

MyChessPlan

30-DAY IMPROVEMENT PLAN



The Impatient Attacker

Beginner · Daily 828

AlexRook88

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MyChessPlan.com

Personalized chess improvement, powered by data + AI.

PART 1

Your Diagnosis

What 100 of your real games say about the way you lose — before any advice, the evidence.

- Your archetype and why it fits you
- The three leaks costing you the most points
- A real loss of yours, analysed move by move by a chess engine

Your Diagnosis

AlexRook88 is a beginner daily player (828 rating) with a 49% win rate across 100 games, playing primarily the Impatient Attacker archetype. Your strongest format is daily chess, but rapid (630) and blitz (610) ratings reveal speed hurts your decision-making—a classic sign of tactical impatience.

GAMES ANALYZED	WIN RATE	PERFORMANCE	WORST STREAK
100	49%	842	5

Why you are *The Impatient Attacker*

You see attacking moves first. The instinct is right — chess is decided by initiative — but you commit before checking the opponent's defensive resources. The fix isn't to play passively; it's to add a 30-second defensive scan before each attacking move.

Top 3 leaks

1. **Mating vulnerability** HIGH
65% of your losses end in checkmate, far above the beginner average. You're leaving back-rank and king-safety holes open because you attack first and defend second.
2. **Weak defensive positioning** HIGH
When you lose, the average game lasts 58.52 moves—you're grinding defensive positions for too long instead of spotting the knockout blow coming your way. Your Impatient Attacker tendency makes you miss opponent threats.
3. **Unbalanced opening repertoire** MEDIUM
58% of your games are C-code openings (1.e4 e5 systems), yet you play irregular sidelines (St George, Anderssen 2.h3, Bishops Opening) where you're less prepared than in mainline theory.

The numbers in detail

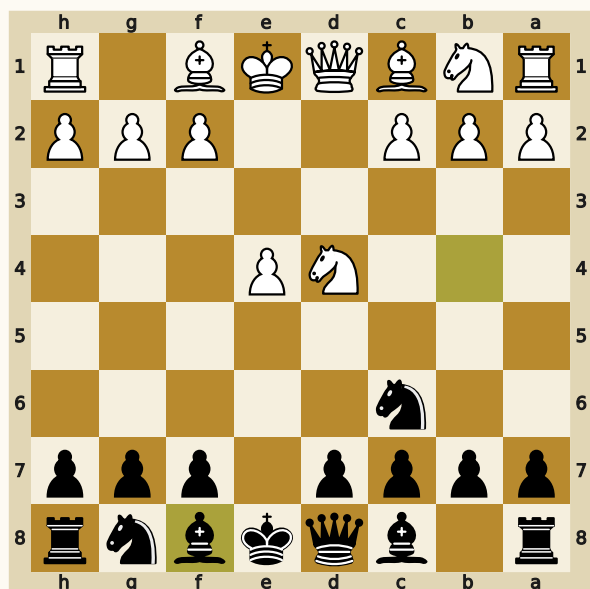
Win rate as White (48 games)	58%
Win rate as Black (52 games)	40%
vs higher-rated opponents (50)	24%
vs lower-rated opponents (50)	74%
% lost by checkmate	65%
% lost on time	0%
Avg moves when losing	58.5
Opening diversity	64%
Form (last 5)	20%
Tilt indicator	55%

[Put today's plan into practice on Chess.com — play & train free →](#)

The Lesson From Your Game

Scotch Game Malaniuk Variation · Black vs Elienetje (879) · loss (checkmated) in 57 moves

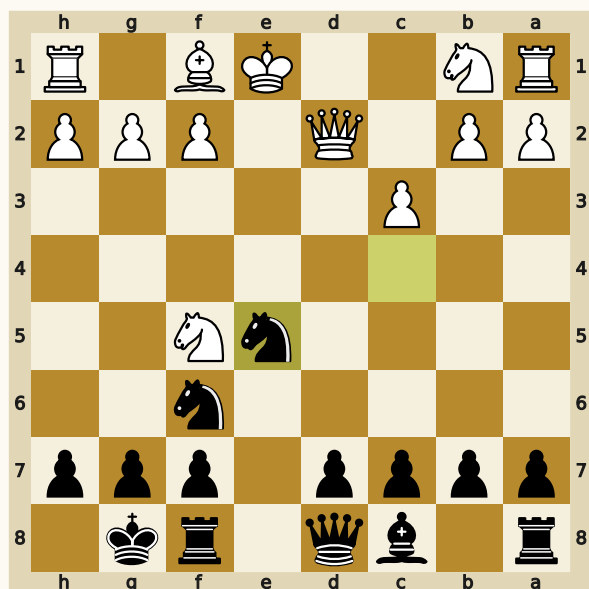
This daily game perfectly illustrates the Impatient Attacker trap: you played a solid opening, maintained equality through move 10, but missed a lethal back-rank/king-safety pattern brewing on White's side. By move 13, your king had no escape square and White's queen delivered mate.



Move 4... Bb4+

Eval drop: 25 cp · Engine prefers: **Nf6**

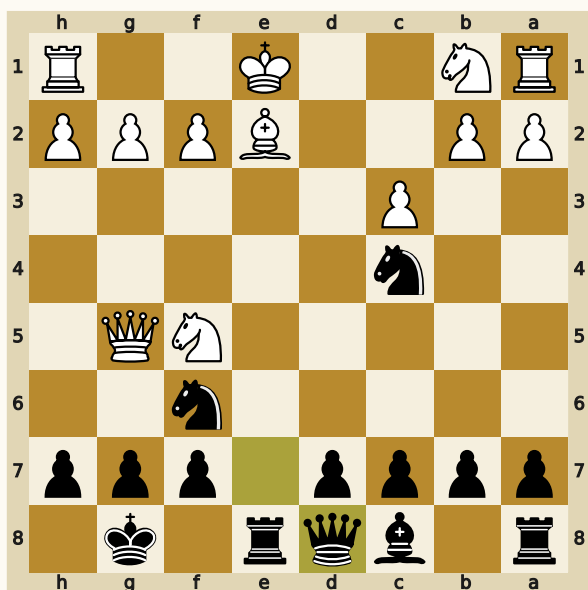
Opening reference — set the stage for what follows.



