

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: Y (16)

Drill Information	Date of Homework Done:								
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
A3/N12 - BLADE FLEX SNAP SHOT TOES FACING THE NET (20 SHOTS)									
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
A3/N11 – OFF FOOT SNAPSHOT (3 SETS OF 10) Drill 2									
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
A2/N9 – PULL IN SNAP OUT FACING THE NET – SET PUCKS UP AT A BIG ANGLE (3 SETS OF 6)									
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
A3/N10 - PUSH OUT SNAP IN FACING THE NET - SET PUCKS UP AT A BIG ANGLE (3 SETS OF 6)									
Drill Name: A2/N8 – BACKSWING LIMIT BARRIER FACING THE NET – BARRIER STICK IN FRONT OF TOES Drill 5 (3 SETS OF 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
A2/B1 – BACKHAND SHOT – STEP TO OPEN UP HIPS (20 SHOTS)									
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 7	H							i	
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 8	H								
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 9						Reps?			
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 10									i I
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Extra RAPID FIRE SHOOTING - YOUR CHOICE OF SHOT STYLE, BACKHAND, SNAP, OR SLAP (30 SHOTS)									