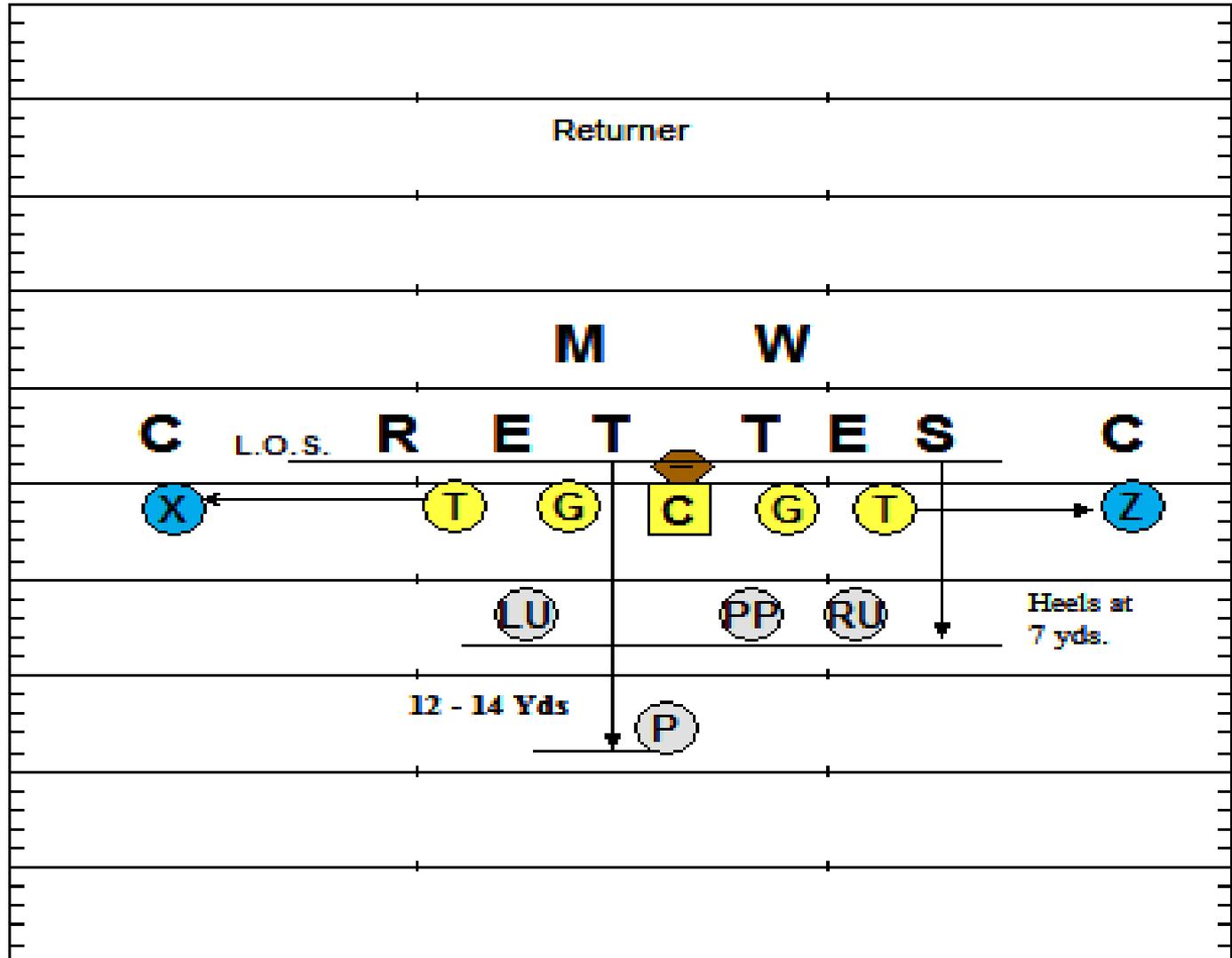


# Punt Formation



# Punt Mechanics

1. Hold



2. Point Position



3. Extend



4. The Drop



5. Foot Placement



6. Extend The Toe



6. Leg Whip



**2 STEP PUNT: START WITH PUNT FOOT UP WHEN RECEIVING SNAP.**

**3 STEP PUNT: START WITH PUNT FOOT BACK WHEN RECEIVING THE SNAP.**

# Deep Snap Mechanics

1. Snap Hand



