

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: D (1)

| | Date of Homework Done: | | | | | | | | |
|--|------------------------|-------|-------|-------|-------|-------|-------|-------|---------|
| Drill Information | | | | | | | | | |
| 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: | Reps? | Reps? | Reps? | Reps? | Reps? | Reps? | Reps? | Reps? | Reps? |
| Drill 4 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 10 Drill Name: | Reps? | Reps? | Reps? | Reps? | Reps? | Reps? | Reps? | Boos? | Reps? |
| Extra RAPID FIRE WRIST SHOTS – B/W2 BASIC WRIST SHOTS DONE QUICKLY (20 SHOTS) | Reps? | Reps? | Reps? | reps? | Reps? | Reps? | Reps? | Reps? | rteps / |