

# Charting Your Way to Success!





## Brion Hurley

- Co-founder of Kicking.com
  - Doug Brien and Tommy Barnhardt
- Masters degree in Quality Management and Bachelors degree in Statistics from Iowa
- Punter/Kicker at Iowa 1993-1996
- NY Giants Pre-season (1997 & 1999), Arena and Arena2 (1998, 2000, 2001)



## Three Steps to Improvement

1) Collect Data

2) Record Data Online

3) Analyze Your Results

**KICKING.com**

**MEMBER SECTION**

**NEW MEMBERS**  
No new members today

**OVERVIEW** **REPORTS** **ADD RESULTS**

Kicking.com now allows you to track and analyze your kicking and punting results, to see how you have progressed over time, and to help identify minor adjustments needed in your technique.

**Step 1:** Download the forms and begin taking data on your workouts:  
[Kicking](#) | [Punting](#)

**Step 2:** Login to your member account and start [adding your recent practice results here >>>](#)

**Step 3:** View your [summary charts and reports](#), and modify your practice routine to make improvements where necessary

[Article \(.pdf\) written by Brion about the use of this data to improve your performance >>>](#)

**WEBSITE PHOTO BLOG**

**CONTACT US**



## Enter Workout Date



Enter your results in the fields below, in groups of 10 kicks. Leave fields blank if entering less than 1 kicks. Click the "Add more" button if you are adding more than 10 kicks on this page.

First, you need to either add new workout dates in the form below, or add more results to existing workout dates shown at bottom

**Enter new workout date**

Date of Workout:

Location of Workout:

### Enter results to existing workout

- 7/19/2006 [Erase this workout] [Enter more kicks](#) | [Enter more punts](#)
- 6/23/2006 [Drake Stadium - Filip Filipovic] [Enter more kicks](#) | [Enter more punts](#)
- 6/23/2006 [Drake Stadium - Filip Filipovic] [Enter more kicks](#) | [Enter more punts](#)
- 6/23/2006 [Drake Stadium - Layne Neumann] [Enter more kicks](#) | [Enter more punts](#)
- 6/23/2006 [Drake Stadium - Ryan Horvath] [Enter more kicks](#) | [Enter more punts](#)
- 6/23/2006 [Drake Stadium - Ryan Horvath] [Enter more kicks](#) | [Enter more punts](#)
- 11/7/2005 [Binghampton] [Enter more kicks](#) | [Enter more punts](#)
- 10/31/2005 [Bayside High] [Enter more kicks](#) | [Enter more punts](#)
- 10/18/2005 [City High] [Enter more kicks](#) | [Enter more punts](#)
- 10/17/2005 [City High] [Enter more kicks](#) | [Enter more punts](#)

**KICKING**  
.com

**The Kicking.com Network**  
FOR KICKERS AND PUNTERS ONLY

**Tommy Barnhardt**  
14 year NFL Punter

**Doug Brien**  
12 year NFL Kicker

The banner features a blue background with a white horizontal stripe. On the left is the 'KICKING.com' logo in white and yellow. In the center, a punter in a black jersey is captured mid-kick. On the right, a kicker in a white jersey is shown in a kicking stance. The background also contains faint, blue-tinted images of football players in action.

