

# NonDom November

# 2025

## Double Reps in your NonDom

Right Handed Calendar 5th - HS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Record 2 min starting score:
2 	3 (10) 1-Hand R (20) 1-hand L (10) 1-hand CST	4 (20) Righty (40) Lefty (20) CST	5 (20) R QS (40) LQS (20) TSC	6 (20) R Slingshot (40) L Slingshot (20) Slingshot Switches	7 Routine= (10 reps each of all 12 skills of week) Two Min Drill: (Non Dom)	8 Record 2 min score:
9 	10 (15) 1-Hand R (30) 1-hand L (15) 1-hand CST	11 (30) Righty (60) Lefty (30) CST	12 (30) R QS (60) LQS (30) TSC	13 (30) R Slingshot (60) L Slingshot (30) Slingshot Switches	14 Routine= (15 reps each of all 12 skills of week)  Two Min Drill: (Non Dom)	15 Record 2 min score:
16 	17 (20) 1-Hand R (40) 1-hand L (20) 1-hand CST	18 (40) Righty (80) Lefty (40) CST	19 (40) R QS (80) LQS (40) TSC	20 (40) R Slingshot (80) L Slingshot (40) Slingshot Switches	21 Routine= (20 reps each of all 12 skills of week)  Two Min Drill: (Non Dom)	22 Record 2 min score:
23 	24 (25) 1-Hand R (50) 1-hand L (25) 1-hand CST	25 (50) Righty (100) Lefty (50) CST	26 (50) R QS (100) LQS (50) TSC	27 Thanksgiving! What are you most thankful for about playing lacrosse?	28 Routine= (25 reps each of all 12 skills of week)  Two Min Drill: (Non Dom)	29 Record 2 min score: