

Dominant December

2025

Double Reps in your Dominant Hand

Left Handed Calendar 5th - HS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Record 2 min starting score:	(10) 1-Hand R (20) 1-hand L (10) 1-hand CST	(20) Righty (40) Lefty (20) CST	(20) R QS (40) L QS (20) TSC	(20) R Slingshot (40) L Slingshot (20) Slingshot Switches	Routine= (10 reps each of all 12 skills of week) Two Min Drill: (Non Dom)	Record 2 min score:
9	10	11	12	13	14	15
	(15) 1-Hand R (30) 1-hand L (15) 1-hand CST	(30) Righty (60) Lefty (30) CST	(30) R QS (60) RLQS (30) TSC	(30) R Slingshot (60) L Slingshot (30) Slingshot Switches	Routine= (15 reps each of all 12 skills of week) Two Min Drill: (Dominant)	Record 2 min score:
16	17	18	19	20	21	22
	(20) 1-Hand R (40) 1-hand L (20) 1-hand CST	(40) Righty (80) Lefty (40) CST	(40) R QS (80) L QS (40) TSC	(40) R Slingshot (80) L Slingshot (40) Slingshot Switches	Routine= (20 reps each of all 12 skills of week) Two Min Drill: (Dominant)	Record 2 min score:
23	24	25	26	27	28	29
	(25) 1-Hand R (50) 1-hand L (25) 1-hand CST	Merry Christmas! (50) Righty (100) Lefty (50) CST	(50) R QS (100) L QS (50) TSC	(50) R Slingshot (100) L Slingshot (50) Slingshot Switches	Routine= (25 reps each of all 12 skills of week) Two Min Drill: (Dominant)	Record 2 min score:
30	31					