

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? |