Move 10... Nc4 **BLUNDER**

Eval drop: 427 cp · Engine prefers: **d5**

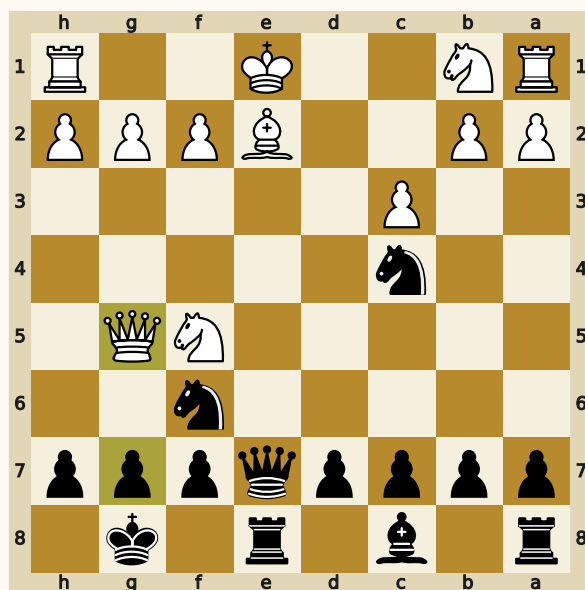
This is the moment the game tipped. Nc4 loses material; d5 keeps the position equal.



Move 12... Qe7 **BLUNDER**

Eval drop: 10186 cp · Engine prefers: g6

This is the moment the game tipped. Qe7 loses material; g6 keeps the position equal.



Move 13. Qxg7#

· Engine prefers: Qxg7#

Key moment in the game.

Move-by-move

4

OPENING

Premature check

You played Bb4+ immediately after White's d4, forcing Bd2. This isn't wrong, but it's impatient—in the Scotch, Black usually develops with Nf6 first to keep options open. Your check burned tempo without strategic payoff.

6

OPENING

Bishop trade forced

White captured your bishop on b4. You'd achieved nothing special with the check; the position remained balanced but you'd spent a tempo on a non-committal move.

9

MIDDLEGAME

White's attack brewing

White planted a knight on f5, threatening your g7 pawn and eyeing h6/e7. This is the moment an Impatient Attacker should smell danger—but you castled next (move 9...O-O) without addressing the threat. Your king walked into a mating net.

10

MIDDLEGAME

Counter-attack instead of defense

You played Nc4, attacking White's queen. This is pure Impatient Attacker energy—you wanted to create your own threat instead of addressing White's. A defensive move like ...d6 or ...h6 would have shored up your king.

11

ATTACK

The mating attack materializes

White's queen jumped to g5, now threatening Qxg7#. You had no back rank (your rook is on e8, not the back rank to defend). This was the critical danger sign you missed.

Put today's plan into practice on Chess.com — play & train free →

12**DEFENSE****Check as desperation, not defense**

You gave check with Re8+, hoping to disrupt White's attack. But checks don't cure king-safety problems; White simply played Be2, and you had no follow-up. Your rook was now off the back rank entirely.

13**ENDGAME****Checkmate**

Qxg7# is mate. Your king on g8 had no escape: f8 and h8 are controlled by the queen, h7 is blocked by your pawn. You ignored king-safety for 13 moves while chasing a counter-attack (Nc4).

LESSON

This game shows the Impatient Attacker's fatal flaw: you have 49% wins because your attacking instincts work sometimes, but 65% of your losses are checkmates because you never ask 'Is my king safe?' before playing aggression. After move 9, White's Nf5 and Qg5 were screaming mating threats, but you countered with Nc4 instead of defending with ...h6 or ...d6. A single defensive move at move 10—or even move 12—would have given your king breathing room and forced White to find a different plan. The lesson: in daily chess, you have time to check king safety every move. Use it.

Two more patterns from your recent losses

Quick reads — open each on Chess.com and run Game Review for the full engine pass.

Queens Pawn Opening Zukertort Chigorin Variation · Black vs Fernando5Gomez (1075) · loss in 57 moves (resigned)

Long-game resign as black — review the conversion sequence; you likely had equal or better in the late middlegame.

<https://www.chess.com/game/daily/1007547652>

Queens Pawn Opening Zukertort Variation 2...e6 3.e3 · Black vs Fernando5Gomez (1048) · loss in 58 moves (resigned)

Long-game resign as black — review the conversion sequence; you likely had equal or better in the late middlegame.

<https://www.chess.com/game/daily/1007315918>

 Put today's plan into practice on Chess.com — play & train free →

PART 2

Your 30-Day Plan

One page per day. Twenty-five minutes of work, a linked resource, and three lines to write down.

- Four weeks, each with a single focus
- A dated baseline and a Day 31 re-test to measure it
- What to do when you tilt, and how to recover skipped days

Your 30-Day Plan

A daily workbook calibrated to your archetype and ELO band. Each day has its own page with a specific task, a video or lesson when one helps, and lined space for your reflections. Print this. Mark it up. **Improvement is a habit problem, not a knowledge problem.**

How to use the next 30 pages

1. **One page per day.** Read the task in the morning, do the work in your study slot, write your reflections at night.
2. **Don't skip ahead.** The order is deliberate — week 1 is the foundation week 2 builds on, etc.
3. **If you miss a day,** don't double up. Just continue the next day. Consistency beats heroics.
4. **Reflections aren't optional.** The act of writing crystallizes what you learned. Keep them honest, not pretty.
5. **On day 30,** run a fresh analysis at **MyChessPlan.com** and compare to today.

The four weeks at a glance

Week 1

Defensive vision — learn to see opponent threats first

This week is about uninstalling a reflex. You see attacking moves first; that won't change in 7 days. What will change is the half-second between seeing the move and playing it — that's where the defensive scan goes. By Sunday, the question "what does my opponent threaten?" should be louder in your head than "where can I attack?".

DAYS 1 – 7

Week 2

Repertoire fix — lock the London System with White

The patient style is unfamiliar territory. The London System is your training wheels: same plan every game, no tactical fireworks, full development before any pawn break. By Sunday, when someone asks you "what do you play with White?" the answer is "1.d4" — not "depends on the position".

DAYS 8 – 14

Week 3

Application — calibrated attacking play

You don't have to stop attacking forever. You have to attack better. This week is about adding a defensive scan BEFORE each attacking move. The rule is simple: before every move that increases the heat on your opponent, list 2 defensive resources they have. If you can't list 2, the move isn't ready.