1. Glide Hand



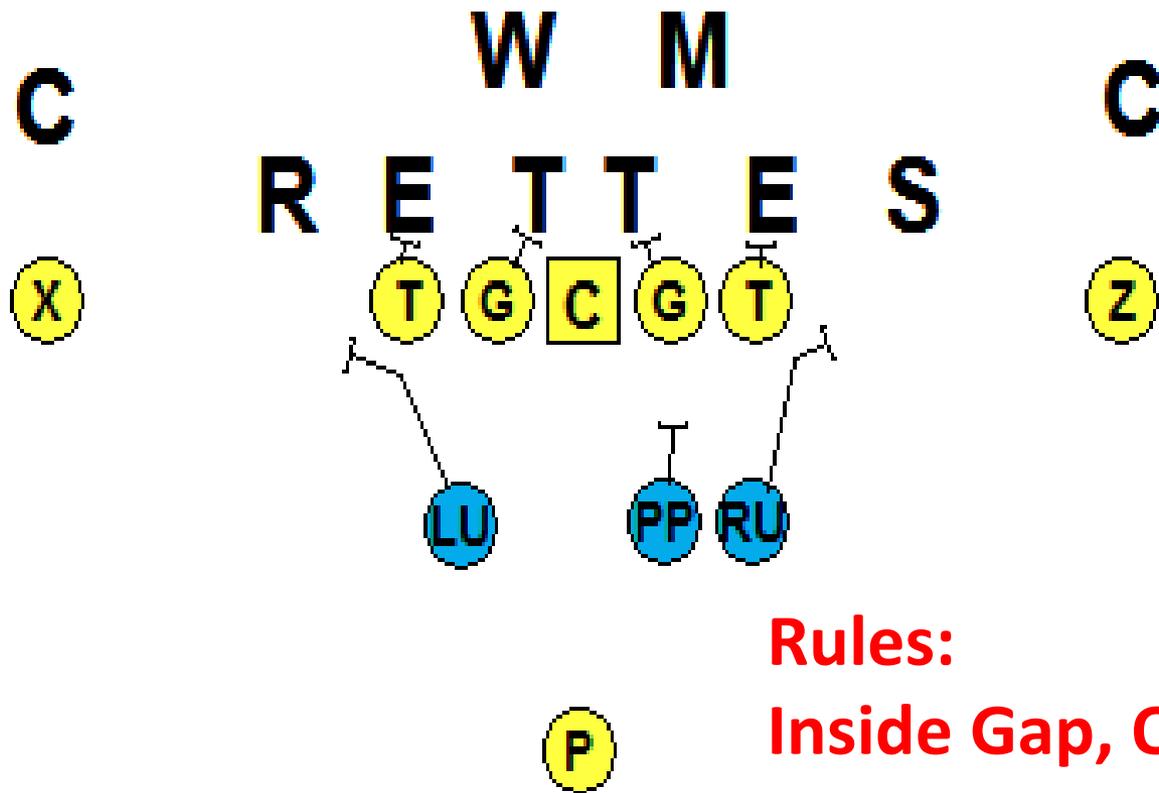
1. Snap Hand



1. Practice Snap



# Punt Protection Rules

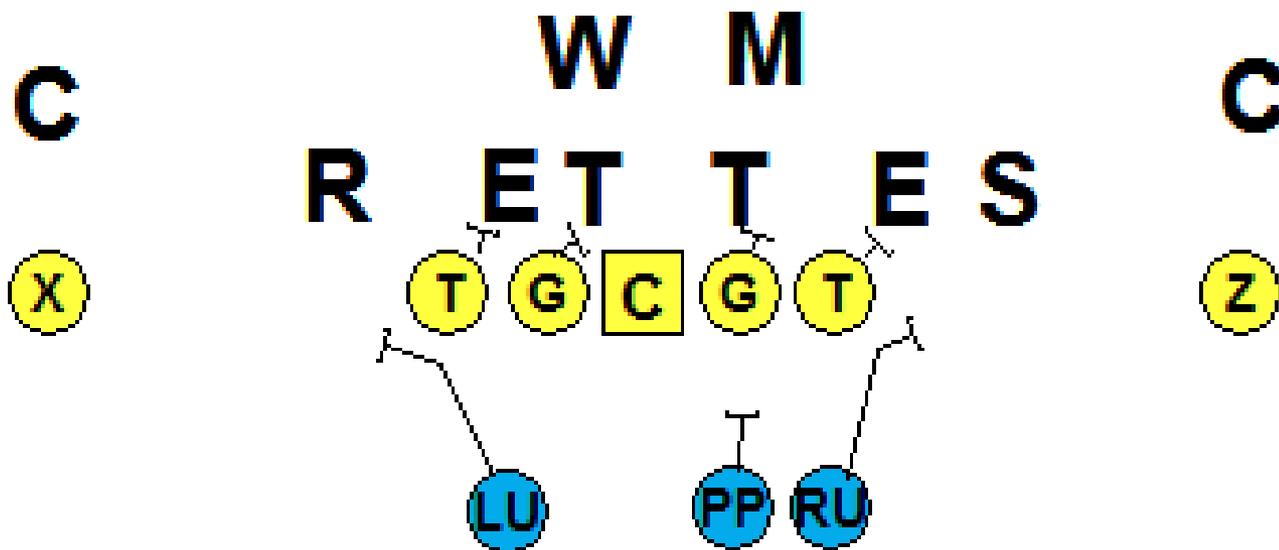


**Rules:**  
Inside Gap, On, Outside

**Blocking Rules For For Protecting The Punter**

# Punt Protection Rules

Rules: Gap, On, Outside



Rules:

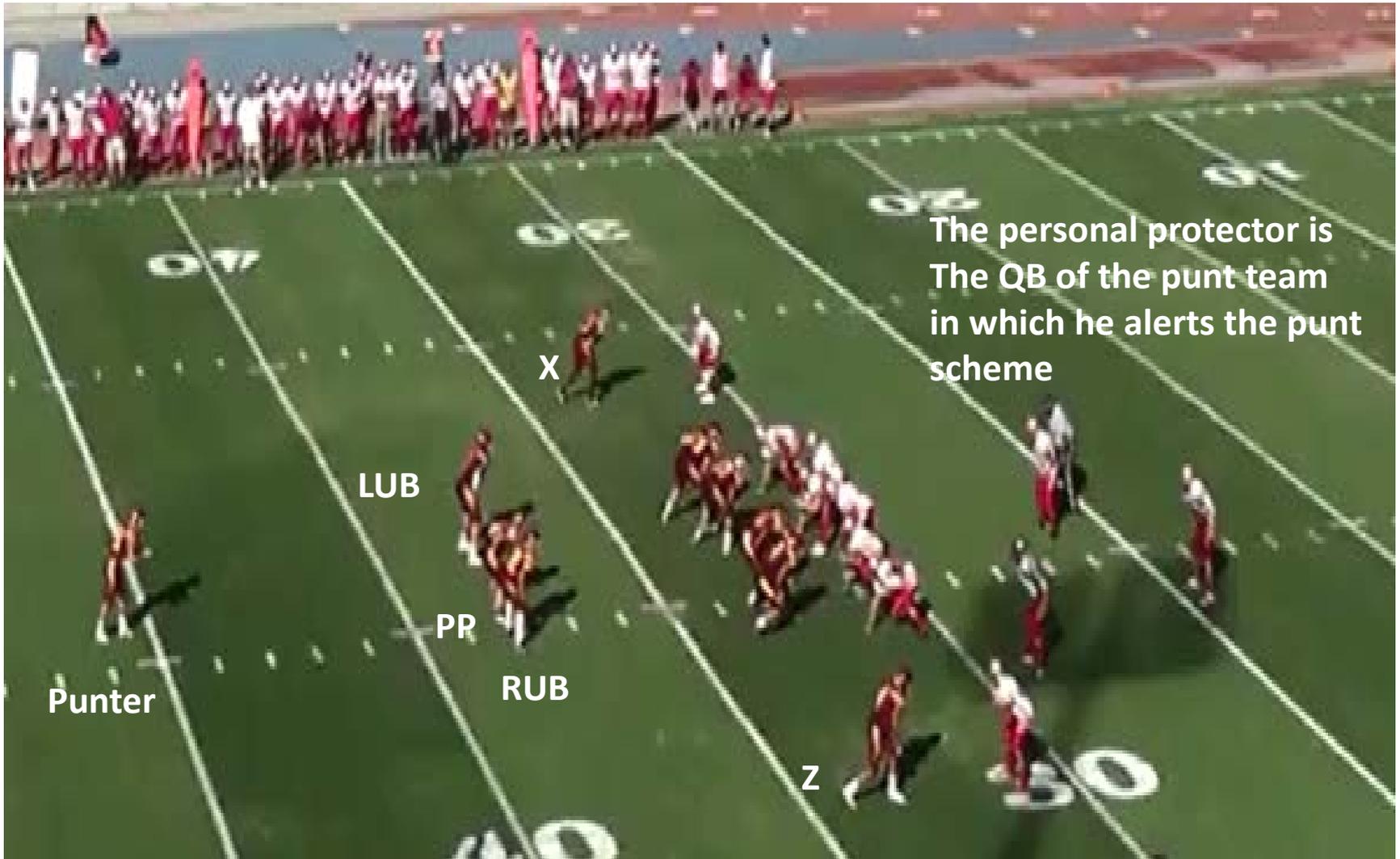
Inside Gap, On, Outside

P



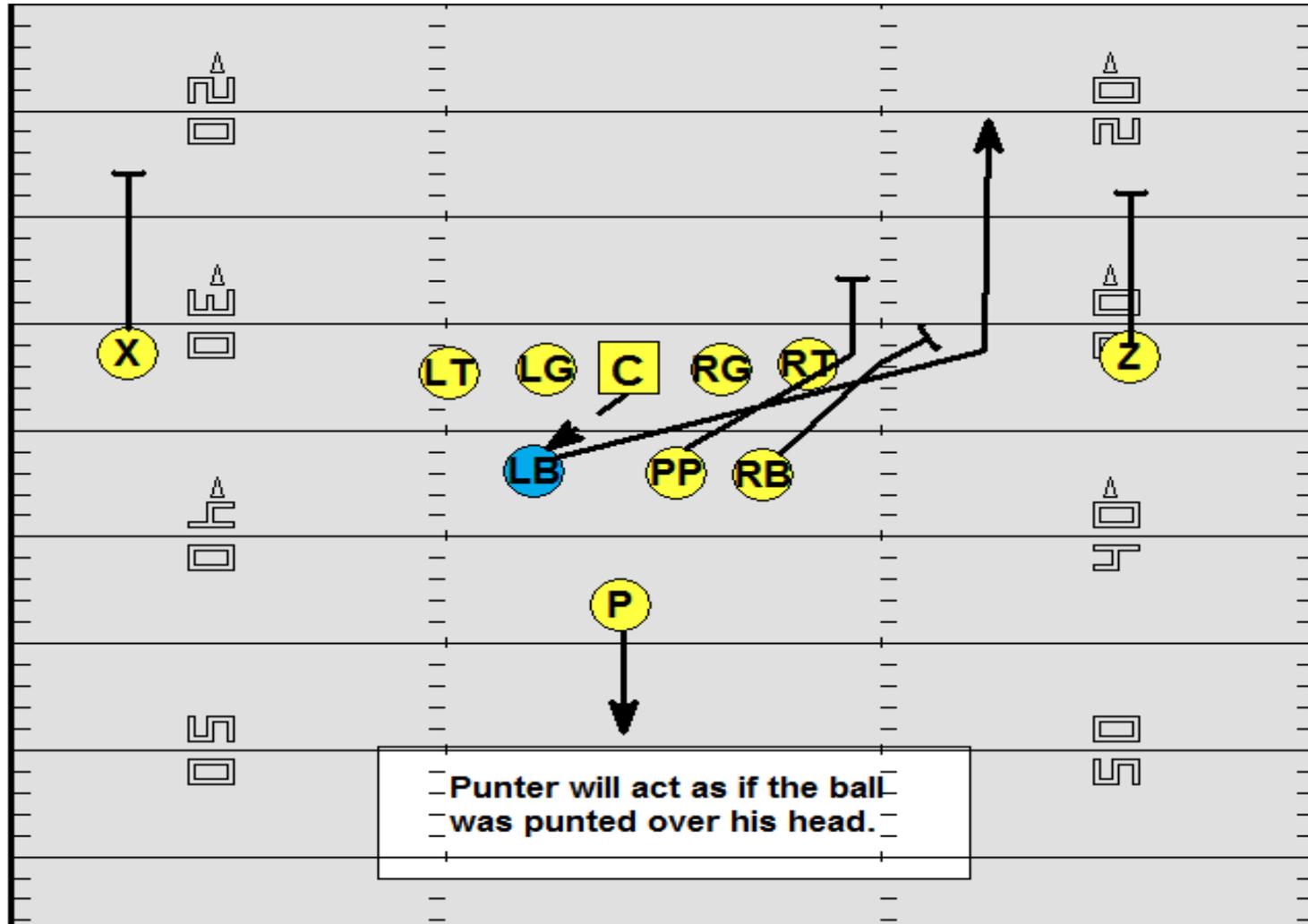


# Base Punt Formation



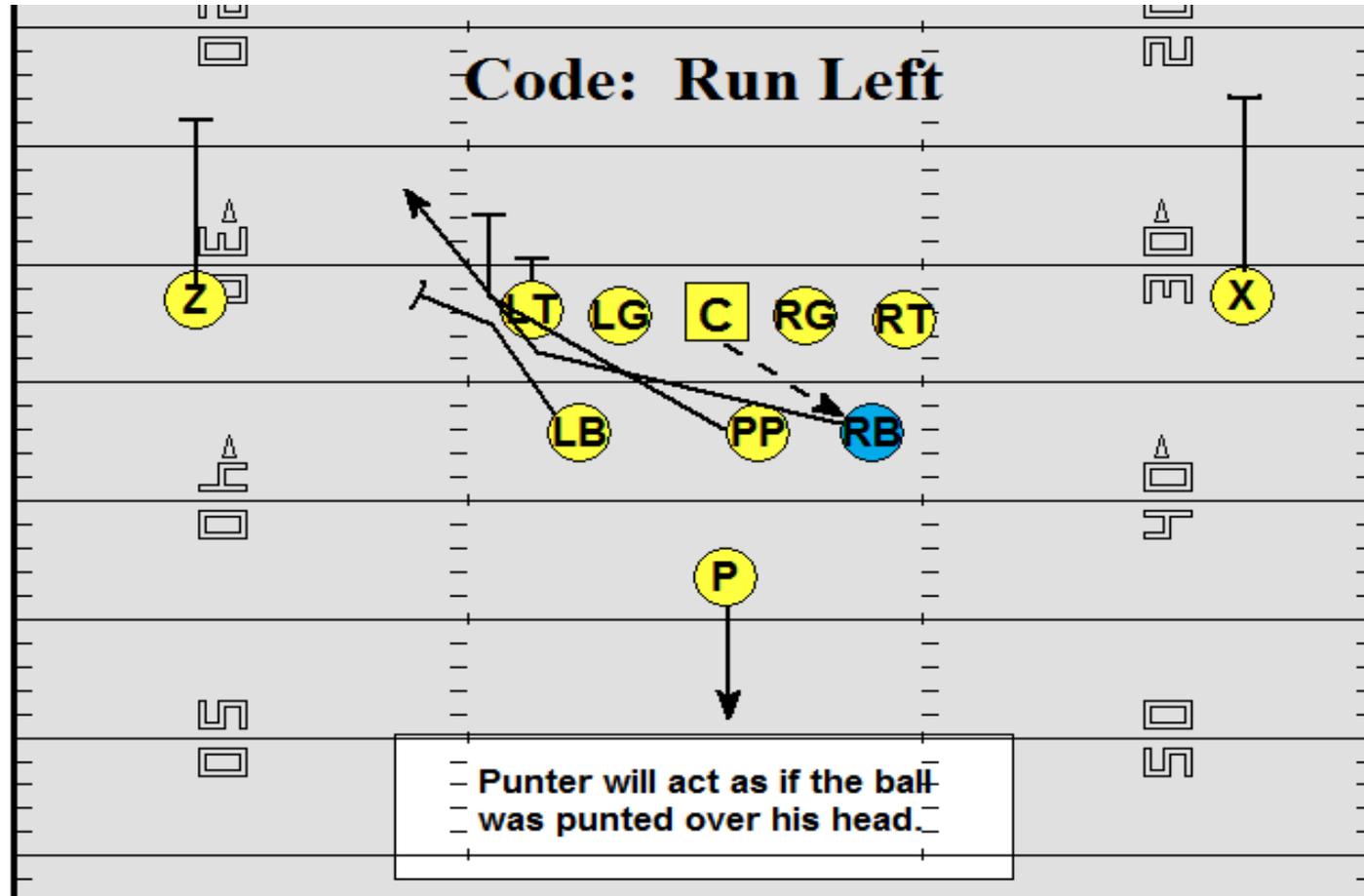
**Personal Protector will align on the same side the punters foot**

# Punt Run Right: Red



The Rt. Up Back is responsible with run his side to kick out the first defender on or outside the block of the tackle to his side.

# Punt Run Left: Blue



The Left Up-Back will kick out the first defender outside the block of the offensive tackle.