



# #1 TRAINING PLATFORM for Kicking & Punting

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[www.virtualkicking.com](http://www.virtualkicking.com)

## WHAT IS VIRTUAL KICKING?

This online platform is specifically designed for High school Teams who want to take their specialist's abilities to the next level. Teams will have access to professional coaching with a full video library of techniques and drills--all of which is accessible from any computer, tablet, or smartphone from virtually anywhere. The platform includes a 12-week programs for both in-season and off-season training with strength, explosive, flexibility, recovery, and on-field practice plans. Video analysis is also available for individual instruction to each user regardless of where you live. Athletes, parents, and coaches no longer have to watch endless youtube videos to learn how to kick and punt.

**Everything you need is right here on this platform!**

## WHY TEAMS ARE CHOOSING VIRTUAL KICKING?

Let Virtual Kicking become your team's year-round professional kicking coach!

Most teams do not have a professional kicking coach on staff.

The Virtual Kicking Platform started as a training program for individuals, but since many high school teams across the country utilize this platform to assist all their specialists, we have created a Team Package for High School Teams. Through the Team Package, both coaches and players receive unlimited access to the platform.

## WHO IS THE PLATFORM MADE FOR?

We designed the platform to provide every resource any coach would need to support their players. For athletes, we provide instruction for beginners or soccer payers, duel athlete plans (ex. QB who also punts) , and for any specialists who desires to play at the next level.

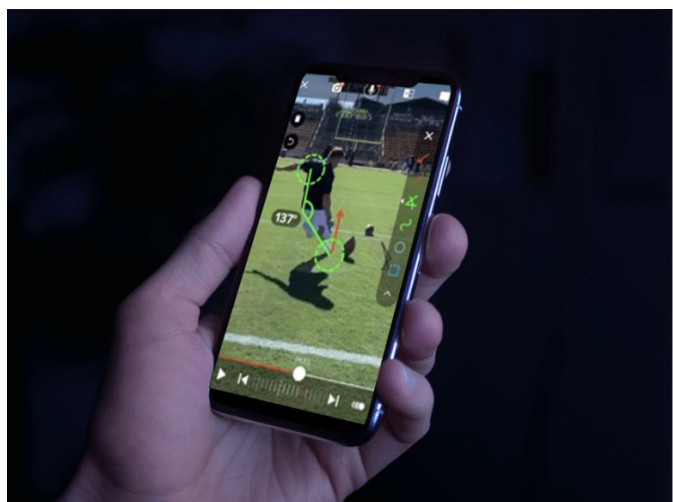
## MOST POPULAR FEATURES

**1:1 Virtual Coaching** - provide specialists with individual instruction through film review/analysis. This is an efficient and effective way to get individualized coaching on a regular basis to maximize practice time.

**Weekly Practice Plans**- Each week of the OFFSEASON & IN SEASON are scripted for the athlete. What drills to do? What order? How many reps? It is all done, easy- to- follow.



## Advantages of using the platform



### VIRTUAL COACHING

1 on 1 with Coach Desi – upload film of your routine and Coach Desi will analyze it, mark up and explain deficiencies.

Save time and money – no more overcrowded camps with no real 1 on 1 interaction.



### Bigger kicks

In-depth technique videos, drill library & custom practice plans develop results



### 1-on-1 Professional Coaching

Weekly Coaching for inseason Individual feedback & film analysis with specific drills for faster improvement



### Custom Training Program

Designed to improve strength, flexibility, & explosiveness with faster recovery



### Mobile-Friendly

Access the 500+ video library & training plans from anywhere with any smart device



### Proven Results

Training program specially designed to take your kicking skills to the next level

## Results

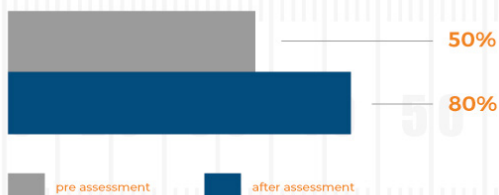
### Field Goal Stats



**Average Distance** increase 7 yards on field goal after 12 weeks



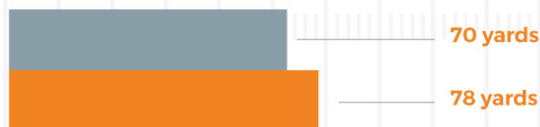
**Consistency** increase accuracy by 30% after 12 weeks



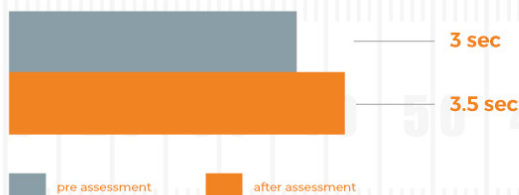
### Kickoff Stats



**Average Distance** increase 8 yards on kickoff after 12 weeks



**Average Hangtime** increase .5 seconds hangtime kickoff after 12 weeks



### Punt Stats



**Average Distance** increase 6 yards on punt after 12 weeks



**Average Hangtime** increase .6 seconds hangtime punt after 12 weeks



### Stats



**Average Distance** increase 7 yards on field goal after 12 weeks



**Consistency** increase accuracy by 30% after 12 weeks



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**Average Distance** increase 8 yards on kickoff after 12 weeks



**Average Hangtime** increase .5 seconds hangtime kickoff after 12 weeks



Field Goal

Punt Stats

Kickoff Stats

## Hear from other Coaches



“This is exactly what every HS coach in America needs to win the kicking game. It's like having a professional kicking coach on staff at every practice.”

**Bill McGregor - Head Coach**

O'Connell HS

“VK is a GAMECHANGER for smaller college staffs. The easy-to-follow practice plans, with video examples, saves time & makes it simple for any college team to have success.”

**Coach Wilson - College Head Coach**

Bowie St. University



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**Pat Ward - Head Coach**

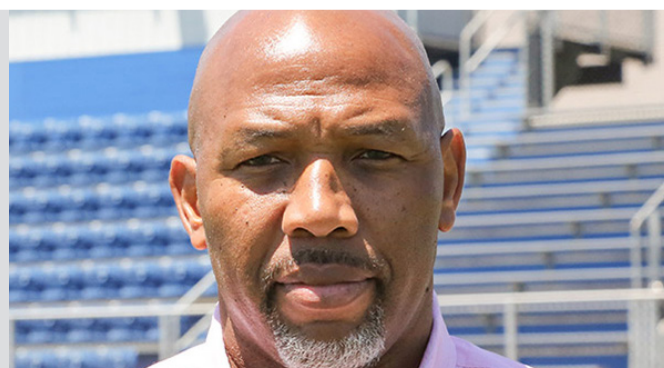
O'Connell HS



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**Coach Lucas - HS Head Coach**

O'Connell HS





## WHAT IT COST?



### Basic Team Plan

**\$499**

Access to the Training Platform  
(Unlimited Individual Logins)

#### Unlimited Platform Access

- ✓ In Season & Offseason Training Programs
- ✓ All Plans Included
- ✓ Video Library
- ✓ Nutritional Plans
- ✓ Mental Training
- ✓ Coaches Corner
- ✓ 2 Special Teams Playbooks



### Ultimate Team Plan

**\$1000**

Access to the Training Platform  
(Unlimited Individual Logins)

#### Unlimited Platform Access

+

#### Virtual Coaching (CoachNow App)

Individual Coaching will be 1x/week during the season & 2x/month during the offseason. Film used can be from Hudl, or film taken with a smart device.

## PAYMENT OPTIONS

- 1) Pay by Credit Card on the website
- 2) Request an Invoice. Pay with check.

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