that the physical mechanics of kicking have been put into words so eloquently. The strategy of kicking according to game situation really impresses the importance of this skill not only for the kicker but for the entire team. Exercises and practice skills are included.

Tons of information and my son is actually reading it. Bought other kicking training dvds and it did not interest him. Book is great so he can read anywhere.

An excellent book from the best NFL punter ever. Great photos and explanations of his theories on kicking from punts to field goals from a HOFathlete.

Great tips from a great kicker!!

My husband is a kicking coach for our high school (he kicked in both high school and college himself.) He has this book and bought it for his dad who is helping a kicker where he lives as well.

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