

COMPETITIVE EDGE SNIPER SCHOOL HOMEWORK

Sniper School Level: Y (16)

		Date of Homework Done:								
	Drill Information									
	Drill Name:	Reps?	Reps?	Reps?	. Dane?	Reps?	Reps?	Reps?	Reps?	Dene2
		Reps	Reps	Reps	Reps?	Reps	Reps	Repsr	Reps	Reps?
	A3/N12 – BLADE FLEX SNAP SHOT (20 SHOTS)									
Drill 1	5		ļ <u>.</u>	ļ <u>.</u>	ļ <u>.</u>		ļ <u>.</u>		ļ <u>.</u>	
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Drill 2	A3/N14 – BACKHAND PULL TO FOREHAND FOR SNAPSHOT (25 SHOTS)									
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	A3/N11 – OFF FOOT SNAPSHOT (3 SETS OF 10)	11								
Drill 3			i !	ļ <u>.</u>	i !	i ! ! <u></u>	i !	<u></u>	ļ <u>.</u>	
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	A3/L3 – CLAP PUSH SNAPSHOT (20 SHOTS)									
Drill 4		l I								
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	A3/L4 – PULL SLAP CROSS BODY (20 SHOTS)									
Drill 5										
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	A3/L5 -PUSH PULL SLAPSHOT (20 SHOTS)									
Drill 6	, te, 25 . 55/11 SEE SEA SHOT (ES SHOTS)									
Drill 0	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
	A2/B1 - BACKHAND SHOT - STEP TO OPEN UP	1	i itopa:	i itapa:	i itopa:	i itopa:	i iwpa:	i itopa:	i topa:	rtopo:
Drill 7	HIPS (20 SHOTS)					i !				
	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										
	Drill Name:	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?	Reps?
Extra Credit	RAPID FIRE SHOOTING - YOUR CHOICE OF SHOT STYLE, BACKHAND, SNAP, OR SLAP (20 SHOTS)									