

Dominant December

2025

Double Reps in your Dominant Hand

Right 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 L (20) 1-hand R (10) 1-hand CST	(20) Lefty (40) Righty (20) CST	(20) L QS (40) R QS (20) TSC	(20) L Slingshot (40) R Slingshot (20) Slingshot Switches	Routine= (10 reps each of all 12 skills of week) Two Min Drill: (Dominant)	Record 2 min score:
9	10	11	12	13	14	15
	(15) 1-Hand L (30) 1-hand R (15) 1-hand CST	(30) Lefty (60) Righty (30) CST	(30) L QS (60) R QS (30) TSC	(30) L Slingshot (60) R 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 L (40) 1-hand R (20) 1-hand CST	(40) Lefty (80) Righty (40) CST	(40) L QS (80) R QS (40) TSC	(40) L Slingshot (80) R 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 L (50) 1-hand R (25) 1-hand CST	Merry Christmas! (50) Lefty (100) Righty (50) CST	(50) L QS (100) R QS (50) TSC	(50) L Slingshot (100) R Slingshot (50) Slingshot Switches	Routine= (25 reps each of all 12 skills of week) Two Min Drill: (Dominant)	Record 2 min score:
30	31					