

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: S (7)

I	.	Date of Homework Done:								
Drill Information										
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	
A1/N3 - TOES AT NET SWEEP SNAP SHOT (40 SHOTS)										
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	
A1-N4 – TOES AT NET PULL SNAP SHOT (40 SHOTS)										
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	
A2-N5 – 3-WAY PULL SNAP SHOT (30 SHOTS)										
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										
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										
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	
Drill 9			<u> </u>	<u>.</u>		<u>.</u>	! ! ! !	<u> </u>	 	
Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	
Drill 10			!							
Drill Name: Extra RAPID FIRE SLAP SHOTS (20 SHOTS) Credit	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	