

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: L3 (15)

		Date of Homework Done:								
	Drill Information									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 1	A3/N12 – BLADE FLEX SNAP SHOT – EMPHASIZE PAUSE DURING FLEX (30 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	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 5	A2/N8 – BACKSWING LIMIT BARRIER SNAPSHOT (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 6	A3/N14 – BACKHAND PULL TO FOREHAND FOR SNAPSHOT (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 7	A3/L3 – CLAP PUSH SNAPSHOT (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	A3/L4 - PULL SLAP CROSS BODY (20 SHOTS)									
Drill 8		l	i	i			i		į	
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 9	Drill Name:	Reps?				Boos2	Reps?	Boos2	Reps?	Reps?
	Drill Name.	Reps	Reps?	Reps?	Reps?	Reps?	Reps	Reps?	Reps	Reps
Drill 10							<u> </u>		<u> </u>	
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Extra Credit	RAPID FIRE SLAP SHOTS – A2/L1 T-GLIDE SLAP SHOT (20 SHOTS)									