

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: P (10)

ı	Date of Homework Done:									
	Drill Information									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 1	A2/N6 - 6-PUCK STRAIGHT LINE SNAP SHOTS FRONT FOOT IN LINE WITH 3 RD PUCK (6 SETS OF 6)									
	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 2		<u>.</u>	<u></u>	<u></u>	<u>.</u>	<u></u>	į	<u></u>	į	
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 3	A3/N10 – PUSH OUT SNAP IN SNAP TO NEAR POST (6 SETS OF 6)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 4	A3/N12 – BLADE FLEX SNAP SHOT (15 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 5	A2/B1 – BACKHAND SHOT (20 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 6	A2/L2 – SHORT WIND UP SLAP SHOT (15 SHOTS)									
	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		<u></u>	! ! !		! ! !	! ! !	! ! !	! ! ! <u></u>	<u> </u>	! ! !
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 10							į		į	
Extra Credit	Drill Name: RAPID FIRE SLAP SHOTS (20 SHOTS)	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?