

# Dominant December

**2025**

## Double Reps in your Dominant

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record 1 min Score:  Record 2 min Score:	<b>1</b> (10) 1-Hand R (20) 1-hand L (10) 1-hand CST	<b>2</b> (20) Righty (40) Lefty (20) CST	<b>3</b> (25) Righty (50) Lefty (25) CST	<b>4</b> (20) R QS (40) L 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 R (20) 1-hand L (10) 1-hand CST	<b>12</b> (20) Righty (40) Lefty (20) CST	<b>13</b> (25) Righty (50) Lefty (25) CST	<b>14</b> (20) R QS (40) L 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 R (30) 1-hand L (15) 1-hand CST	<b>19</b> (30) Righty (60) Lefty (30) CST	<b>20</b> (35) Righty (70) Lefty (35) CST	<b>21</b> (30) R QS (60) L 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 R (30) 1-hand L (15) 1-hand CST	<b>26</b> (30) Righty (60) Lefty (30) CST	<b>27</b> (35) Righty (70) Lefty (35) CST	<b>28</b> (30) R QS (60) L 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>						