

# Dominant December

**2025**

## Double Reps in your Dominant

*3<sup>rd</sup> / 4<sup>th</sup> Right Handed Calendar*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record 1 min Score:  Record 2 min Score:	<b>1</b>  (10) 1-Hand L (20) 1-hand R (10) 1-hand CST	<b>2</b>  (20) Lefty (40) Righty (20) CST	<b>3</b>  (25) Lefty (50) Righty (25) CST	<b>4</b>  (20) L QS (40) R QS (20) TSC	<b>5</b>  1min How many catches in Non Dom hand  2 min How many catches in Dominant Hand	<b>6</b>  Record 1 min Score:  Record 2 min Score:
<b>10</b>	<b>11</b>  (10) 1-Hand L (20) 1-hand R (10) 1-hand CST	<b>12</b>  (20) Lefty (40) Righty (20) CST	<b>13</b>  (25) Lefty (50) Righty (25) CST	<b>14</b>  (20) L QS (40) R QS (20) TSC	<b>15</b>  1min How many catches in Non Dom hand  2 min How many catches in Dominant Hand	<b>16</b>  Record 1 min Score:  Record 2 min Score:
<b>17</b>	<b>18</b>  (15) 1-Hand L (30) 1-hand R (15) 1-hand CST	<b>19</b>  (30) Lefty (60) Righty (30) CST	<b>20</b>  (35) Lefty (70) Righty (35) CST	<b>21</b>  (30) L QS (60) R QS (30) TSC	<b>22</b>  1min How many catches in Non Dom hand  2 min How many catches in Dominant Hand	<b>23</b>  Record 1 min Score:  Record 2 min Score:
<b>24</b>	<b>25</b> Merry Christmas! (15) 1-Hand L (30) 1-hand R (15) 1-hand CST	<b>26</b>  (30) Lefty (60) Righty (30) CST	<b>27</b>  (35) Lefty (70) Righty (35) CST	<b>28</b>  (30) L QS (60) R QS (30) TSC	<b>29</b>  1min How many catches in Non Dom hand  2 min How many catches in Dominant Hand	<b>30</b>  Record 1 min Score:  Record 2 min Score:
<b>31</b>						