# KICKING



# The Kicking.com Network

FOR KICKERS AND PUNTERS ONLY

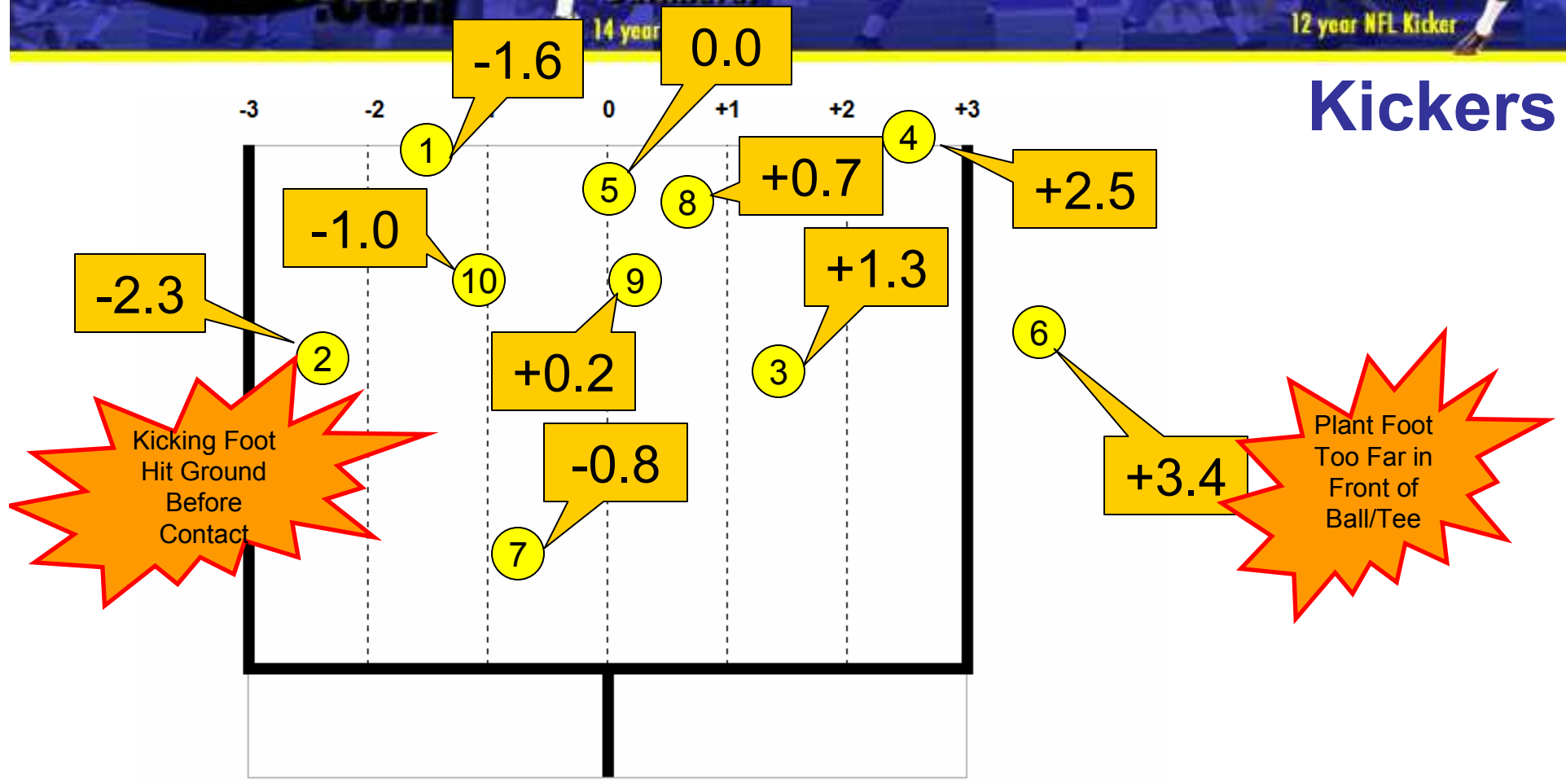


Tommy Barnhardt  
14 year



Doug Brien  
12 year NFL Kicker

## Kickers



Kick #	Hash	Distance	Result	Comments / Mistakes	Kick #	Hash	Distance	Result	Comments / Mistakes
1					21				
2					22				
3					23				
4					24				



## Types of Mistakes - Kicking

No major mistake during kick

Plant Foot Not Pointing Straight Ahead Towards Target

Plant Foot Too Close to Ball/Tee

Plant Foot Too Far Away From Ball/Tee

Plant Foot Too Far in Front of Ball/Tee

Plant Foot Too Far Behind Ball/Tee

Incorrect Steps - Too Close to Ball/Tee

Incorrect Steps - Too Far Away from Ball/Tee

Foot Made Contact Too High on Ball

Foot Made Contact Too Low on Ball

Made Contact with Ball Off End of Foot

Made Contact with Ball Too Close to Ankle

Plant Foot Slipped During Plant

Foot Slipped During Approach

Kicking Foot Hit Ground Before Contact

Hit Ball Off End of Foot

Hit Ball Too Close to Ankle

Bad Snap (Timing)

Wind Direction Changed

Improper Adjustment/Alignment to Target

Turned Hips too Quickly - Pulled Ball

Turned Hips too Late - Pushed Ball

Overkicked - Tried to Kick Too Hard

Tried to Aim the Ball

Pulled Head Upward too Quickly

Inconsistent or Choppy Steps on Approach

Approached the Ball Too Quickly

Off-balance While Making Contact

Other



## Enter Results Online

Enter KICKING results below  
Feely Kicking Camp, 6/25/2008

Kick	Hash Mark	Distance	Result	Mistake Made (if any)
#1	Left	35 yds	-1.6	No major mistake during kick
#2	Left	35 yds	-2.3	Kicking Foot Hit Ground Before Contact
#3	Left	35 yds	1.3	No major mistake during kick
#4	Middle	35 yds	2.5	No major mistake during kick
#5	Middle	35 yds	0	No major mistake during kick
#6	Middle	35 yds	3.4	Plant Foot Too Far in Front of Ball/Tee
#7	Middle	35 yds	-0.8	No major mistake during kick
#8	Middle	35 yds	0.7	No major mistake during kick
#9	Right	35 yds	0.2	No major mistake during kick
#10	Right	35 yds	-1.0	No major mistake during kick

Add More Kicks

Click if Done

Save and enter more results

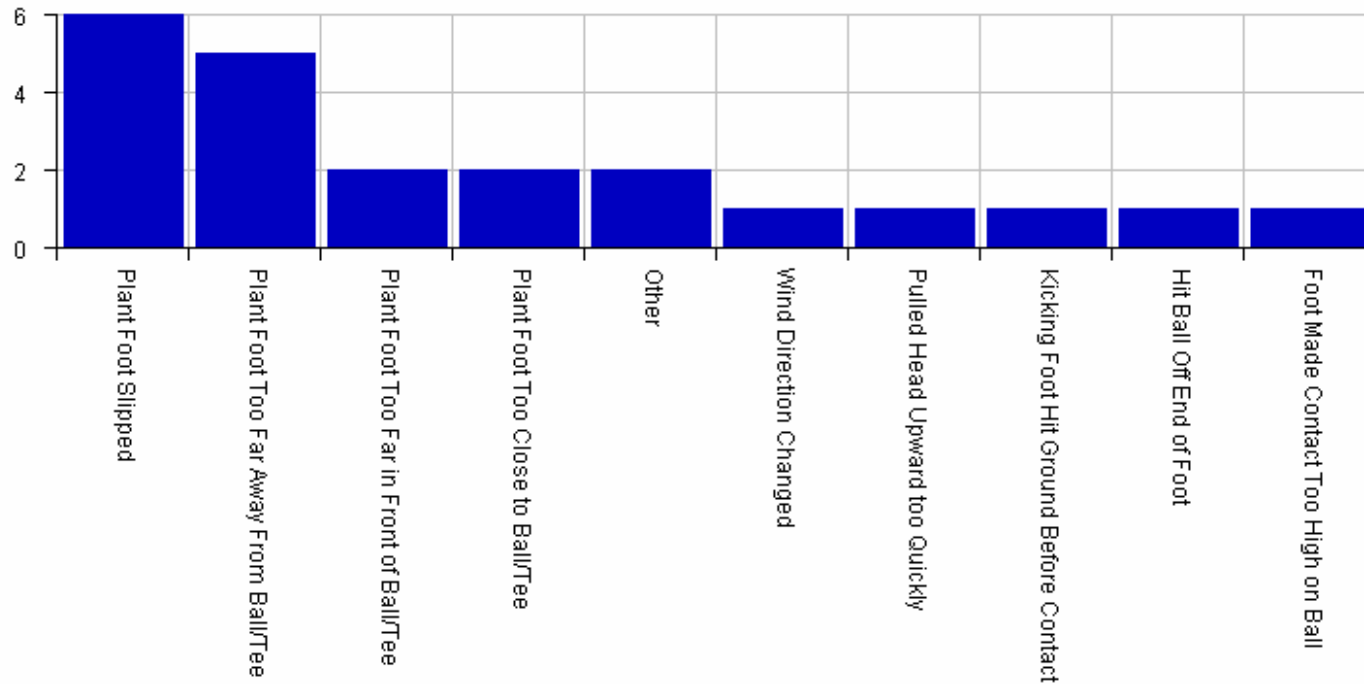
Done entering results



# Top Kicking Mistakes (Opportunities)

Filter Data by Hash:

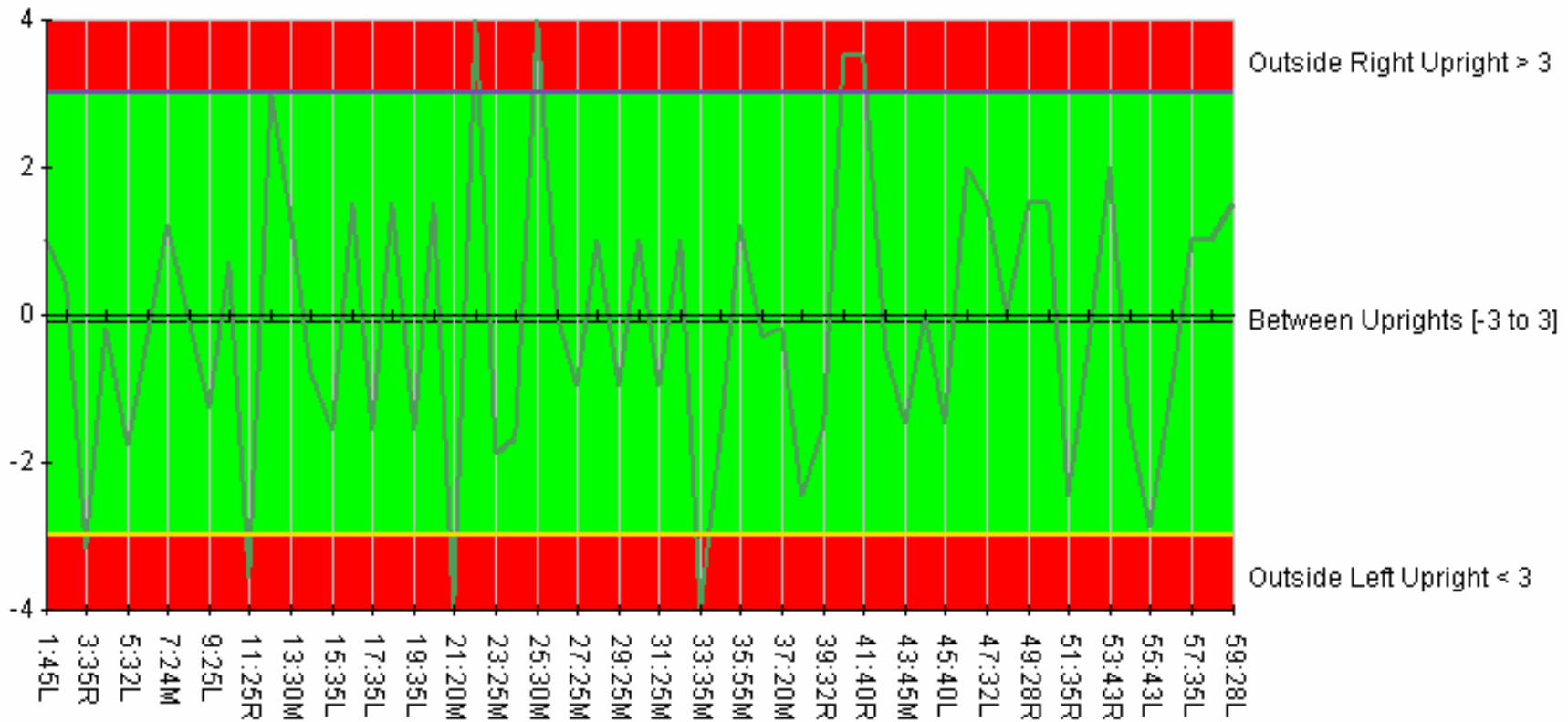
Top Reasons for Kicking Mistakes





## View Kick Results over Time

Kicking Results





## Summary Results

Summary = 51 / 59 = 86.4%  
 Number Missed (Right) = 4  
 Number Missed (Left) = 4  
 Average Result = -0.09  
 Margin of Error (Std Dev) = 0  
 Kicks may be as far left as = -3.9  
 Kicks may be as far right as = 3.7  
 [95% of the time]

