

FROM  
THE GREEN  
NOTEBOOK

THE PODCAST

Available on these platforms:

*“Be humble enough to prepare, but confident enough to perform.”*

**LAWRENCE TYNES**  
*2x Super Bowl Champion*

The graphic features a green background with a white diagonal stripe. On the left, there is a logo for 'FROM THE GREEN NOTEBOOK THE PODCAST' which includes a green notebook with a white pen and green headphones. To the right, a row of colorful icons represents various podcasting platforms: Apple Podcasts, Spotify, Amazon Music, Google Play Music, iHeartRadio, TuneIn, and RSS. Below the icons is a quote in white cursive: "Be humble enough to prepare, but confident enough to perform." The bottom right of the graphic shows a photograph of Lawrence Tynes, a former NFL place kicker, wearing a white New York Giants jersey with the number 9 and a blue cap that says 'SUPER BOWL CHAMPION'. He is smiling and holding a large, clear Super Bowl trophy.

Joe sits down with 2x Super Bowl Champion and former NFL place kicker Lawrence Tynes to discuss the lessons he learned over the course of his NFL career. Tynes emphasizes the importance of preparation when being called upon to perform in high pressure situations. He explains why a team’s culture is more important than the talent in the locker room. Lawrence also passes along the wisdom he learned from coaches and players to include Tom Coughlin and NFL Hall of Famer Michael Strahan.

[Click here](#) to listen to the episode

## Watch the 2007 NFC Championship Highlights

### About Lawrence Tynes (@LT4Kicks)

Lawrence Tynes is a Scottish-born former NFL place kicker. He played college football at Troy and was signed by the Kansas City Chiefs as an undrafted free agent in 2001. He spent two seasons on the practice squad in Kansas City, then played in NFL Europe and in the Canadian Football League. He came back to Kansas City and played for the Chiefs for three seasons, and was then traded to the Giants in 2007. In his first season with the Giants, he kicked the game-winning field goal in overtime against the Green Bay Packers in the 2007-08 NFC Championship Game, which qualified the Giants for Super Bowl XLII. Four years later, he kicked another overtime field goal against the San Francisco 49ers in the 2011-12 NFC Championship Game, which qualified the Giants for Super Bowl XLVI. He experienced his best success in New York, winning two Super Bowl championships in 2007 and 2011, defeating the New England Patriots in both games.

Tynes is the only player in NFL history to have two overtime game-winning field goals in the playoffs. Tynes kicked the longest post-season field goal in Lambeau Field post-season history (47 yards) in the 2007 NFC Championship Game. He then kicked a 31-yard chip shot in overtime in the NFC Championship game to advance the New York Giants to Super Bowl XLVI in 2011.

### Share this:

- [Email](#)
- [Tweet](#)
- 
- [Print](#)

- [WhatsApp](#)