



# Creating a Culture For Winning Special Teams With an Emphasis on Punt Team

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# My Stories & Experience

- **Crescent Valley HS; 1974 – 1980**

1976 vs 1977

*"When you want to win a game, you have to teach. When you lose a game, you have to learn" -Tom Landry*

*"Sometimes you gotta create what you want to be part of"*  
*-Geri Weitzman*



## Sweet Home HS; 1980 - 2010

- ST's is passed off and forgotten too often
- My role as head coach was as ST coordinator
- Starts from the top down. Make it a priority and your players will too!

*"Your student/athlete will follow your example, not your advice"*

*"Your actions are so loud I can't hear what you are saying"*

# Importance of Special Teams



**AFCA**  
@WeAreAFCA

Coaches! What aspect of the game are you most interested in learning about this summer? [#WeAreAFCA](#)



158 votes • Final results

7/1/16, 11:54 AM

VIEW TWEET ACTIVITY

1 RETWEET 2 LIKES

# Importance of Special Teams

- Read a study saying 33% of all games won/lost by one special teams play.
- My own breakdown = 38%
- Are your players prepared for that one play?





# Philosophy of Special Teams

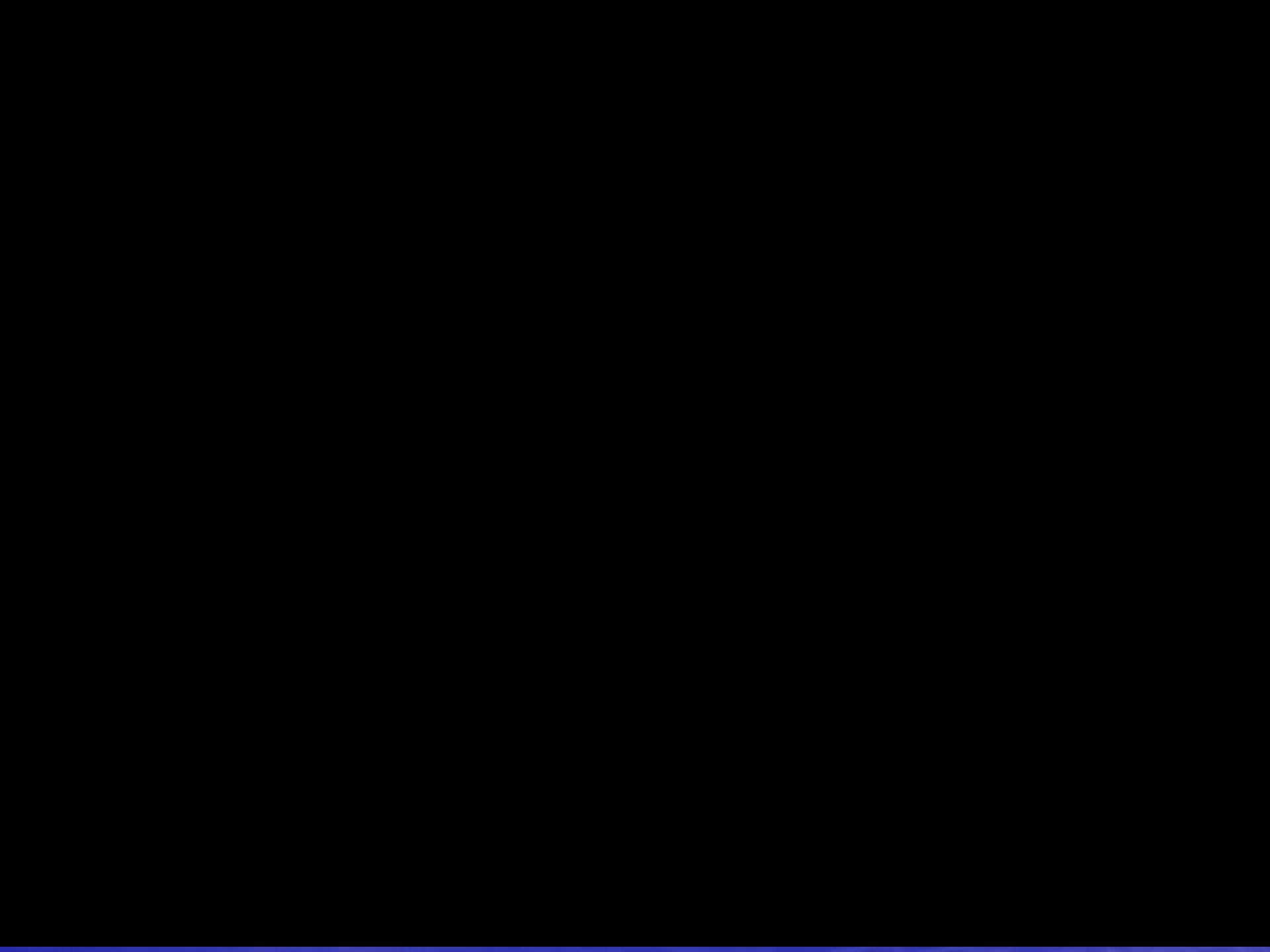
- Nothing more important. It wins games!
- Special Teams greatest asset is the ability to give your team better field position:

<b>Offense starts:</b>	<b>Chance of Scoring</b>	<b>Percentage</b>
Inside -20	1 out of 30	3%
-20 to -35	1 out of 8	13%
-35 to 50	1 out of 5	20%
50 to +35	1 out of 3	33%
+35 to +20	1 out of 2	50%
Inside +20	2 out of 3	60%

# Creating Value in Special Teams

- Every coach is involved
- Break down film the same way you would for offense or defense
- Emphasis in both practice plans and ready sheets
- Make players feel special
- Create a culture of PRIDE in special teams
- Utilize your personnel!







# Coaching Points – Spread Punt

- Coach always needs a stopwatch when practicing punt:

Transition	Timing
Snap to Kick	2.0 seconds
Snap to hands of punter	0.8 seconds
Hands of punter to the foot	1.2 seconds

- Cadence:

“Color, play, set,  
Go.”

- Snap when C ready. Only snap off cadence for a fake.



# Coaching Points – Protection

- Number system:

Guard #1

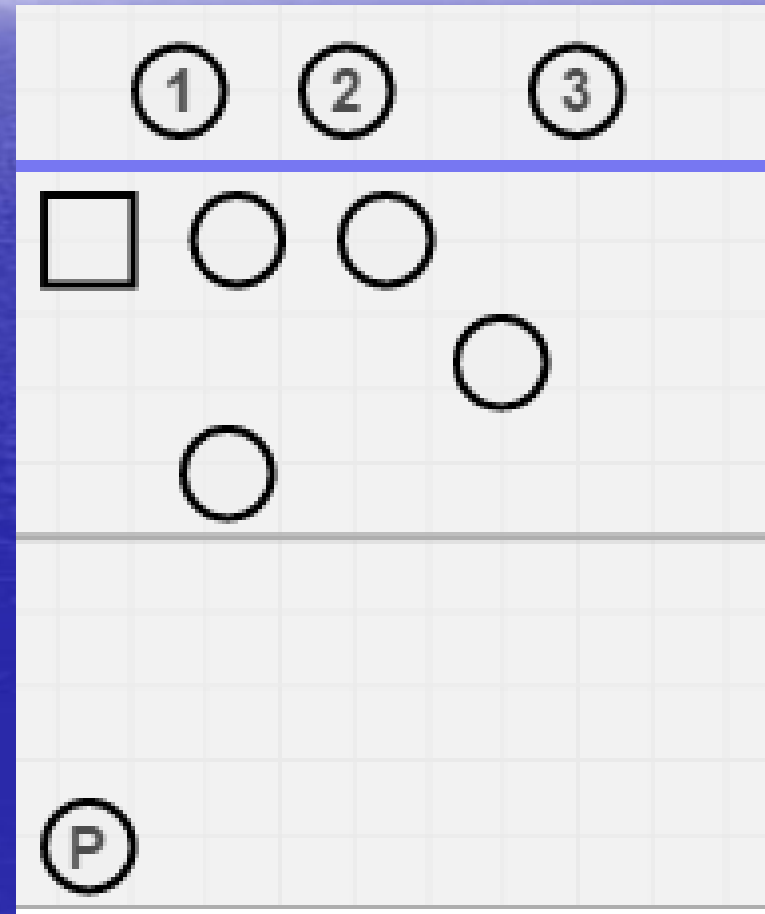
Tackle #2

Upback #3

PP finds MDM

- Identify your man with outside hand

Pre-snap



# Points of Emphasis – Punt Team

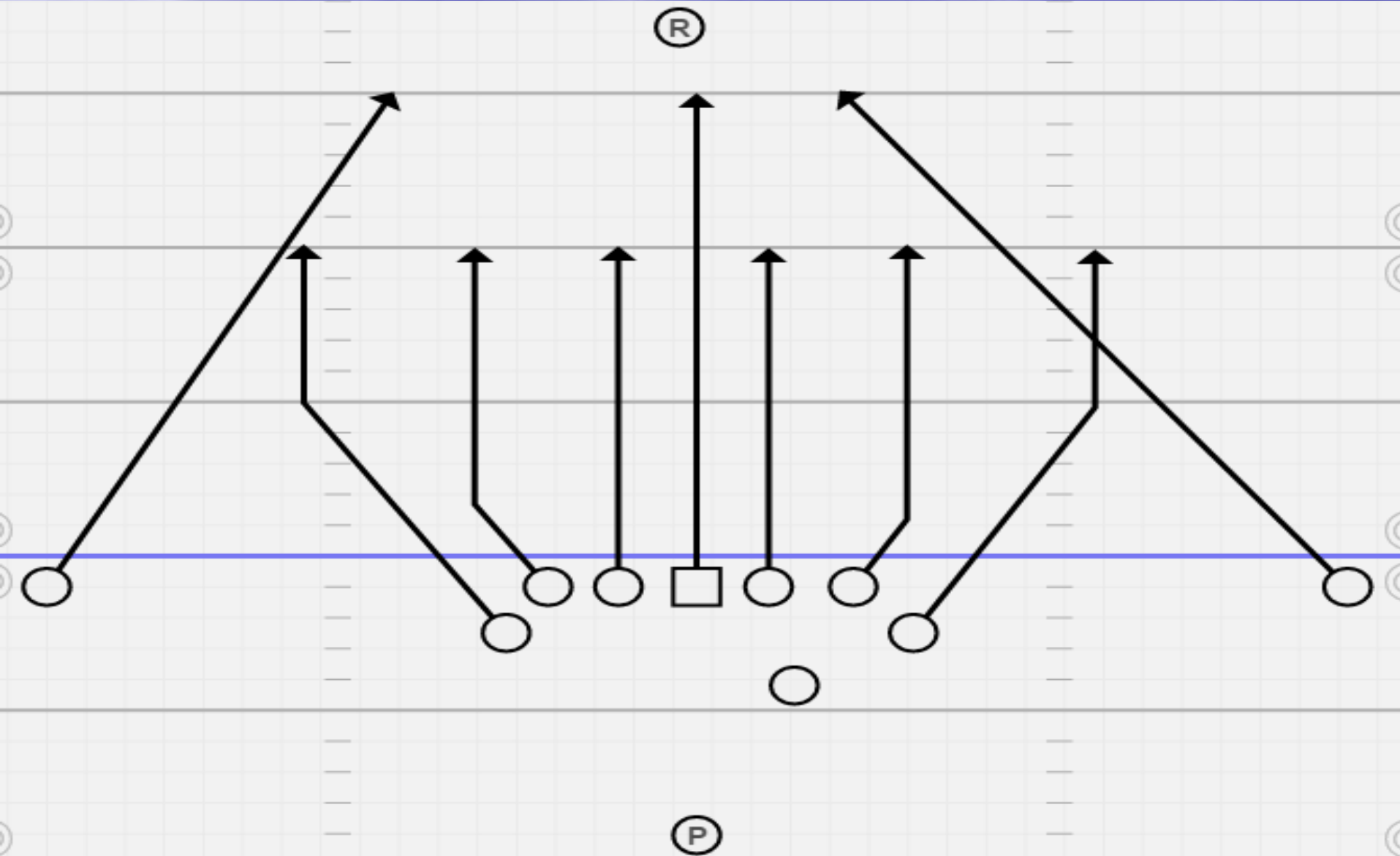
- No Bad Snaps
- No Blocks
- No Shanks
- No Returns/Missed Tackles
- No Penalties
- 100% Conversion Rate on Fakes

# Punt Coverage Drills

- Taught as a progression from protection to full coverage:
  1. Protection only
  2. Protection + 10 yard cover
  3. Protection + 10 yard cover + Full cover
  4. Breakdown Drill
  5. Full cover



# Protection + 10 Yard Cover Drill



# Situational Practice for Punt

- Punting from the hashes (10 yd cover drill)
- Backed up (Tight Punt)
- Inside the 50
- Bad Snaps
- Covering a fair catch
- Picking up the ball from the ground (we really practice this!)

