

Track My Kicks - Place Kicks Workout

Every Kick Counts!

Kicker: Mike Smith

Scheduled Workout Date: 03/13/2011

Completed Workout Date:

KICK RANDOMIZER: RANGE 25-40 YARDS

PK #	YARD LINE	LMR	PLACEMENT	RESULT	RESULT SELECTIONS
1	36	Left	Hash		GOOD
2	29	Right	Post		WIDE LEFT
3	39	Right	Hash		WIDE RIGHT
4	35	Left	Hash		SHORT
5	28	Left	Hash		LEFT POST
6	38	Right	Post		RIGHT POST
7	40	Left	Post		CROSSBAR
8	38	Middle	Middle		MIS-HIT
9	25	Middle	Middle		
10	26	Left	Post		
11	40	Right	Post		
12	28	Right	Post		
13	26	Middle	Middle		
14	33	Right	Post		
15	25	Right	Hash		

CHALLENGE KICKS

16	45	Middle	Middle		
17	45	Middle	Middle		
18	45	Middle	Middle		
18					

Track My Kicks - Kickoff Workout

Every Kick Counts!

Kicker: Mike Smith

Scheduled Workout Date: 03/13/2011

Completed Workout Date:

KO #	YARD LINE	DISTANCE	AIMED LOCATION	TARGET DISTANCE	TARGET HANG TIME	KICK DISTANCE	KICK LOCATION	HANG TIME
1	40	Deep	Left	55	3.00			
2	40	Deep	Left	55	3.00			
3	40	Deep	Middle	55	3.00			
4	40	Deep	Middle	55	3.00			
5	40	Deep	Right	55	3.00			
6	40	Deep	Right	55	3.00			
6								

**Kick Location Options: Left of Target, On Target or Right of Target.

Track My Kicks - Punt Workout

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Kicker: Mike Smith

Scheduled Workout Date: 03/13/2011

Completed Workout Date:

PN #	YARD LINE	DISTANCE	AIMED LOCATION	TARGET DISTANCE	TARGET HANG TIME	KICK DISTANCE	KICK LOCATION	HANG TIME
1	Any	Deep	Middle	40	3.00			
2	Any	Deep	Middle	40	3.00			
3	Any	Deep	Middle	40	3.00			
4	Any	Deep	Middle	40	3.00			
5	Any	Deep	Middle	40	3.00			
6	Any	Deep	Middle	40	3.00			
7	Any	Deep	Middle	40	3.00			
8	Any	Deep	Middle	40	3.00			
9	Any	Deep	Middle	40	3.00			
10	Any	Deep	Middle	40	3.00			
11	Any	Deep	Middle	40	3.00			
12	Any	Deep	Middle	40	3.00			
12								

**Kick Location Options: Left of Target, On Target or Right of Target.