DAYS 15 – 21

 Put today's plan into practice on Chess.com — play & train free →

Week 4

Consolidation + measure progress

The last week. The patient style should feel less alien now. This week tests whether the changes stick when nobody is watching: no special rules, no scripts. Just play. Then, measure honestly.

DAYS 22 – 30

DAY 0

BASELINE

Lock in your starting numbers

BEFORE DAY 1 — READ ONCE, WRITE HERE, DO NOT SKIP

15 min



Without a baseline you cannot prove the next 30 days worked. Spend 15 minutes here. The whole plan depends on this page existing 30 days from now with honest entries.

Snapshot of you, today

Chess.com username	AlexRook88
Primary time class	Daily
Reference rating	828
Archetype today	The Impatient Attacker (Beginner)
Win rate (last 100)	49%
Worst losing streak	5 games
Avg moves when losing	58.52

Before-test (run these now)

1. **3-puzzle test:** open Chess.com Puzzles. Solve 3 puzzles. Write the rating shown after each — these are your starting tactical pulse.

2. **1-game test:** play one rapid game (10+0 or 15+10) NOW with full attention. Don't review it yet. Just save the URL:

URL: _____

3. **One sentence:** in your own words, finish "If I keep playing exactly the way I do today, in 6 months my rating will be ____ because _____."

Why this works

On Day 31 you'll re-do these three tests and compare. Chess improvement is famously hard to *feel* — you only know it happened by comparing the same measurement before and after. Without Day 0 numbers, the next 30 days have no scoreboard.

[Put today's plan into practice on Chess.com — play & train free →](#)

Defensive vision — learn to see opponent threats first

This week is about uninstalling a reflex. You see attacking moves first; that won't change in 7 days. What will change is the half-second between seeing the move and playing it — that's where the defensive scan goes. By Sunday, the question "what does my opponent threaten?" should be louder in your head than "where can I attack?".

YOUR WEEK AT A GLANCE

DAY 1	Foundation — see the threats first	25 min
DAY 2	Pattern reps — defensive tactics	20 min
DAY 3	Live application — talk to yourself	30 min
DAY 4	Switch sides — Caro-Kann as Black	30 min
DAY 5	More defensive reps	20 min
DAY 6	Review your worst game this week	25 min
DAY 7	Rest + reflect	15 min

👤 Put today's plan into practice on Chess.com — play & train free →

DAY 1

OF 30

Foundation — see the threats first

25 min

WEEK 1 — DEFENSIVE VISION — LEARN TO SEE OPPONENT
THREATS FIRST



TODAY'S TASK

Open the Chess.com Defensive Mastery lesson and finish lessons 1 and 2 (about 20 min). After each lesson position, pause and find the threat yourself before clicking the answer. Then, for the rest of the day, after every move you play (in any rated game), say out loud "what does my opponent threaten?". Optional reinforcement: ChessVibes' "How to Stop Hanging Pieces" video on YouTube.

RESOURCES



The SECRET To Stop Blundering Your Pieces In Chess

Anna Cramling · ~16 min · YouTube

<https://www.youtube.com/watch?v=7vt5Lt5VUH4>



Defensive Mastery — Lessons 1 & 2

Chess.com

https://www.chess.com/lessons/defensive-mastery?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 2

OF 30

Pattern reps — defensive tactics

WEEK 1 — DEFENSIVE VISION — LEARN TO SEE OPPONENT
THREATS FIRST

20 min



TODAY'S TASK

Solve 15 puzzles on Chess.com with the 'Defending' or 'Defensive Tactics' theme. Don't rush — set the timer mode OFF. Goal: 80% accuracy, not speed.

RESOURCES



Tactics Trainer (Defending)

Chess.com

https://www.chess.com/puzzles/themes/defending?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

Put today's plan into practice on Chess.com — play & train free →

DAY 3

OF 30

Live application — talk to yourself

30 min

WEEK 1 — DEFENSIVE VISION — LEARN TO SEE OPPONENT
THREATS FIRST



TODAY'S TASK

Play 2 rapid games (10+0 or 15+10). Hard rule: between every move you AND your opponent make, ask out loud "what threat?". You will lose tempo and probably the game. That's fine — the goal is the muscle, not the result.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 4

OF 30

Switch sides — Caro-Kann as Black

WEEK 1 — DEFENSIVE VISION — LEARN TO SEE OPPONENT
THREATS FIRST

30 min



TODAY'S TASK

Start the Chess.com Caro-Kann Defense course (Lessons 1-2). Then play 1 rapid game as Black, playing 1...c6. Don't worry about getting the lines perfect; focus on developing pieces and not grabbing pawns. Optional reinforcement: Hanging Pawns' Caro-Kann Defense Complete Guide on YouTube.

RESOURCES



Caro-Kann Defense (introduction, main variations & ideas) | Chess Openings

Hanging Pawns · ~30 min · YouTube

<https://www.youtube.com/watch?v=Jiz7KLKjLas>



Caro-Kann Defense for Beginners

Chess.com

https://www.chess.com/lessons/caro-kann-for-beginners?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 5

OF 30

More defensive reps

WEEK 1 — DEFENSIVE VISION — LEARN TO SEE OPPONENT
THREATS FIRST

20 min



TODAY'S TASK

20 puzzles, 'Defending' theme. Today after each puzzle write one word in the margin: what kind of threat was it (mate, fork, pin, removing the defender)? You are building an internal taxonomy.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 6

OF 30

Review your worst game this week

25 min

WEEK 1 — DEFENSIVE VISION — LEARN TO SEE OPPONENT
THREATS FIRST



TODAY'S TASK

Pick the game from days 3 or 4 you lost worst. Run Chess.com's Game Review on it. ONLY look at the moves where it flags a missed defensive resource. Write down the move number and the correct defense in your reflections below.

RESOURCES



Game Review on Chess.com

Chess.com

https://www.chess.com/analysis?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 7

OF 30

Rest + reflect

WEEK 1 — DEFENSIVE VISION — LEARN TO SEE OPPONENT
THREATS FIRST

15 min



TODAY'S TASK

No chess today. Re-read your reflections from days 1–6. Notice patterns in your mistakes. Plan one specific change for next week (write it in the box below).