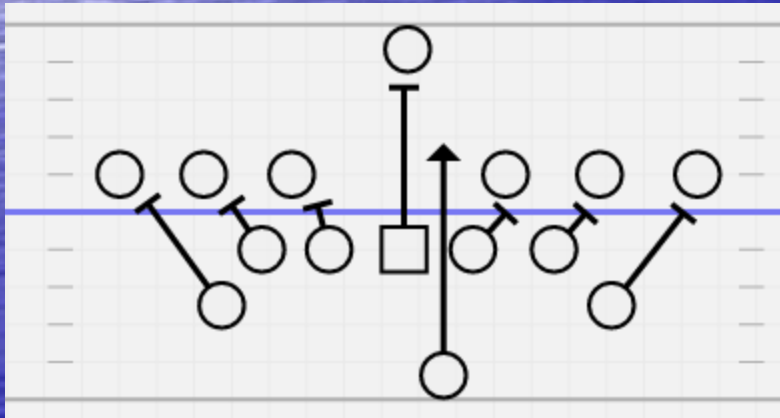
# Fakes – Ram, Jag & Choice

Can call these from the sideline

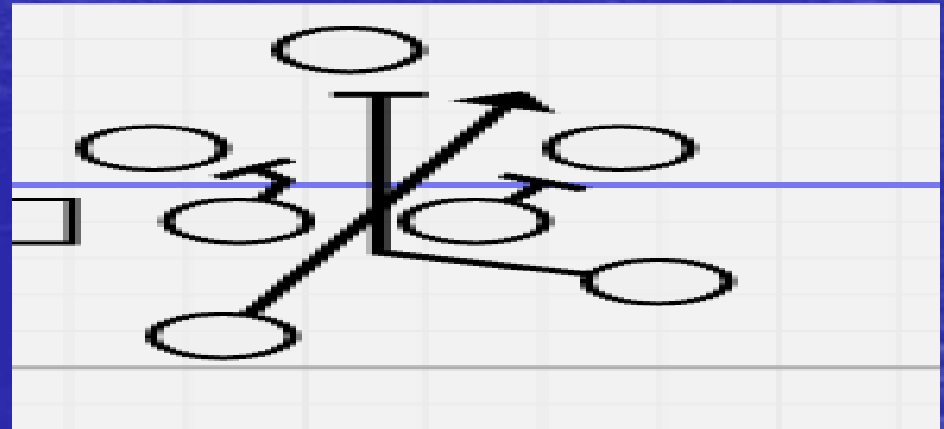
Choice Punt: PP has the option to call fake or punt

Personal Protector was our best athlete, utilize personnel

- Ram (2o, 4o)

