

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: E3 (13)

		Date of Homework Done:								
	Drill Information									
Drill 1	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 2	Drill Name: A2/N9 – 6-PUCK PULL IN SNAP OUT SNAP TO FAR POST (6 SETS OF 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 3	Drill Name: A3/N10 – PUSH OUT SNAP IN SNAP TO NEAR POST (6 SETS OF 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 4	Drill Name: A2/N8 – Backswing Limit Barrier Snap Shot "Barrier" Stick In Between Feet (3 sets of 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 5	Drill Name: A3/N13 – Fast Handle to Release Snap Shot (24 shots – 8 of each type of stickhandle)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 6	Drill Name: A2/B1 – BACKHAND SHOT – STEP TO OPEN UP HIPS (20 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 7	Drill Name: A2/L1 – T-GLIDE SLAP SHOT (20 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 8	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	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 Extra Credit	Drill Name: A2/N5 3-WAY PULL SNAP SHOTS (30 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?