To reduce your Margin of Error and improve your consistency, make sure you are doing the EXACT same thing on your step-offs and alignment, your approach speed to the ball, and keep everything else the same (head down, foot placement on ball, etc). This is where practice makes perfect!

Average is close to "0"

Kicking.com Alignment Summary = **Correctly Aligned to Target**

If your results indicate that you are aligned improperly (too far right or left), this can be caused by a couple things:

- 1) you had some really bad kicks that are included in your results. Delete any kicks when there is a specific reason for the miss (i.e. slipped, bad hold, wind gust, etc.) if it seriously alters your results. You still need to practice and work to prevent these problems from happening, otherwise they can occur in a game at any time.
- 2) your target line or step off is off from where you think it is, in the middle of the uprights. Try stepping backwards differently to offset the amount, or you should make sure your steps are correct and you are still aligned to the middle of the uprights before you take your steps over.
- 3) you did not properly adjust for the wind. If the wind was strong in that direction, you may need to greatly adjust your alignment in the future, even more than you're comfortable with.

To help improve your alignment and consistency, review the [Kicking videos](#), and start working on the [Kicking drills and lessons](#)



# PUNTING



# Record Punting Results on Form

Punt #	Distance	Hang Time	Comments / Mistakes	Punt #	Distance	Hang Time	Comments / Mistakes
1				31			
2				32			
3				33			
4				34			
5				35			
6				36			
7				37			
8				38			
9				39			
10				40			
11				41			
12				42			
13				43			
14				44			
15				45			
16				46			
17				47			
18				48			
19				49			
20				50			
21				51			
22				52			
23				53			
24				54			
25				55			
26				56			
27				57			
28				58			
29				59			
30				60			



## Enter Results Online

Enter PUNTING results below  
Drake Stadium - Filip Filipovic, 6/23/2006

Punt	Wind Direction	Distance	Hang Time	Mistake Made (if any)
#1	No Wind	47 yds	3.76 secs	No major mistake during punt
#2	At Your Back	45 yds	4.12 secs	Ball Slipped Out of Hands
#3	At Your Back	53 yds	3.89 secs	No major mistake during punt
#4	Left to Right	51 yds	3.22 secs	No major mistake during punt
#5	Left to Right	39 yds	4.33 secs	Ball Dropped Too Close to Body
#6	Left to Right	42 yds	3.70 secs	No major mistake during punt
		44 yds	3.87 secs	No major mistake during punt
		38 yds	4.12 secs	No major mistake during punt
		33 yds	2.87 secs	No major mistake during punt
#10	Coming at	35 yds	4.55 secs	No major mistake during punt

