

## TMK Frequently Asked Questions (so far)

### 1. Can I create the same workout for more than one kicker?

Coaches can create the same workout for more than one kicker. When you select the kicker to assign the workout to, select one kicker from the kicker list, and then select additional kickers by holding down the CTRL key and using the left mouse button to select. You can create the same workout for one or more kicker, up to all kickers in the list.

### 2. Can I add kicks or delete kicks from a workout?

Yes. When you track your workout, you can delete kicks that were on your workout, but were not kicked. You can also add kicks that you did take, but were not part of the original workout.

### 3. Can I add a new workout to TMK after the workout is completed?

If you complete a workout on your own, and want to add that workout to TrackMyKicks instead of creating a workout first, you can add that workout to TMK. However, since TMK was designed to create the workouts first, you have to manipulate TMK a bit.

First, create a “temporary” workout - a custom workout with one place kick, one kickoff, and one punt. Select that workout to Track. Now you can add each of the kicks from your workout using the “Add Place Kick”, “Add Kickoff” and “Add Punt” buttons.

After you add your kicks, delete the one “temporary” kick in each section using the Delete button on the side of the kick. Do not delete the “Temporary” kick until at least one kick is added, or the section goes away.

### 4. Why can I only select kickoffs and punts in multiples of 3's when creating a Standard Workout?

Excellent question. The Standard Workout function is designed for the kicker to work on every type of kick, and to every location on the field. When creating a Standard Workout, TMK will select an equal number of left kicks, middle kicks, and right kicks. For example, if you select 12 Deep Kickoffs, TMK will generate a workout with 4 Deep Left, 4 Deep Middle, and 4 Deep Right kickoffs. This is especially beneficial to younger kickers that need to develop their skills and confidence to kick to all areas of the field.

The Custom Workout function allows the user to select the number, location, target distance and target hang time for each kick in the workout. For example, if you want to

work on only Deep Left kickoffs, use the Custom Workout feature to generate your workout.

## **5. How do I create workouts for the entire football season at one time?**

You can create workouts for the entire season (and off-season) very quickly. As a Coach, you can create workouts for all of your kickers in just minutes. As a player, you can create your own workouts very quickly. Workouts are generated by workout date, so add the schedule date of the workout and generate workouts for each practice day of the season.

For Standard Workouts created by a Coach, define the Scheduled Workout Date, select the level, modify the number of kicks as necessary for the types of kicking, and assign to a kicker. For workouts created by the player, the workout is already assigned to the kicker. Repeat to create as many workouts as you need for the season – the workouts are stored with the Scheduled Workout Date.

For Custom Workouts, the process is the same except that the Coach or player must define the number and location of each type of kick for the workout. The Coach or player can also define the target distance and target hang time for each type of kick.

Each workout only takes seconds to create, and the workouts are listed by Scheduled Workout Date.

Note that it might be better to create workouts on a weekly basis, as you better define your range, accuracy, and types of kicks you need the most work on. As you get stronger, the number and range of your kicks should increase.

## **6. How many kicks should I kick in each workout? I do not punt, just kickoff and kick extra points and sometimes field goals.**

This answer to this question is different for each kicker, and varies for the different times of the year. TrackMyKicks is a development tool for all kickers, but not all kickers perform all three kicking functions (place kicking, punting, and kickoffs). Each kicker needs to decide this with based on the types of kicks, your other team responsibilities, and your special teams or kicking coach. The following is a broad guideline – each coach and kicker need to develop their own limits.

### Football Season

During the season, younger kickers (grades 7-9) should take 20-25 kicks 2-3 times a week. High school kickers should take 25-30 total kicks two to three times a week, not including the weekly game.

If you perform all three kicking functions, split the kicks up between the three functions. On one workout, try 10 place kicks, 9 kickoffs, and 5 punts. On the next workout, only do 5 place kicks, maybe 12 kickoffs, and 5 punts. On the third workout, do 8 place kicks, 6 kickoffs, and 10 punts. Note the day your team works special teams should substitute for one of these workouts.

Since you are only making 20-30 total kicks each workout, you need to focus on making each kick a good kick – **every kick counts**.

### Off Season

During the winter months, try to get a minimum of one workout each week. In the spring and early summer, build up to two workouts a week. From mid-summer on, try to get in three workouts a week.

#### **7. How much stretching should I do before I kick?**

You should do a full stretching routine before attempting a kicking workout. Stretch the entire body, not just your legs. Stretch for at least 20 minutes, and make sure to include enough running to break a sweat. See our sponsor links for excellent videos on stretching routines.

#### **8. Is hang time really that important for 7<sup>th</sup> and 8<sup>th</sup> grade?**

TrackMyKicks allows all kickers to record distance, location, and hang time for all of their kickoffs and punts. The kickers and their coaches decide the importance of each of these for their program.

Younger kickers should focus on striking the ball correctly for all three kicking functions, with accuracy as the first goal. Distance and hang time should be secondary goals.

#### **9. The distance and hang times for the grade levels for the Standard Workouts – how were these generated?**

The times are estimates based on distances and hang times observed and tracked by kickers at different grade levels. The distance and hang time estimates for each Level are generated to be challenging but attainable, and to provide a developmental path to become an accurate, confident kicker.

#### **10. Do you offer a certification program for each level?**

TMK has created a test for each Level, and expects to offer the ability to generate grade level tests in a future version of TrackMyKicks.

**11. You have NCAA field goal records and the 60+ yard NFL kicks listed on the player home pages. Can you add high school field goal records?**

Great idea – one that we considered before going live. However, TMK has been unable to verify high school records as there is no central repository for high school records. We are researching, and will offer this in a future release of TMK. We may have to do so with “unofficial” records, and some states will not have record information. If you have any information on a state record field goal for your state, please send that info to [CustomerService@TrackMyKicks.com](mailto:CustomerService@TrackMyKicks.com).

**12. What distance should we use for punts workouts – from where the ball is kicked, or should we subtract 10-15 yards? Also, do we track the distance to where the ball hits, or do we include the roll?**

The target distance for each Level is the distance from the line of scrimmage (LOS). You may be 10-12 yards behind the LOS when you actually kick. The Standard Workouts assume distance in the air, not including the roll, and TMK recommends that you measure distance from the LOS to the landing point (distance in the air) for practice punts.

For game punts, though, you should record the entire punt distance, including the roll.

We recommend total distance in air for all kickoffs (practice and games)

Just a quick note on the roll for younger punters. The better you strike the ball, and the better your spiral, the more chance you have of getting a positive roll. As your ball strikes get more consistent, and you track your spirals, your ground roll should increase.