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

Repertoire fix — lock the London System with White

The patient style is unfamiliar territory. The London System is your training wheels: same plan every game, no tactical fireworks, full development before any pawn break. By Sunday, when someone asks you "what do you play with White?" the answer is "1.d4" — not "depends on the position".

YOUR WEEK AT A GLANCE

DAY 8	London System — first principles	25 min
DAY 9	London System — first 3 games	35 min
DAY 10	Strategic puzzles	20 min
DAY 11	Review your London games	25 min
DAY 12	Discipline drill — late queen	30 min
DAY 13	When NOT to attack	22 min
DAY 14	Self-test on your wins	15 min

👤 Put today's plan into practice on Chess.com — play & train free →

DAY 8

OF 30

London System — first principles

WEEK 2 — REPERTOIRE FIX — LOCK THE LONDON SYSTEM WITH WHITE

25 min



TODAY'S TASK

Start the Chess.com London System for Beginners course (Lessons 1-3). Take notes on the opening setup: Bf4 before c3, Nf3 before Nbd2, when to push e4. Don't play yet. Optional reinforcement: GothamChess' London System for Beginners on YouTube.

RESOURCES



Learn the London System | 10-Minute Chess Openings

GothamChess · ~25 min · YouTube

https://www.youtube.com/watch?v=49H728S_VjM



London System for Beginners — Lessons 1-3

Chess.com

https://www.chess.com/lessons/london-system-for-beginners?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

Put today's plan into practice on Chess.com — play & train free →

DAY 9

OF 30

London System — first 3 games

WEEK 2 — REPERTOIRE FIX — LOCK THE LONDON SYSTEM WITH WHITE

35 min



TODAY'S TASK

Play 3 rapid games as White. London ONLY. If your opponent plays 1...d5 you play 2.Nf3, 3.Bf4. If they play 1...Nf6 same plan. No deviations even if you "see something good".

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 10

OF 30

Strategic puzzles

WEEK 2 — REPERTOIRE FIX — LOCK THE LONDON SYSTEM WITH
WHITE

20 min



TODAY'S TASK

15 puzzles in the 'Strategic Tactics' theme. These force you to evaluate quiet positional moves — the opposite of your archetype's reflex.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 11

OF 30

Review your London games

WEEK 2 — REPERTOIRE FIX — LOCK THE LONDON SYSTEM WITH
WHITE

25 min



TODAY'S TASK

Run Game Review on the games from day 9. The only thing you are looking for: when did you play e4? Was it after pieces were developed? Almost certainly you pushed it too early. Write 3 specific examples below.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 12

OF 30

Discipline drill — late queen

WEEK 2 — REPERTOIRE FIX — LOCK THE LONDON SYSTEM WITH
WHITE

30 min



TODAY'S TASK

Play 2 rapid games. Hard rule: NO queen development before move 6. Even if you see Qh5 winning. The queen waits. Your goal isn't to win the games; it's to break the impulse.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 13

OF 30

When NOT to attack

WEEK 2 — REPERTOIRE FIX — LOCK THE LONDON SYSTEM WITH WHITE

22 min



TODAY'S TASK

Open the Chess.com Strategy: When Not to Attack lesson set. Note 2 specific positional patterns where attack is wrong (e.g. opponent has more central control, or your king isn't safe yet). Optional reinforcement: ChessNetwork's 'When NOT to Attack in Chess' on YouTube.

RESOURCES



Understanding Pawn Structure | Chess Middlegames

Hanging Pawns · ~30 min · YouTube

<https://www.youtube.com/watch?v=Ed7YLNLM8iY>



When Not to Attack — Strategic Play

Chess.com

https://www.chess.com/lessons/strategic-play?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 14

OF 30

Self-test on your wins

WEEK 2 — REPERTOIRE FIX — LOCK THE LONDON SYSTEM WITH
WHITE

15 min



TODAY'S TASK

In your last 5 wins, what did you do well? Look at the games. Write 3 sentences in the box below. Knowing what works for you matters as much as knowing what doesn't.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

Application — calibrated attacking play

You don't have to stop attacking forever. You have to attack better. This week is about adding a defensive scan BEFORE each attacking move. The rule is simple: before every move that increases the heat on your opponent, list 2 defensive resources they have. If you can't list 2, the move isn't ready.

YOUR WEEK AT A GLANCE

DAY 15	The 2-defenses rule	35 min
DAY 16	Calculation drills	25 min
DAY 17	Master games — when they DON'T attack	30 min
DAY 18	Apply the rule again	35 min
DAY 19	Defensive tactics — last reps	20 min
DAY 20	Hardest loss this week	30 min
DAY 21	Rest + measure	10 min

DAY 15

OF 30

The 2-defenses rule

WEEK 3 — APPLICATION — CALIBRATED ATTACKING PLAY

35 min



TODAY'S TASK

Play 2 rapid games. New rule: before every attacking move (sacrifice, check, queen sortie, pawn storm), pause and list 2 defensive responses your opponent has. Out loud is best. If you can't list 2, the move isn't ready.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 16

OF 30

Calculation drills

WEEK 3 — APPLICATION — CALIBRATED ATTACKING PLAY

25 min



TODAY'S TASK

Open the Chess.com Calculation Training course (Lessons 1-2). Then solve 20 puzzles in the 'Calculation' theme. These are 3-5 move combinations — the depth your archetype consistently misses. Force yourself to find ALL the defender's replies. Optional reinforcement: Daniel Naroditsky's "How to Calculate" video on YouTube.

RESOURCES



How To Calculate In Chess

GothamChess · ~25 min · YouTube

<https://www.youtube.com/watch?v=9Ga9dP3bvN8>



Calculation Training

Chess.com

https://www.chess.com/lessons/calculation?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

[Put today's plan into practice on Chess.com — play & train free →](#)

DAY 17

OF 30

Master games — when they DON'T attack

WEEK 3 — APPLICATION — CALIBRATED ATTACKING PLAY

30 min



TODAY'S TASK

Use the Chess.com Master Games library: pick a Carlsen or Caruana game and watch the annotation. Note 3 moments where the master had a tactical-looking move but played quietly instead. WHY? Optional reinforcement: search "Carlsen positional masterpiece" on agadmator's YouTube.

