

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: Y (16)

	Date of Homework Done:									
	Drill Information									
	Drill Name:	Reps?								
Drill 1	A2/N7 – LIFT OVER SNAP SHOT FACING THE NET (25 SHOTS)									
	Drill Name:	Reps?								
Drill 2	A2/N9 – Pull In Snap Out Facing the Net – Set Pucks up at a Big Angle (3 sets of 6)									
	Drill Name:	Reps?								
Drill 3	A3/N10 – PUSH OUT SNAP IN FACING THE NET – SET PUCKS UP AT A BIG ANGLE (3 SETS OF 6)									
	Drill Name:	Reps?								
Drill 4	A3/N11 – OFF FOOT SNAPSHOT (2 SETS OF 10)									
Drill 5	Drill Name: A2/L1 – T-GLIDE SLAP SHOT – EXECUTE AS RAPID FIRE SLAP SHOTS (20 SHOTS)	Reps?								
Drill 5	Drill Name:	Reps?								
Drill 6	A3/L4 – PULL SLAP CROSS BODY (20 SHOTS)		Tupo.	Tupo.	Tupo.	Tupo.	1000	Tupo.	Tupo.	ricpo.
Drin 0	Drill Name:	Reps?								
Drill 7	A3/L3 – CLAP PUSH SLAP (20 Shots)									
	Drill Name:	Reps?								
Drill 8					1					1
	Drill Name:	Reps?								
Drill 9										
	Drill Name:	Reps?								
Drill 10										
Extra Credit	Drill Name: RAPID FIRE SHOOTING - YOUR CHOICE OF SHOT STYLE, BACKHAND, SNAP, OR SLAP (20 SHOTS)	Reps?								