

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: E (6)

	Date of Homework Done:								
Drill Information									
Drill Name: A1/N1 - BASIC SWEEP SNAP SHOT (30 SHOTS) Drill 1	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name: A1/N2 -BASIC PULL SNAP SHOT (30 SHOTS) Drill 2	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name: A1/N3 - Toes AT NET SWEEP SNAP SHOT (30 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name: A1-N4 - Toes AT NET PULL SNAP SHOT (30 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 7	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
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?	Poss?
Drill 10	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name: Extra RAPID FIRE SLAP SHOTS (20 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?