RESOURCES



Understanding Pawn Structure | Chess Middlegames

Hanging Pawns · ~30 min · YouTube

<https://www.youtube.com/watch?v=Ed7YLNLM8iY>



Master Games (Carlsen)

Chess.com

https://www.chess.com/games/archive?gameOwner=master_game&gameType=live&ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 18

OF 30

Apply the rule again

WEEK 3 — APPLICATION — CALIBRATED ATTACKING PLAY

35 min



TODAY'S TASK

Play 2 rapid games. Same rule as day 15: before every attacking move, list 2 defensive responses. By the second game it should feel less awkward.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 19

OF 30

Defensive tactics — last reps

WEEK 3 — APPLICATION — CALIBRATED ATTACKING PLAY

20 min



TODAY'S TASK

15 'Defensive Tactics' puzzles. By now you should be recognizing recurring defensive themes (a counter-attack, a deflection, a desperado).

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 20

OF 30

Hardest loss this week

WEEK 3 — APPLICATION — CALIBRATED ATTACKING PLAY

30 min



TODAY'S TASK

Find your worst loss from the week. Open it side-by-side with the engine. Write down the EXACT move number where the position turned, and what defensive move would have saved it. This becomes a permanent lesson.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 21

OF 30

Rest + measure

WEEK 3 — APPLICATION — CALIBRATED ATTACKING PLAY

10 min



TODAY'S TASK

No play. Reflect: what's your win rate this week vs week 1? Did your average loss-length increase? (Longer losses = you're holding on better, even when losing.)

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

Consolidation + measure progress

The last week. The patient style should feel less alien now. This week tests whether the changes stick when nobody is watching: no special rules, no scripts. Just play. Then, measure honestly.

YOUR WEEK AT A GLANCE

DAY 22	3 free games	45 min
DAY 23	Endgame fundamentals	25 min
DAY 24	Drill the opposition	20 min
DAY 25	Speed tactics	25 min
DAY 26	Just 2 games	30 min
DAY 27	Did the pattern change?	25 min
DAY 28	Hardest puzzles	25 min
DAY 29	One long, focused game	30 min
DAY 30	Re-run the analysis	15 min

DAY 22

OF 30

3 free games

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

45 min



TODAY'S TASK

Play 3 rapid games. No special rules. Just play. The goal is to see whether the discipline from weeks 2-3 is automatic or whether you slip back to the old habits under pressure.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 23

OF 30

Endgame fundamentals

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

25 min



TODAY'S TASK

Open the Chess.com Endgame Fundamentals course and finish lessons 1-3. The one that matters most for your archetype is K+P vs K opposition. Pause and try the moves yourself before clicking the answer. Optional reinforcement: GothamChess' Top 5 Endgames You Must Know on YouTube.

RESOURCES



10 Most Important Chess Endgames (statistically)

Hanging Pawns · ~30 min · YouTube

<https://www.youtube.com/watch?v=4yx0bBZa3dY>



Endgame Fundamentals — Lessons 1-3

Chess.com

https://www.chess.com/lessons/endgame-fundamentals?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 24

OF 30

Drill the opposition

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

20 min



TODAY'S TASK

Drill K+P vs K against the engine on Lichess (Practice mode). Until you can do it without thinking. This is one of the positions where 100s of rating points hide.

RESOURCES



K+P vs K opposition drill

Chess.com

https://www.chess.com/endgames?ref_id=MYCHESSPLAN

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

Put today's plan into practice on Chess.com — play & train free →

DAY 25

OF 30

Speed tactics

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

25 min



TODAY'S TASK

25 puzzles, mixed themes, normal speed. Now that pattern recognition is sharper, you should be 5-10% faster than week 1 with the same accuracy.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 26

OF 30

Just 2 games

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

30 min



TODAY'S TASK

Play 2 rapid games. Best of your last 30 days. No notes, no rules. Reflect afterwards: did you attack the same way as on day 1?

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 27

OF 30

Did the pattern change?

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

25 min



TODAY'S TASK

Review your week-4 games specifically for the impatient attacker pattern: early queen, premature pawn lunges, attacking before development. Count how many times each happened. Compare to week 1.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 28

OF 30

Hardest puzzles

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

25 min



TODAY'S TASK

20 puzzles at your hardest difficulty level. Don't be embarrassed if you fail half. The metric is whether the MISTAKES are different than before.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 29

OF 30

One long, focused game

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

30 min



TODAY'S TASK

1 long rapid (15+10 or 30+0). Full focus, no music, phone away. This is the test: can you maintain the discipline for one full hour?

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 30

OF 30

Re-run the analysis

WEEK 4 — CONSOLIDATION + MEASURE PROGRESS

15 min



TODAY'S TASK

Go to MyChessPlan.com and run a fresh analysis. Compare: (a) archetype — same or different? (b) performance rating; (c) win rate; (d) the specific weakness metrics. Write the numbers below. The data tells the story honestly.

REFLECTION

What worked today?

What was hardest?

One thing to do differently tomorrow:

 Put today's plan into practice on Chess.com — play & train free →

DAY 31

RE-TEST

Did the work move the needle?

AFTER DAY 30 — REPEAT THE DAY 0 TESTS HONESTLY

25 min



Repeat each Day 0 test, write the new number next to the old one, and ask the only question that matters: did the prescription work for me?

Re-do the Day 0 tests

1. **3-puzzle re-test:** open Chess.com Puzzles. Solve 3 puzzles, write the new ratings:

2. **1-game re-test:** play one rapid game with full attention. Save the URL:

3. **Run a fresh MyChessPlan analysis** (QR below) and write the new archetype + ELO band:

Compare honestly

	Day 0	Day 31	Δ
Reference rating	828	_____	_____
Archetype	The Impatient Attacker	_____	—
Win rate	49%	_____	_____
Worst losing streak	5	_____	_____
Puzzle ratings (median)	_____	_____	_____



Run your Day 31 analysis

Scan the QR or open <https://mychessplan.com/?u=AlexRook88&ref=pdf-day30>. The form pre-fills your username so you can compare side-by-side.

Three lines you must write

1. What worked? _____

2. What didn't? _____

3. What's the next 30-day focus? _____

Put today's plan into practice on Chess.com — play & train free →

Mental Game — How to Not Tilt

Most plans fail not because the chess work is wrong, but because the player tilts somewhere around Day 7 and never recovers. This page is your tilt firewall.

