

Football Season week 2

February 16- February 19

Day 1: Parent signature_____

How to punt a football. Punting a football is an extremely important part of football as it puts the other team at a disadvantage when starting with the ball.

<https://www.youtube.com/watch?v=Vvin-HJmH1Q>

<https://www.youtube.com/watch?v=vuVkrSC69V0>

<https://www.youtube.com/watch?v=P8U41r26zvU>

<https://www.youtube.com/watch?v=Lj0SfCBMgPc>

Day 2: Parent signature_____

<https://www.youtube.com/watch?v=o7SUtgpPoYw>

The last of the 5 workouts is difficult, just try your best when performing that exercise. Complete the video 2 times to ensure a good workout.