

# KOHL'S

KICKING - PUNTING - SNAPPING



AMERICA'S #1 CAMP // TRAINING & EXPOSURE

## Tentative 2-Day Schedule

Note: Schedule may vary throughout day. Listen to the lead coach at camp.

### DAY 1 - Field Goal & Kickoffs

Note: Snappers follow same timeline, different snapping based activities

- Camp Registration 8:30 - 8:45 AM
- Player & Parent Introduction 9:00 AM
- Morning Session 9:15 AM
  - Athletes are Filmed
  - Classroom Teaching
  - Film Breakdown of Pro Athletes
  - Individual Film Breakdown
- Lunch around 12:30PM - You may bring your own lunch or go out to local area restaurants
- Camp resumes around 1:30PM
  - Warm-up
  - On-field Drill Work
  - Technique Adjustments/Improvements
  - Camp Competitions
- Day 1 concludes around 4:00 PM

### DAY 2 - Punting & Kickoffs

Note: Snappers will follow same timeline, different snapping based activities

- New athletes register 8:50 AM (Does not apply to athletes who attend Day-1)
- Camp Warm-up & Technique Filming 9:00 AM
- Morning Classroom Session 9:30 AM
  - Classroom Teaching
  - Film Breakdown of Pro Athletes
  - Individual Film Breakdown
- Lunch around 12:00PM You may bring your own lunch or go out to local area restaurants.
- Camp resumes around 1:00 PM
- Players stretch and warm up their legs
- Once warm, the players practice their adjustments with a coach
- Kickers perform field goal and kickoff drills, punters do punt drill work
- Additional instruction and practice of directional and pooch punts
- Camp competitions and contests
- Life Talk
- Camp concludes at about 3:15 PM

**\*\*Lunch times are approximate**

\*\*This is only the schedule for the 2 Day Camp, all other camp types will follow their own schedule.

Please reach out to [heidi@kohlskicking.com](mailto:heidi@kohlskicking.com) with questions.