The two-game stop rule

After two consecutive losses, close the tab. Walk away from the board. Do not negotiate with yourself ("just one more"). The negotiation is the tilt. Come back the next day. This rule alone has rescued more rating than any opening book.

The 60-second cool-down before resigning

When the position feels lost: pause for 60 seconds. Look at the board as if you joined the game now. Often what looked like resignation is a defended fortress, a perpetual, or a cheap stalemate trap. The instinct to resign in fury is the most expensive habit a club player owns.

Tilt indicators — recognize before they bite

- **Playing faster than the time control allows.** Pre-moves on critical moves. Move under 2s when you have 5+ minutes left.
- **Refusing to look at the engine after the loss.** "I know what I did wrong" — you don't, that's the tilt talking.
- **Demanding a "revenge game" against the same opponent.** The next game's outcome is statistically uncorrelated with this one. Your brain is just generating a story.
- **Skiping today's plan task to "play more".** Volume cannot fix a calculation problem. Quality can.

The journal entry that saves the next session

After every losing session of 2+ games, write 3 lines in any notebook:

1. What did I feel right before I tilted? _____
2. What was the trigger move/position? _____
3. What's the rule I'll keep next time? _____

If You Skip Days — Recovery Protocol

You will skip days. Almost everyone does. Whether the plan succeeds depends entirely on how you re-enter, not on whether you stay perfect.

Days missed	What to do
1–2 days	Resume normally on the next day. Do not double up. Do not "make up" the missed task — it dilutes the day you're on. Just continue.
3–7 days	Re-do the last 3 day-pages you completed before the skip. Read the reflection lines you wrote. Then continue from where you left off.
8–14 days	Restart the current week from day 1 of that week. Don't restart the whole plan — you already absorbed earlier weeks. Just rebuild the lost momentum.
15+ days	Run a fresh MyChessPlan analysis. Your archetype may have shifted in your absence. If it changed, the prescription needs to change too — buy a new plan or use the free report.
"I just lost interest"	That's the most honest reason and the easiest to fix. The plan got too easy or too hard. Adjust the daily minutes (down to 15 or up to 45) and try one more week. If that doesn't pull you back in, take a 30-day break and re-run the analysis when you return — fresh data, fresh plan.

The single rule that beats consistency anxiety

Doing the plan 70% of days beats doing it 100% of days for 9 days then quitting. Aim for the long average, not the short streak. Three 5-minute sessions per week beat zero 25-minute sessions. Show up imperfectly.

[👤 Put today's plan into practice on Chess.com — play & train free →](#)

PART 3

Your Opening Repertoire

Not opening theory — your own results. Every opening here has at least five of your games behind it.

- Win rate by opening, split by colour
- The openings costing you the most, and what to play instead
- Your lines as a PGN you can import into Lichess

Your Opening Repertoire

Not theory — your actual results. Every opening below has at least five games behind it, because below that a win rate is noise, not a pattern.

AS WHITE

58.3%

48 games

AS BLACK

40.4%

52 games

Your White openings are working well (58.3%), but Black is a major weakness at 40.4% win rate over 52 games. The Queen's Pawn Opening (1.d4) is your critical leak: you score only 33.3% as Black against it over 12 games, facing stronger opposition (avg 856) with no clear defensive setup.

Openings you choose

OPENING	GAMES	W/D/L	WIN RATE
Vienna Game as white	6	3/0/3	50.0%
Bishop's Opening as white	13	7/0/6	53.8%
King's Pawn Opening as white	10	7/0/3	70.0%

Openings played against you

OPENING	GAMES	W/D/L	WIN RATE
Queen's Pawn Opening as black	12	4/1/7	33.3%
Caro-Kann Defense as white	5	2/1/2	40.0%
Italian Game as black	5	2/0/3	40.0%
King's Pawn Opening as black	7	4/1/2	57.1%
Anderssen Opening as black	5	4/0/1	80.0%

[Put today's plan into practice on Chess.com — play & train free →](#)

What to Fix First

These are the openings costing you the most points right now.

Queen's Pawn Opening YOU FACE THIS

The problem: 33.3% win rate over 12 games, the worst result in your record. Opponents average 856 —significantly stronger than your overall field—suggesting you lack a coherent system against 1.d4.

What to do: Study the Semi-Slav: 1.d4 d5 2.c4 c6. This is the simplest, most solid Black system at your level. It avoids sharp theory, keeps the center closed, and gives you a clear plan: support the d5 pawn and prepare ...Nf6, ...a6, ...e6. Play it every time against 1.d4 for 20 games to build pattern recognition.

1. d4 d5 2. c4 c6 3. Nc3 Nf6 4. Nf3 a6

Your suggested repertoire

- **With White:** King's Pawn Opening · Bishop's Opening
- **As Black vs 1.e4:** Sicilian Defense
- **As Black vs 1.d4:** Semi-Slav

How to study these: At 828, your biggest win comes from playing one opening per colour and sticking to it for at least 20 games. Do not experiment in the opening; use your real games to understand plans and patterns, not to try novelties. Record one game per week in your chosen system and review it slowly, asking: 'What was my plan?' If you cannot answer, your opening knowledge is too shallow. Your Black score (40.4%) is dragging you down—fix the 1.d4 leak first with the Semi-Slav, then add a Sicilian response to 1.e4.



Download your repertoire as PGN

Scan to download these lines as a PGN file. Import it into a **Lichess study** (lichess.org/study → New study → Import PGN), Chess.com Library, or any desktop client. Every line is verified move by move and comes annotated.

Or open: https://api.mychessplan.com/api/pgn/repertoire_impatient_attacker_xP0WQdcZ8P0.pgn

 Put today's plan into practice on Chess.com — play & train free →

PART 4

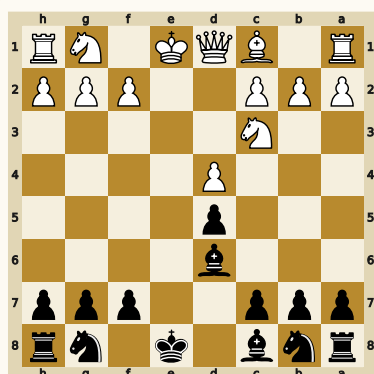
Your Study Material

The patterns, endgames and lessons chosen for your level and your specific weaknesses.