Add More Kicks

Click if Done

Save and enter more results

Done entering results



## Types of Mistakes - Punting

No major mistake during punt

Ball Dropped Too Close to Body

Ball Dropped Too Far from Body

Ball Dropped Too Far Inside

Ball Dropped Too Far Outside

Ball Point Turned Too Far Inside

Ball Point Turned Too Far Outside

Overstride on Last Step

Ball Dropped Pointing Too Far Downward

Ball Dropped Pointing Too Far Upward

Ball Slipped Out of Hands

Could Not Get a Good Grip on Ball

Legs Crossed Over on Steps

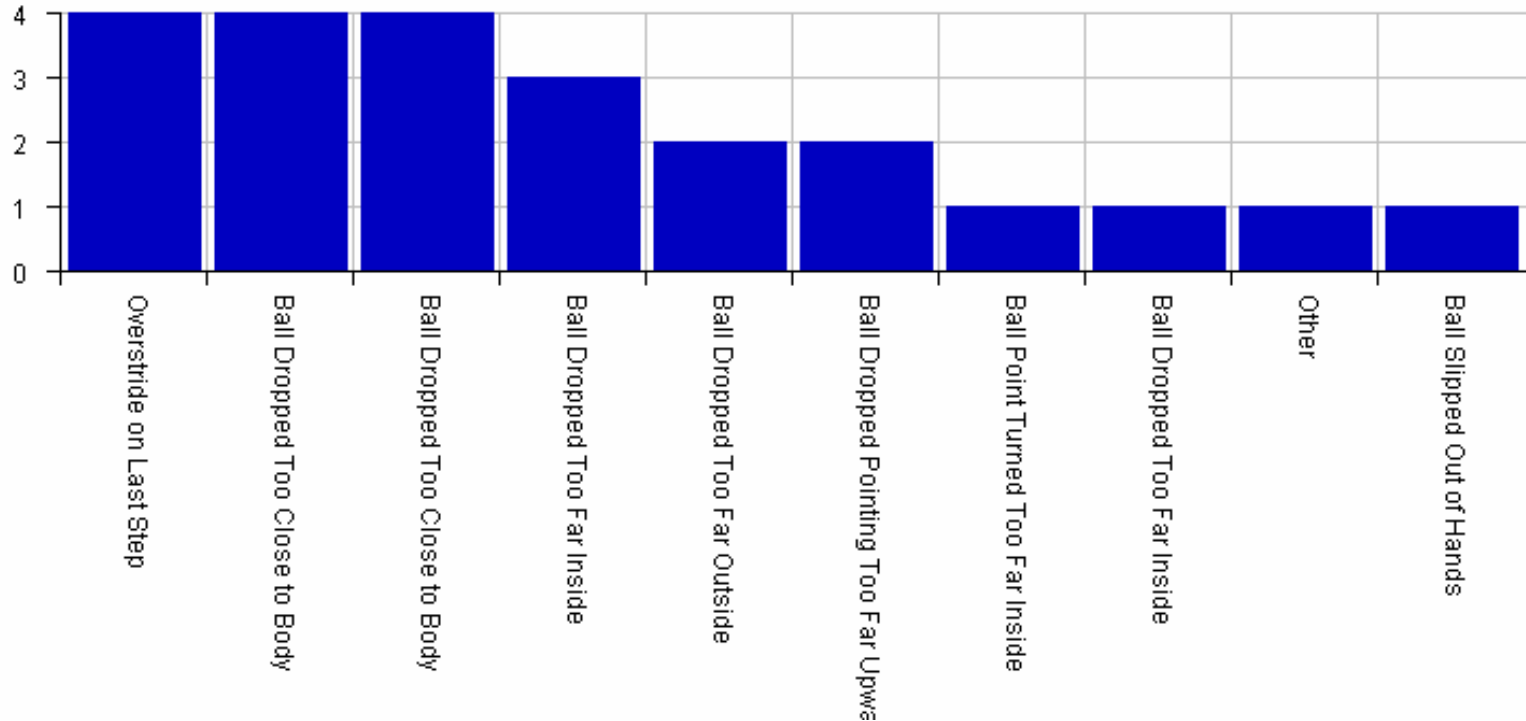
Other



# Top Punting Mistakes (Opportunities)

Filter Data by Wind:

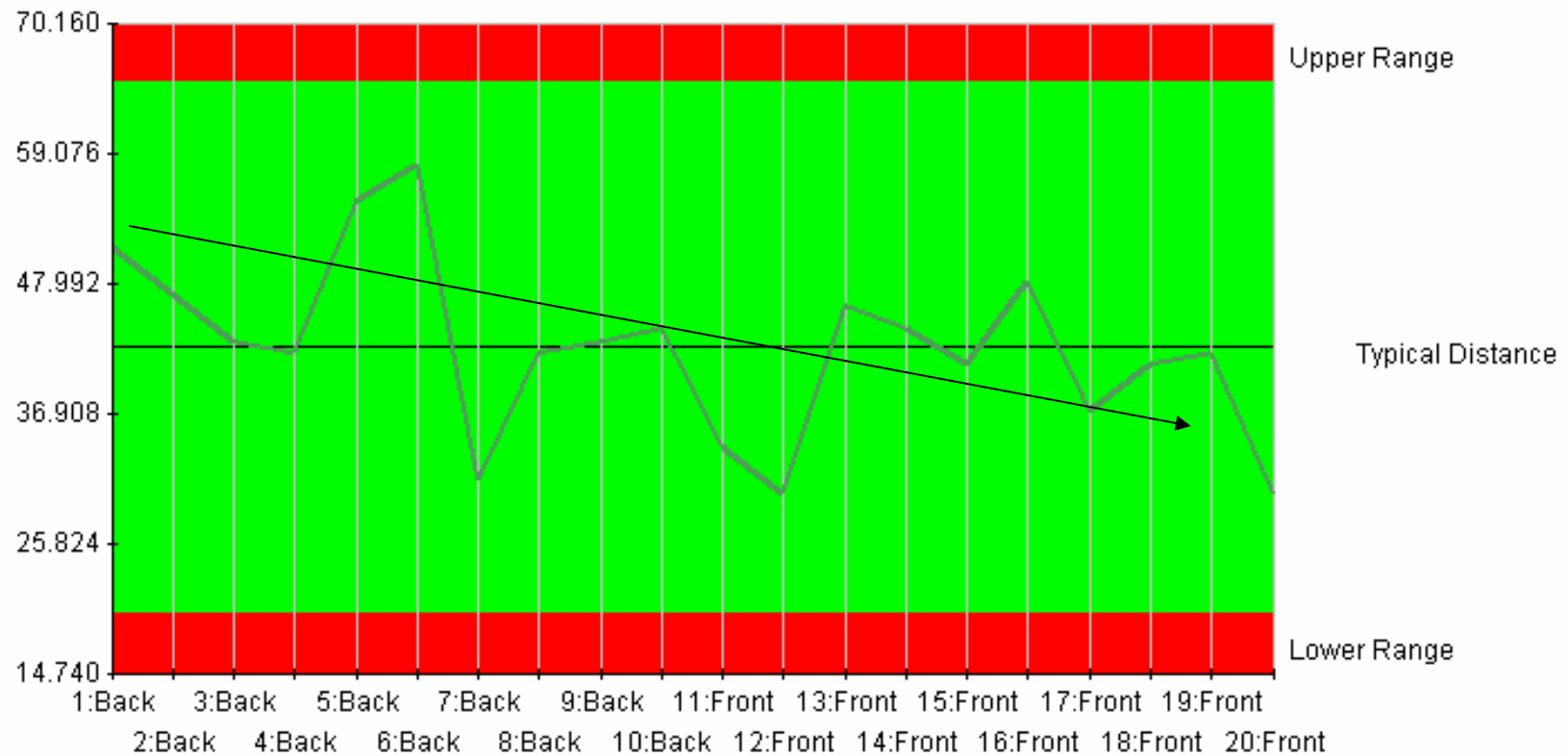
Top Reasons for Punting Mistakes





## View Punt Distance over Time

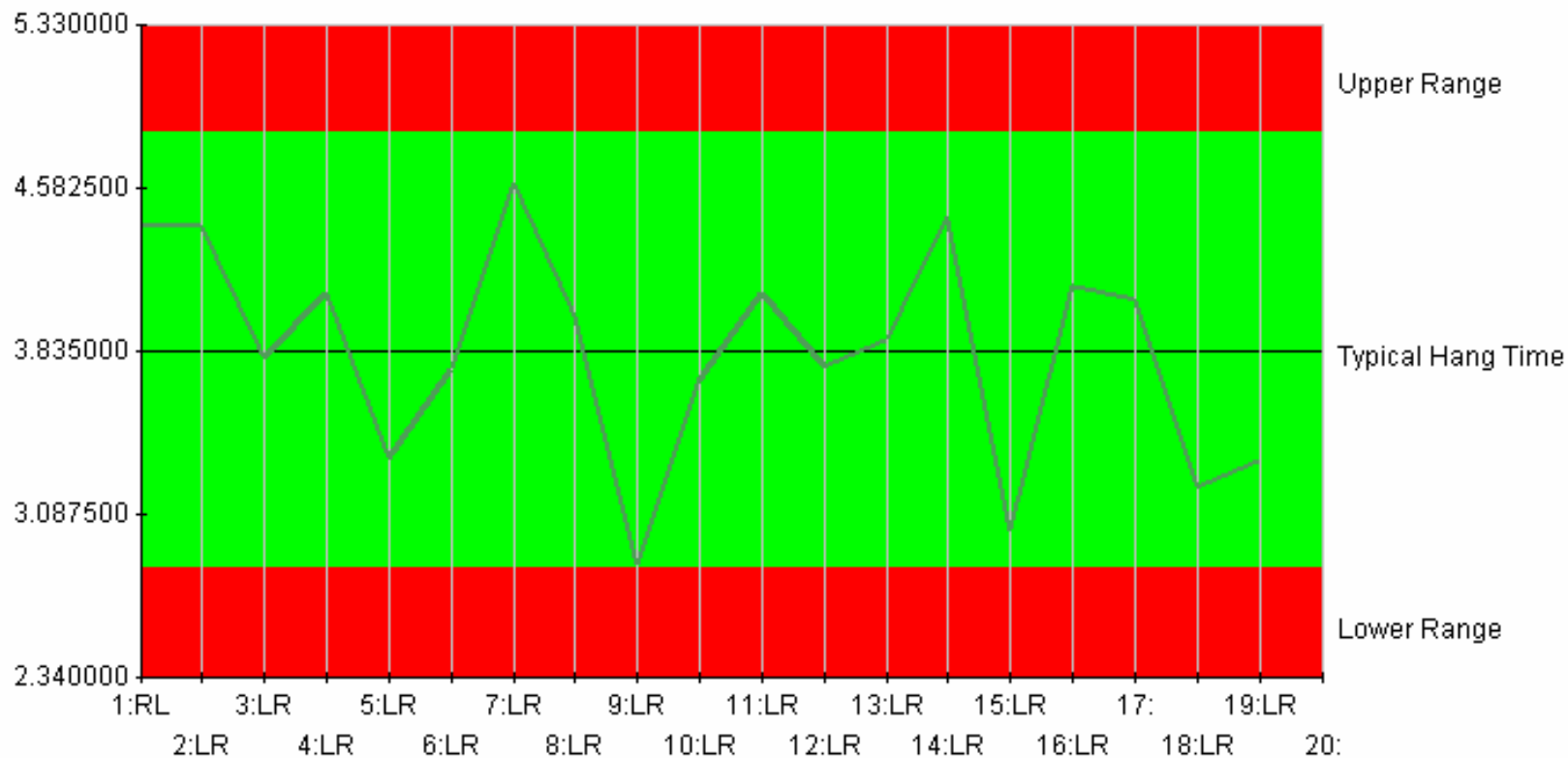
Punting Distance Results on 6/23/2006 [Drake Stadium - Filip Filipovic]





# View Punt Hang Time over Time

Punting Hang Time Results on 10/17/2005 [City High]





## Summary Results

### Average Hang Time and Distance

Number of Punts = 20  
Average Punt = 40.65 yards  
Average Hang Time = 3.83 secs  
Distance Margin of Error (Std Dev) = 4.42 yards  
Punts may be as short as = 32 yards  
Punts may be as long as = 49 yards  
[95% of the time]  
Hang Time Margin of Error (Std Dev) = 0.50 secs  
Worst punt may be as low as = 2.84 sec  
Best punt may be as high as = 4.83 sec  
[95% of the time]

Kicking.com Distance Assessment = Division 1AA or Division 2 college level

Kicking.com Hang Time Assessment = Small College level, All State High School level

To reduce your Margin of Error and improve your consistency, make sure you are doing the EXACT same thing on your steps and drop placement, your placement of the ball on your foot, etc. Strength training, conditioning/running, and leg flexibility will improve both distance and hang time. This is where practice makes perfect!

Click here to review the [Punting videos](#), and start working on the [Punting drills and lessons](#)



## Summary

- Charts make improvement easier
- Collecting data requires discipline
- Understand how many mistakes you make, and practice drills that eliminate the most common ones
- Take the time to analyze each mistake
  - If you make a mistake, and the result is good, you still need to correct the error (you got lucky!)