



VIRTUAL TRAINING PROCESS (KICKER)

- Film yourself or have someone film you kicking FGs & KOs
 - Film at minimum 5 Field goals and 3 Kickoffs (FGs preferably with hold but stix work too)
 - Preferred angles for video (at least one of each)
 - Back - showing full approach, ball contact and ball flight
 - Side - same line football is on showing full approach and ball contact
 - Front Quarter - same direction kicker is facing at beginning of approach
 - Before sending ensure videos are clear and good quality

VIRTUAL TRAINING PROCESS (PUNTER)

- Film yourself or have someone film you Punting
 - Film at minimum 5 Punts - preferably with snap (out of hand - toss snap to yourself)
 - Preferred angles for video (at least one of each)
 - Back - showing full steps and ball landing
 - Front - showing full steps and finish
 - Side - showing full steps and finish
 - Before sending ensure videos are clear and good quality

VIDEO SUBMISSION/TRAINING INFORMATION

- Email or text videos to Coach Torgerson at minimum 24 hours prior to your session time
 - Email: info@torgersonkickingpunting.com
 - Text: (406) 885-8813 (also include a good email address)
- Coach Torgerson will send virtual training invite to email provided
 - Virtual training session usually last 45 min - 1 hour
- Kickers/Punters have pen/pencil and notepad for session to take notes
- Any other questions please feel free to contact Coach Torgerson at either option listed above!