



Football Kicking and Punting

Ray Guy, Rick Sang

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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 recognition

In 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.

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