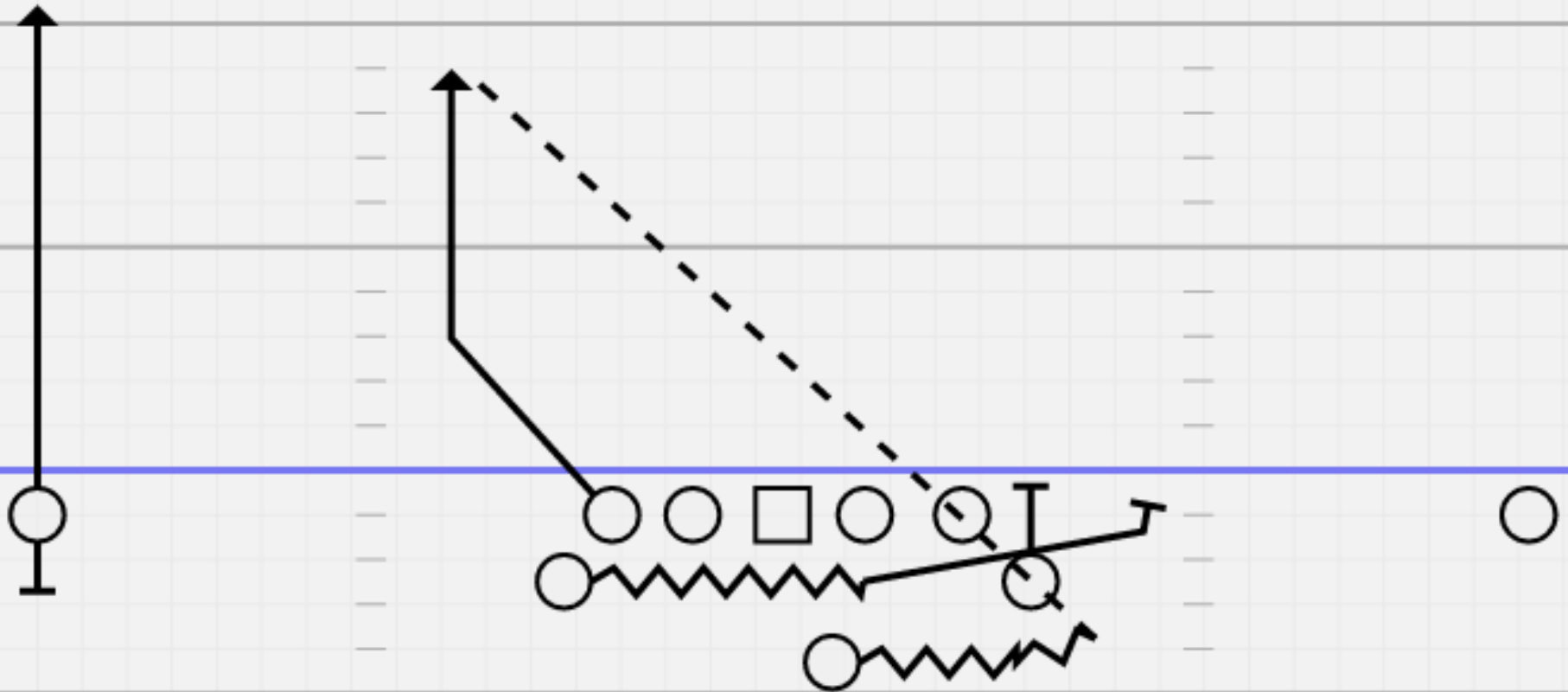


- Jag (2i, 4o)





# Fakes - Green



# Practice Planning for ST's

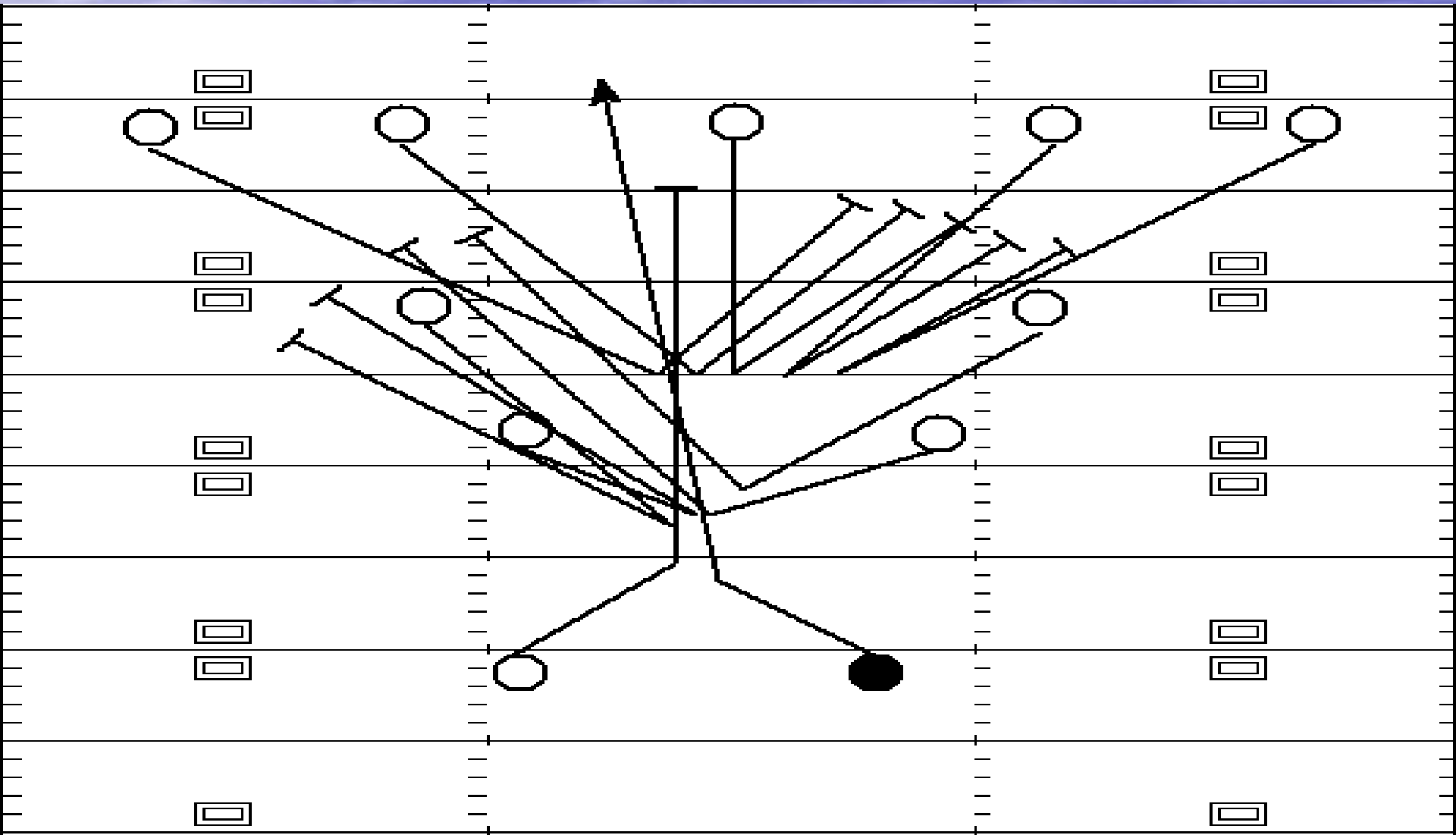
- Monday: Punt & Punt Return – 25 minutes
- Tuesday: Kickoff – 15 minutes
- Wednesday: PAT at start of practice – 15 minutes. KOR in middle of practice – 15 minutes.
- Thursday: Mock Game. All situations.

# Kickoff Return

- Simple: Quick to install and learn
- Good vs. directional kicks
- Vertical return
- Set the walls 20 yards ahead of the returners on the hashes
- Can Opener



# Kickoff Return



TFD: "We make a living by what we get; we make a life by what we give."

Time	Period	Younger, D	Smith	Platt	Seib	RY	Koby	Louber	Tooz	JM	Kevin	TM
3:05	Film	Coach Louber's Room Dallas review						Varsity Only Defense				
3:45	Warm ups	11 Lines good run/stretch							neck iso's			
3:55	Pride 1	<b>Punt return</b> Punt Block reps/install	scout o P	scout o Line	scout o w/platt	full package	scout o QB	def. punt block	returners	Dline		LB's
4:10	Pride 2	<b>Punt team</b> full package fakes	<b>Punter</b>	<b>Guards</b>	<b>Punter</b>	<b>Punt &amp; Punt return</b>	<b>QB</b>	<b>Left up/T</b>	<b>flyers returners</b>	<b>C</b>		<b>Right up/T</b>
4:25	Indy Off	<b>QB's</b> warm ups EDD's footwork	<b>WR'S</b> ball drills EDD'S rocket/lazer	<b>Line+Y</b> EDD'S blocking progression	<b>RB'S</b> EDD'S blaster	w/platt	<b>QB's</b> warm ups EDD's footwork					
4:35	Team Off	<b>Silverton</b> walk through intalls	w/dy	w/dy	w/dy	w/platt	w/dy	JV D				
4:45	Indy Def.											
4:55	Team Def											
5:10	condo	Auburn drill Nascar play fast execute										
5:20	Team Meeting	grades great week get better tardies	2x4 LND? TFD?									

# Typical Monday Practice

TFD: Success is the sum of small efforts, repeated day in and day out.

Time	Period	Younger, D	Smith	Platt	Seib	RY	Koby	Louber	Tooz	JM	Kevin	TM
3:15	pre prac.	Returners	Punters	w/JM		Kickers	<b>Qb warm ups</b>	LB's	DB's	Dline		
3:30	mtg warm ups	next play TFD? LND energy level	effort love the game family						11 lines neck iso's			
3:40	Group O 1	<b>QB's</b> skelly 7 on 7 w/Koby	<b>WR'S</b> w/Koby	<b>Line+Y</b> EDD's blocking progression	<b>RB'S</b> w/DY	w/platt	<b>QB's</b> skelly 7 on 7	Var. D				
3:55	Group O 2	<b>QB/RB/Line+Y</b> inside run vs. Lebanon D	blocking stalk inside over	w/DY	w/DY	w/DY	<b>QB'S</b> script	Var. D				
4:10	Team Off	<b>Team Thud</b> inside run focus vs. Lebanon D	w/DY	w/DY	w/DY	w/DY	<b>QB'S</b> script	Var. D				
4:30	Group O 1	<b>QB's</b> skelly 7 on 7 w/Koby	<b>WR'S</b> w/Koby	<b>Line+Y</b> EDD's blocking progression	<b>RB'S</b> w/DY	w/platt	<b>QB's</b> skelly 7 on 7	JV D				
4:45	Group O 2 (V)	<b>QB/RB/Line+Y</b> inside run vs. Lebanon D	blocking stalk inside over	w/DY	w/DY	w/DY	<b>QB'S</b> script	JV D				
5:00	Team Off (V)	<b>Team Thud</b> inside run focus vs. Lebanon D	w/DY	w/DY	w/DY	w/DY	<b>QB'S</b> script	JV D				
5:20	mtg	LND? TFD? rest/ice/liquids wk. sch										

# Typical Tuesday Practice



TFD: Our best preparation of tomorrow is the proper use of today.

Time	Period	Younger, D	Smith	Platt	Seib	RY	Koby	Louber	Tooz	JM	Kevin	TM
3:15	pre prac	<b>extra pt./FG</b>	Kicker	Guards	Left Side	full Package	holder	scout D	holder	C		Right side
3:35	mtg w/ups <b>Pride 2</b>	TFD? LND start fast finish	focus effort intensity coachability			<b>kick off 3 teams</b>			11 lines neck iso's			
3:55	Group O 1	<b>QB's/WR's</b>  7 on 7 skelly	w/DY	<b>Line+RB</b>  pass pro odd/even	w/platt	w/platt	QB's script	JV D				
4:05	Group O 2	Team Screen	w/DY	w/DY	w/DY	w/Platt	QB's script	JV D				
4:15	Team O	<b>Team Thud</b> passing game screen game focus	w/DY	w/DY	w/DY	w/platt	QB's script	JV D				
4:35	Indy Def	JV O										
4:45	Group Def	JV O										
5:00	Team Def	JV O										
5:20	team mtg	NG jerseys fri. sch thur. sch school	sleep night eat,sleep,rest liquids tfd?									

# Typical Wednesday Practice

THURSDAY MOCK GAME

VS. RV

TEAM MEETING: **3:15 SHARP** (turf room)

- goals for Friday night
- film

1. PRE-GAME SPECIALITIES: (3:35)

2. GROUP OFFENSE:            Passing game:  
   Line Review:

3. Team warm-ups

4. KICK-OFF TEAM:

- a. Regular / Bloop / Squib / onside

5. TEAM DEFENSE:

- a. Middle of field review
  - primary defenses
- b. **Punt Return/Block**
- c. Goal-line (recognition)
- d. Xpt / field goal **block**
  - flex & side huddle

6. KICK-OFF RETURN:

- a. Regular vs. deep / **squib**
- b. Hands team

7. TEAM OFFENSE:

- a. Middle of field review

8. PUNT TEAM

- a. Punt coverage

-Sky

- b. Fakes

8. EXTRA POINT:

- a. 2 pt plays
- b. Kick / fakes
- c. Field Goals.

7. TEAM OFFENSE:

- a. Goal-line
- b. **Short yardage (thunder)**
- c. coming out

11. TEAM OFFENSE:

- a. Passing game

12. SPECIAL SITUATIONS:

OFFENSE:

1. Kill the clock
2. Flutie
3. **2 Minute offense**
4. **"Victory O" offense**
5. **4 minute O**

DEFENSE:

1. Trick Plays (garbage)
2. Prevent

SPECIALITIES:

1. **Kick-off / Return**  
**After Safety**
2. Mayday Field Goal
3. **Free Kick after Fair Catch**
4. Punt  
  
Inside 10 yard line  
Quick kick

ANNOUNCEMENTS:  
**(health)**

-uniforms, Friday's schedule, Rest, Liquids, **good choices**



# Oregon Athletic Coaches Association

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