

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: C (12)

		Date of Homework Done:								
	Drill Information									
	Drill Name: A1/N3 – Toes AT NET Sweep Snap Shots Short Wind Up and Release Time (20 Shots)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	Drill Name: A2/N6 - 6-Puck Straight Line Snap Shots Toes Facing the Net (6 sets of 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	Drill Name: A2/N9 – 6-Puck Pull In Snap Out Snap to far post (3 Sets of 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	Drill Name: A3/N10 – Push Out Snap In Snap to Near Post (3 Sets of 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	Drill Name: A2/N8 – Backswing Limit Barrier Snap Shot "Barrier" Stick In Between Feet (5 sets of 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	Drill Name: A2/F1 – Chip Flip Shot (20 Shots)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	Drill Name: A2/F2 – Drag Flip Shot (20 Shots)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	Drill Name: A2/L1 – T-GLIDE SLAP SHOT (12 SHOTS)	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: RAPID FIRE SHORT WIND UP SLAP SHOTS SEE A2/L2 VIDEO (20 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?