

# Shane Hackney Snapping Academy

4949 Northwind Rd.  
Las Cruces, NM 88007

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

[snaps@onebox.com](mailto:snaps@onebox.com)

(877) 423-0190

Name:	<b>Mike</b>	Athletic Level:	<b>HS Sr</b>
Age:	<b>17</b>	Height:	<b>6'0"</b>
School / Team		Weight: <b>213</b>	
Home Address			
City:	State:	Zip	
Home Phone:	E-Mail:		
Instructor:	<b>Shane Hackney</b>	Camp:	<input type="text"/>

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

<b>a</b>	Approach	<b>ni (balance)</b>	Upper / Lower Body Coordination
<b>ni</b>	Setup	<b>ni</b>	Balance
<b>ni (guide hand)</b>	Grip	<b>a</b>	Overall Quickness / Explosion
<b>ni</b>	Stance	<b>ni (falling forward cuts short)</b>	Follow-Through
<b>s (too much)</b>	Upper / Lower Body Extension	<b>ni</b>	Hand Finish
<b>a</b>	Flexibility	<b>a</b>	Release Speed
<b>ni</b>	Leg Action	<b>a</b>	Ball Rotation
<b>s (arms); ni (torso)</b>	Arms / Torso Action	<b>NI</b>	Accuracy

(everyone, always, can improve accuracy)

## INDIVIDUAL ANALYSIS:

Platform is okay, but head is dipped. Base is pretty good. Balance is an issue (see below). Throwing hand is quick and gets through the legs well; guide hand needs work. Half of body (throwing arm side) has good torso action: a twisting motion is apparent because the other half of the body does not do the same. Head-to-tail platform is very straight, but all weight is forward of center of gravity; legs are nearly straight, so no leg action is used and hips slide forward during snap, contributing to a balance problem.

Focus Areas: 1. BALANCE! Squat belly button back and down into the notch of the "v" formed by the legs. To do this, you will need to bend at the knees more (you are very straight-legged in the stance) and squat into a more natural and fundamental football stance. This should move your center of gravity from up in the rib cage (too far forward) back to a position over the balls of the feet, with weight and mass both forward and behind this point. Finally, you have too much downfield arm extension, which pulls you too far forward: raise the shoulders some relative to the hips to establish a more natural and beneficial slope. 2. Head is dipped some, which deprives you of 25% of your head-to-tail platform for leverage and balance: pull the head up a bit to align the neck more with the rest of the spine (be sure you are relaxed and not tense). 3. Guide hand. Guide hand placement is weak and does not provide for better acceleration or increased control. Align the guide hand down the length of the ball for a clean push directly through the legs and to the target; experiment with finger spread to find the optimal position. Finally, the guide hand is not passing through the legs with the ball (you pull it off too soon): "give 5" with your guide hand through the legs to work on this.

NOTE re (1): being so straight-legged in the stance, you get virtually no leg action into the snap (a great source of power). Torso action is reduced significantly as well.

4. Release point/angle is a bit high/steep: work to release the ball between your ankles and mid-calf. Also, try to push the ball at a fairly flat angle back to the target, rather than upwards. Try to rotate the wrists powerfully outward, so that the thumbs point up and the palms push outward rather than upward.

# Shane Hackney Snapping Academy

4949 Northwind Rd.  
Las Cruces, NM 88007

[www.snapdoctor.com](http://www.snapdoctor.com)  
[snaps@onebox.com](mailto:snaps@onebox.com)  
(877) 423-0190

Snapper: Mike Timer: Shane Hackney

Date: \_\_\_\_\_ Distance (yds.): 12

### 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

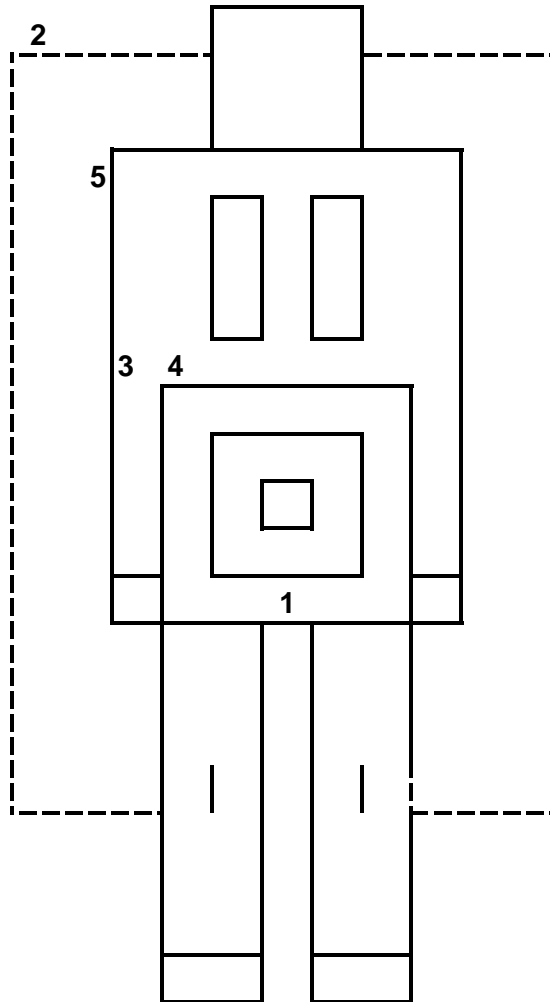
### PUNT SNAP TIMES:

- 1) 0.68
- 2) 0.77
- 3) 0.77
- 4) 0.71
- 5) 0.81

1st set average: 0.75

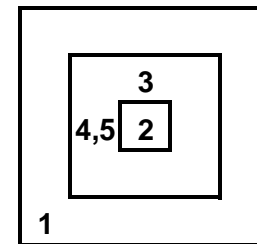
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_

2nd set average: 0.00

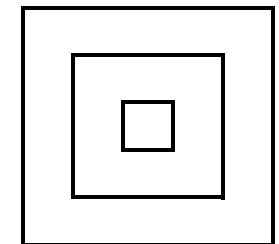


### FIELD GOALS:

- |                        |                      |
|------------------------|----------------------|
| BB - Bad (unfieldable) | Han - Holder's Hands |
| B - Bad (fieldable)    | Tgt - Over Target    |
| G - Good               | Ins - Into Body      |
| P - Perfect            | Out - Outside Block  |
| Hi - High              | Lo - Low             |
| 1) <u>lo/ins</u>       | 6) _____             |
| 2) <u>p, tgt</u>       | 7) _____             |
| 3) <u>p, tgt</u>       | 8) _____             |
| 4) <u>g, tgt</u>       | 9) _____             |
| 5) <u>g, tgt</u>       | 10) _____            |



spot / block



spot / block