

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: G (4)

Date of Homework Done:

	Date of Homework Done:								
Drill Information									
Drill Information	Deer 2	. Decen	Dees?	Dees?	Dees?	Deser	Dees?	. Dees?	Deen?
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
B/W4 – T-GLIDE WRIST SHOT (50 SHOTS) Drill 1									
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
B/W5 – TOES AT NET WRIST SHOT (50 SHOTS)									
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 3									
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	<u> </u>	i !						i !	
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	<u> </u>	į 							
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 9	<u>.</u>		<u></u>	<u></u>		<u></u>	<u>.</u>	ļ <u></u>	
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 10		<u> </u>						<u> </u>	
Drill Name: RAPID FIRE WRIST SHOTS - B/W3 WEIGHT	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Extra RAPID FIRE WRIST SHOTS – B/W3 WEIGHT TRANSFER WRIST SHOTS - QUICKLY (20 SHOTS)	[