

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: I (9)

Drill Information	Date of Homework Done:								
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Drill Name: A2/N6 - 6-PUCK STRAIGHT LINE SNAP SHOTS FRONT FOOT IN LINE WITH 2 ND PUCK (6 SETS OF 6) Drill 1	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name: A2/N9 – 6-Puck Pull In Snap Out Snap to Far post (6 Sets of 6) Drill 2	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name: A3/N10 - Push Out Snap In Snap to Far Post (6 sets of 6)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name: A2/N7 - REACH OVER SNAP (15 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 5	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 6	Neps:	Neps:	Neps:	Neps:	Neps:	Neps:	Neps:	Neps:	Neps:
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								i -	
Drill Name: Extra RAPID FIRE SLAP SHOTS (20 SHOTS) Credit	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?