

Track My Kicks - Place Kicks Workout

Every Kick Counts!

Kicker: Mike Smith

Scheduled Workout Date: 03/12/2011

Completed Workout Date: 03/12/2011

KICK RANDOMIZER: RANGE 30-45 YARDS

PK #	YARD LINE	LMR	PLACEMENT	RESULT	RESULT SELECTIONS
1	35	Left	Post	Good	GOOD
2	35	Left	Hash	Left Post	WIDE LEFT
3	41	Left	Hash	Good	WIDE RIGHT
4	33	Right	Post	Wide Right	SHORT
5	33	Right	Hash	Good	LEFT POST
6	30	Middle	Middle	Good	RIGHT POST
7	37	Left	Hash	Good	CROSSBAR
8	30	Right	Hash	Good	MIS-HIT
9	43	Right	Hash	Cross Bar	
10	39	Left	Post	Short	
11	30	Left	Hash	Good	
12	44	Middle	Middle	Good	
13	33	Left	Hash	Good	
14	42	Middle	Middle	Good	
15	39	Right	Post	Good	

CHALLENGE KICKS

16	48	Middle	Middle	Good	
17	48	Middle	Middle	Left Post	
18	48	Middle	Middle	Good	
18					

Track My Kicks - Kickoff Workout

Every Kick Counts!

Kicker: Mike Smith

Scheduled Workout Date: 03/12/2011

Completed Workout Date: 03/12/2011

KO #	YARD LINE	DISTANCE	AIMED LOCATION	TARGET DISTANCE	TARGET HANG TIME	KICK DISTANCE	KICK LOCATION	HANG TIME
1	40	Deep	Left	60	3.90	56	On Target	3.50
2	40	Deep	Left	60	3.90	55	On Target	3.60
3	40	Deep	Middle	60	3.90	54	Right of Target	3.40
4	40	Deep	Middle	60	3.90	45	Left of Target	2.90
5	40	Deep	Right	60	3.90	52	Right of Target	3.40
6	40	Deep	Right	60	3.90	61	Left of Target	4.10
7	40	Pooch	Left	35	4.00	38	On Target	3.50
8	40	Pooch	Right	35	4.00	34	On Target	3.60
9	40	OS	Left	12	1.60	17	On Target	N/A
10	40	OS	Left	12	1.60	15	On Target	N/A
11	40	OS	Right	12	1.60	13	On Target	N/A
12	40	OS	Right	12	1.60	21	Left of Target	N/A
12								

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

Track My Kicks - Punt Workout

Every Kick Counts!

Kicker: Mike Smith

Scheduled Workout Date: 03/12/2011

Completed Workout Date: 03/12/2011

PN #	YARD LINE	DISTANCE	AIMED LOCATION	TARGET DISTANCE	TARGET HANG TIME	KICK DISTANCE	KICK LOCATION	HANG TIME
1	Any	Deep	Left	40	3.80	36	Right of Target	3.10
2	Any	Deep	Left	40	3.80	38	On Target	3.20
3	Any	Deep	Middle	40	3.80	35	On Target	3.40
4	Any	Deep	Middle	40	3.80	37	On Target	3.30
5	Any	Deep	Right	40	3.80	44	On Target	3.40
6	Any	Deep	Right	40	3.80	29	Mis-Hit	1.70
6								

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