



Off-Season Practice Plan for Long-Snappers

Phase I. / Off-Season / February-April / Skill Development

Monday	Tuesday	Wednesday	Thursday	Friday
Weightlifting	Weightlifting	OFF	Weightlifting	Weightlifting
Plyometrics/Abs	Running	OFF	Plyometrics/Abs	Running
Snapping	Snapping Drills	OFF	Snapping	Snapping Drills

Phase II. / Pre-Season / May-July / Skill Refinement

Monday	Tuesday	Wednesday	Thursday	Friday
Snapping	Snapping	Snapping Drills	Snapping	Snapping
Weightlifting	OFF	Weightlifting	OFF	Weightlifting
Running	Plyometrics/Abs	Running	Plyometrics/Abs	Running

Notes: a one-week break from snapping and weightlifting before training camp is ideal.

Overhead Snap Drill (2 x 25) - A perfect drill for working on a proper release and understanding the role of the guide hand. Stand with the ball in both hands over your head using ideal snapping grip. Execute an over the head snap toward your target while making sure the guide hand stays on the ball through the point of release. Apply just enough pressure with the guide hand to maintain contact throughout the snapping motion. Release the ball with both hands at the same time. Finish the snapping motion with your hands down and away near the hips. If needed, take a step toward your target to establish a comfortable rhythm. Emphasize improving velocity and accuracy while keeping a tight ball rotation.

Snap on Air Drill (2 x 25) - A great drill to develop consistent muscle memory for snappers of all levels. No football is needed. Begin in a proper snapping stance and place your hands out in front of your body as if gripping an imaginary football. Pull both arms with equal effort through your legs as if snapping the football. Your dominant hand will act as if you are throwing the ball between your legs while your guide hand will keep the ball on a straight path toward the target. As you begin to snap on air, pull the palm of both hands toward your respective forearms. The knuckles of your dominant hand should skim the ground while your guide hand remains on top of the imaginary ball. Finish with your fingers pointing toward the target and your palms facing up and out between your legs.

Goal Post Snap Drill (2 x 25) - A good drill for working on accuracy. Place the football on the end line thirteen to fifteen yards from the goalpost depending on your team's punting depth alignment. High school punters usually stand thirteen yards from the line of scrimmage while college and professional punters stand at fourteen and fifteen yards respectively. Using athletic tape, mark a 6 x 6 inch "X" four feet from the ground on the goalpost. Execute a snap along the end line straight to your target. See how many times in a row you can hit the target!