

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: L2 (14)

		Date of Homework Done:								
	Drill Information		1	:	1			1	:	
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 1	A3/N12 – BLADE FLEX SNAP SHOT – EMPHASIZE PAUSE DURING FLEX (25 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 2	A2/N9 – 6-PUCK PULL IN SNAP OUT – TOES AT THE NET SNAP TO FAR POST (3 SETS OF 6)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 3	A3/N10 – PUSH OUT SNAP IN – TOES AT THE NET SNAP TO NEAR POST (3 SETS OF 6)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 4	A2/N7 – LIFT OVER SNAP SHOT – TOES AT NET (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 5	A3/N13 -FAST HANDLE TO RELEASE SNAP SHOT (24 SHOTS - 8 OF EACH TYPE OF STICKHANDLE)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 6	A2/B1 – BACKHAND SHOT – STEP TO OPEN UP HIPS (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	A2/L1 – T-GLIDE SLAP SHOT (20 SHOTS)									
Drill 7										
	Drill Name: A2/F1 – CHIP FLIP SHOT (10 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
D-:III 0	AZ/TT- CHIPT LIP SHOT (IO SHOTS)									
Drill 8	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	A2/F2 – DRAG FLIP SHOT (10 SHOTS)	''cps:	i iteps:	i iteps:	i Nepa:	i Nepa:	i Nepa:	i iteps:	i Nepa:	i Nopo:
Drill 9	ALTE BIAGIEF SHOT (IO SHOTS)									
DIM 8	Drill Name:	Reps?	Reps?	: Reps?	Reps?	Reps?	Reps?	Reps?	: Reps?	Reps?
	A2/N5 – 3-WAY PULL SNAP SHOT (12 SHOTS)	,			i i i i i i i i i i i i i i i i i i i	i i i i i i i i i i i i i i i i i i i	i i i i i i i i i i i i i i i i i i i			
Drill 10										
2	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Extra Credit	RAPID FIRE SLAP SHOTS – A2/L1T-GLIDE SLAP SHOT (20 SHOTS)									