

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 /