- Tactical patterns you keep missing
- The endgames worth knowing at your rating
- A curated video playlist and matching Chess.com lessons

Key Tactical Patterns

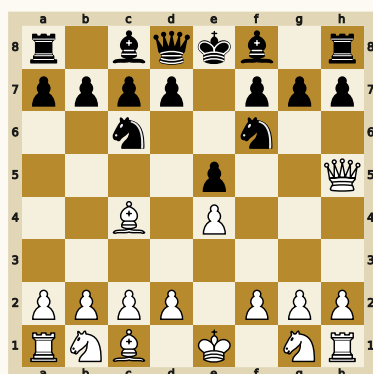
These positions illustrate the patterns YOUR archetype must master. Set up each one on Chess.com / lichess and play it out against the engine until you can solve it without thinking.



Stop the Greek Gift

BLACK TO MOVE

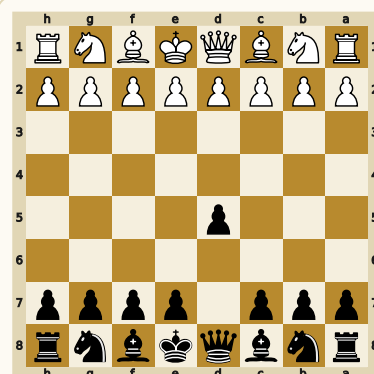
When White's bishop eyes h7+, the defender must recognize the pattern early. Memorize the squares: Bxh7+ Kxh7 Ng5+ Kg6/ g8 Qh5 — and how to NOT let the attack reach this configuration.



Defend Against Scholar's Mate

WHITE TO MOVE

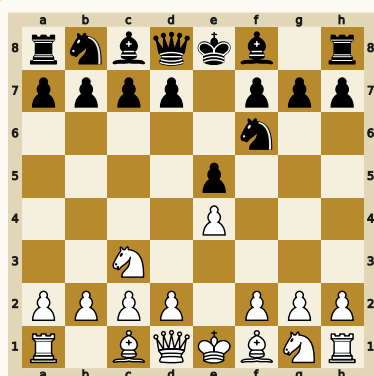
White to move plays Qxf7# — Black walked into it with a careless ...Nf6 that never guarded f7. Against an early Qh5 + Bc4, defend f7 with ...g6 (hitting the queen) and ...Qe7 or ...Qf6, never a casual ...Nf6. Treat the enemy queen coming out early as a threat to neutralise, not a target to chase.



Decline the Poisoned Pawn

BLACK TO MOVE

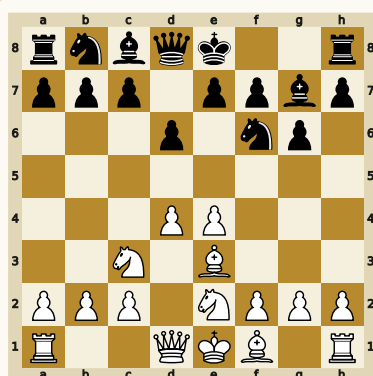
When you play 1...d5 vs the London, don't grab pawns on b2 or random captures. Develop pieces. Material grabs early let the opponent develop with tempo against your queen.



The Pin That Must Be Broken

WHITE TO MOVE

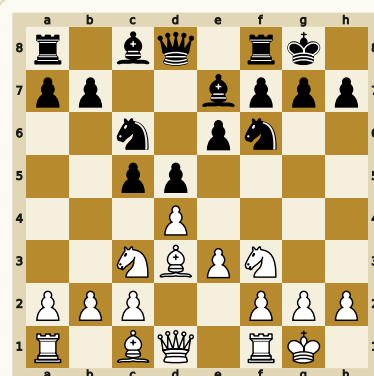
When your knight gets pinned by a bishop, develop the queenside to challenge it (a3, b4) — don't just push pawns to chase the bishop. That's the impatient move that loses games.



Castle Before Adventures

WHITE TO MOVE

Before any attack, both sides should castle. If you skip castling for an early Qh5 or Ng5, you'll often be the one getting mated when the center opens.



Recognize the Counter-Attack

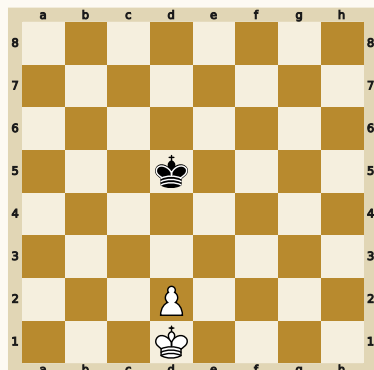
WHITE TO MOVE

When you push pawns aggressively (h4, g4), check for ...e5 or ...d4 breaks first. Counter-attacks on the central squares are the impatient attacker's most common death.

Put today's plan into practice on Chess.com — play & train free →

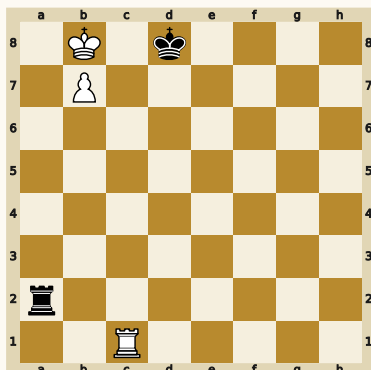
Endgame Essentials

Three positions you must know cold for your level. Spend 15 minutes per position. The single highest-leverage chess study you can do.



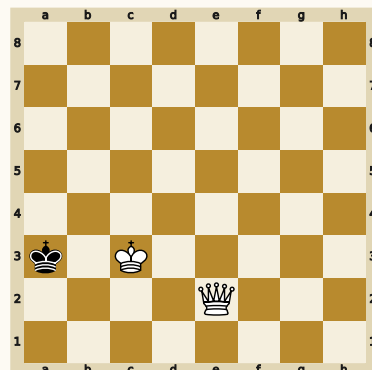
King + Pawn vs King — Opposition

The most fundamental winning technique. Without it, you can't convert any pawn-up endgame.



Lucena Position

The 'building a bridge' technique — winning rook+pawn endgame all club players need.



Queen vs Pawn on 7th

Promote your pawn, then you must know how to mate with K+Q vs K — and how to stop a passed pawn.

👤 Put today's plan into practice on Chess.com — play & train free →

Curated YouTube Playlist

The free internet has the best chess content ever made. These 7 videos are hand-picked for your archetype and ELO band. Watch them in order over the 30 days — they map cleanly to the daily plan above. Each link goes straight to the specific video on YouTube.



