

Shane Hackney Snapping Academy

4949 Northwind Rd.

Las Cruces, NM 88007-5521

www.snapdoctor.com

snaps@onebox.com

(877) 423-0190

Name:	Tom	Athletic Level:	HS Sr		
Age:	17	Height:	5'11"	Weight:	190
School / Team					
Home Address					
City:		State:		Zip	
Home Phone:		E-Mail:			
Instructor:	Shane Hackney	Camp:			

CHECK POINTS: S - Strong A - Average NI - Needs Improvement

<u>a</u>	Approach	<u>a-s</u>	Upper / Lower Body Coordination
<u>a-s</u>	Setup	<u>a-s</u>	Balance
<u>a</u>	Grip	<u>a-s (flashes of brilliance)</u>	Overall Quickness / Explosion
<u>ni</u>	Stance	<u>s</u>	Follow-Through
<u>a-s (upper); ni (lower)</u>	Upper / Lower Body Extension	<u>a-s</u>	Hand Finish
<u>a</u>	Flexibility	<u>a-s</u>	Release Speed
<u>s</u>	Leg Action	<u>a-s</u>	Ball Rotation
<u>s (arms); ni (torso)</u>	Arms / Torso Action	<u>NI</u>	Accuracy

(everyone, always, can improve accuracy)

INDIVIDUAL ANALYSIS:

Base and balance are pretty good. Leg action during snap is good; hands are quick and get through the legs well. Weight is well settled into the notch of the "v" formed by the legs. Focus Areas: 1. Knees are bent beyond 90 degrees in the stance, making you too squat and depriving you of leg power. Unbend the knees some, and raise the entire head-to-tail platform while maintaining a good shoulders-to-hips slope (remember, this slope angle parallels the flight trajectory of the ball back to the target). This should fix the leg situation and also create some extra space under the torso for a powerful crunch action by the gut as the shoulders swing down and through the legs towards the target. It will also improve your arm extension for a longer throw action and thus more acceleration with the arms. It should flatten out your back (take away the hunch).

2. Stance may be a little restrictive: try widening out 1-2 inches to create more space between the knees for the shoulders to move down and through toward the target. You may be more stable, and thus reduce the chance of starting or finishing on your heels. 3. Make sure guide hand gets through legs strongly EVERY TIME. "Give 5" behind your legs with this hand with each snap. 4. Shoulders/upper body MUST accelerate in a downward arc towards the target! The snap motion is an aggressive movement AWAY from the line of scrimmage. You sometimes are pulling your shoulders/upper body up and away from the direction the ball must travel. The power crunch and torso thrust back is critical. Try accelerating the ball more with your arms, which may help harness this energy and drive it in the right direction. 5. Don't forget: weight should be over the balls of the feet, not on the heels (corrected by unbending knees and shifting weight).

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Snapper: Tom Timer: Shane Hackney

Date: _____ Distance (yds.): 13

CONDITIONS (circle):

<input checked="" type="checkbox"/>	before practice	<input type="checkbox"/>	after practice
<input checked="" type="checkbox"/>	dry	<input type="checkbox"/>	wet
<input checked="" type="checkbox"/>	calm	<input type="checkbox"/>	windy
<input type="checkbox"/>	head wind	<input type="checkbox"/>	cross wind
<input type="checkbox"/>	with blocking	<input type="checkbox"/>	tail wind
<input type="checkbox"/>		<input checked="" type="checkbox"/>	without blocking

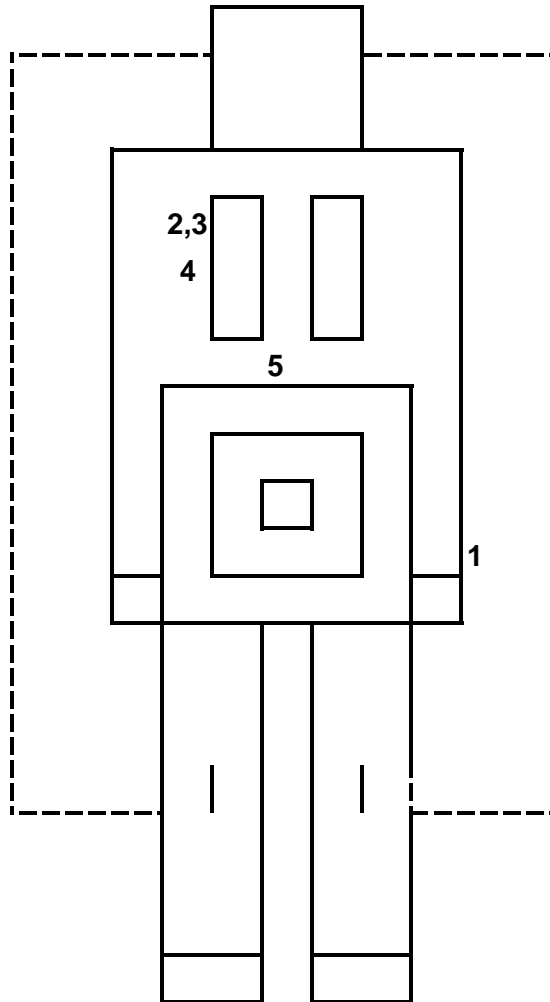
PUNT SNAP TIMES:

- 1) 0.89
- 2) 0.90
- 3) 0.92
- 4) 0.90
- 5) 0.95

1st set average: 0.91

- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

2nd set average: 0.00



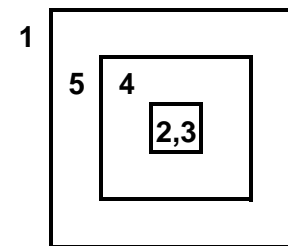
FIELD GOALS:

- BB - Bad (unfieldable)
- B - Bad (fieldable)
- G - Good
- P - Perfect
- Hi - High

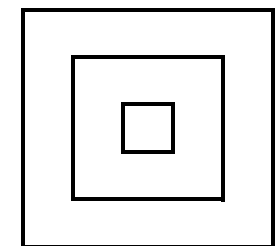
- Han - Holder's Hands
- Tgt - Over Target
- Ins - Into Body
- Out - Outside Block
- Lo - Low

- 1) g, ins
- 2) p, tgt
- 3) p, tgt
- 4) g, tgt/han, ins
- 5) g, tgt/ins

- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____



spot / block



spot / block