**Punting**

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| --- | --- | --- |
| Check | Characteristic | Notes |
|  | Straight line approach |  |
|  | Ball out in front |  |
|  | Eyes on the ball |  |
|  | Drop ball straight down |  |
|  | Trunk angle during drop |  |
|  | Drop timing |  |
|  | Drop placement  |  |
|  | Hip extension, knee flexion to hip flexion, knee extension |  |
|  | Toe down, ankle locked |  |
|  | Forceful plant, on heel |  |
|  | Follow through (torso upright, hip flexed) |  |
|  | Nose down and in |  |
|  | Speed of kick and approach |  |
|  | Kick in same plane |  |