

## COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

**Sniper School Level: A (2)** 

Drill Information	Date of Homework Done:								
Drill Name:  B/WI - SAUCER PASSES (30 PASSES)  Drill 1	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name:  B/W2 – BASIC WRIST SHOT  (30 SHOTS)  Drill 2	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name:  B/W3 – WEIGHT TRANSFER WRIST SHOT (30 SHOTS)  Drill 3	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name:  B/W4 - T-GLIDE WRIST SHOT (20 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 5									
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 6 Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 7 Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 8 Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 9									
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name:  Extra RAPID FIRE WRIST SHOTS - B/W2 BASIC WRIST SHOTS DONE QUICKLY (20 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?