

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: Y (16)

		Date of Homework Done:								
	Drill Information									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 1	A3/N12 – BLADE FLEX SNAP SHOT FACING THE NET (30 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 2	A3/N11 – OFF FOOT SNAPSHOT (3 SETS OF 10)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 3	A2/N8 – BACKSWING LIMIT BARRIER FACING THE NET – BARRIER STICK IN FRONT OF TOES (5 SETS OF 6)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 4	A3/L3 – CLAP PUSH SNAPSHOT (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 5	A3/L4 – PULL SLAP CROSS BODY (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 6	A3/L5 -PUSH PULL SLAP SHOT (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 7	A2/B1 – BACKHAND SHOT – STEP TO OPEN UP HIPS (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 8										
D	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 9					i i				ļ	
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 10									<u> </u>	
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Extra Credit	RAPID FIRE SHOOTING - YOUR CHOICE OF SHOT STYLE, BACKHAND, SNAP, OR SLAP (20 SHOTS)									