Chess Fundamentals #1: Undefended Pieces

John Bartholomew · ~28 min

The most-recommended fundamentals video online — seeing undefended pieces is the base skill everything builds on.

https://www.youtube.com/watch?v=Ao9i0eK_jvU



How To Calculate In Chess

GothamChess · ~25 min

How to calculate properly — candidate moves and the opponent's replies, the step amateurs skip.

<https://www.youtube.com/watch?v=9Ga9dP3bvN8>



Understanding Pawn Structure | Chess Middlegames

Hanging Pawns · ~30 min

Turn a position into a plan — how the pawn structure tells you what to do.

<https://www.youtube.com/watch?v=Ed7YLNLM8iY>



10 Most Important Chess Endgames (statistically)

Hanging Pawns · ~30 min

The handful of endgames that decide the most games, ranked by how often they occur.

<https://www.youtube.com/watch?v=4yx0bBZa3dY>



Learn the London System | 10-Minute Chess Openings

GothamChess · ~25 min

A full walkthrough of your recommended White opening — the plans, not just the moves.

https://www.youtube.com/watch?v=49H728S_VjM



Caro-Kann Defense (introduction, main variations & ideas) | Chess Openings

Hanging Pawns · ~30 min

Your solid answer to 1.e4 explained — structures and ideas, not memorisation.

<https://www.youtube.com/watch?v=Jiz7KLKjLas>

[👤 Put today's plan into practice on Chess.com — play & train free →](#)



Introduction to the Slav Defense

Hanging Pawns · ~28 min

Your solid answer to 1.d4 — develop the light bishop and hold the centre.

<https://www.youtube.com/watch?v=9RXEvHZmbZU>

Videos for the openings we picked for you

The playlist above is chosen for your archetype. These searches go straight to the openings your repertoire section recommends — a search rather than one fixed video, so the link still works next year.

King's Pawn Opening

https://www.youtube.com/results?search_query=King%27s+Pawn+Opening+explained+beginner+plan

Bishop's Opening

https://www.youtube.com/results?search_query=Bishop%27s+Opening+explained+beginner+plan

Sicilian Defense

https://www.youtube.com/results?search_query=Sicilian+Defense+explained+beginner+plan

 Put today's plan into practice on Chess.com — play & train free →

Recommended Chess.com Courses

Three courses, hand-picked for your archetype and ELO band. Each is a direct fix for one of your top leaks.

1. **Defensive Mastery**

Direct counter-training for your archetype: the course teaches you to spot opponent threats before reacting.

https://www.chess.com/lessons/defensive-mastery?ref_id=MYCHESSPLAN

2. **London System for Beginners**

Repertoire match. Walks through your recommended White opening with full plans.

https://www.chess.com/lessons/london-system-for-beginners?ref_id=MYCHESSPLAN

3. **Caro-Kann Defense for Black**

Solid Black response against 1.e4 — trains the patient style you need.

https://www.chess.com/lessons/caro-kann-for-beginners?ref_id=MYCHESSPLAN

Disclosure: When you upgrade Chess.com via these links, MyChessPlan may earn a small commission. The recommendations are independent of that arrangement.

Daily Routine + 30-Day Tracker

Print this page. Stick it next to your computer. Mark each day as you go.

Suggested daily routine (25 min/day)

1. **Warm-up (5 min):** 10 quick tactics puzzles to wake up pattern recognition.
2. **Study (10 min):** Today's task from the 30-day plan.
3. **One game (10 min):** Rapid (15+10), played with the day's rule in mind.
4. **Review (5 min):** Run Game Review on Chess.com. Note one thing you would do differently.

Tracker

1 T S G R	2 T S G R	3 T S G R	4 T S G R	5 T S G R	6 T S G R
7 T S G R	8 T S G R	9 T S G R	10 T S G R	11 T S G R	12 T S G R
13 T S G R	14 T S G R	15 T S G R	16 T S G R	17 T S G R	18 T S G R
19 T S G R	20 T S G R	21 T S G R	22 T S G R	23 T S G R	24 T S G R
25 T S G R	26 T S G R	27 T S G R	28 T S G R	29 T S G R	30 T S G R

When you finish day 30, run a fresh analysis at **MyChessPlan.com**. Compare your performance rating, archetype, and weak metrics to today's report. The numbers will tell the story honestly.



One-click re-analysis

Scan on Day 30. The form opens with your username pre-filled — just hit Analyze and compare.

<https://mychessplan.com/?u=AlexRook88&ref=pdf-day30>

Put today's plan into practice on Chess.com — play & train free →

PART 5

Model Games

Strong players winning from the exact structures you keep losing. Watch the plan, not the theory.

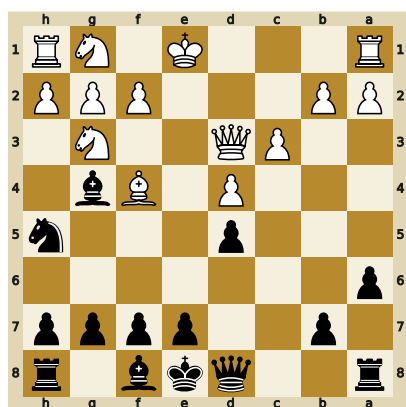
- One master game per problem opening of yours
- Board diagrams at the moments that decide the plan
- The single idea to copy into your own games

How Strong Players Handle This

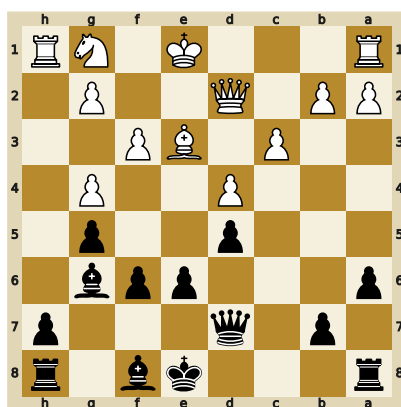
Your problem opening: **Queen's Pawn Opening** (you play black). Here is a strong player winning from the same structure.

Caruana,F (2766) vs Carlsen,M (2859) 0-1 · 2022 · ECO D00

Carlsen demonstrates how Black should actively challenge White's center and piece placement rather than passively accepting an inferior position in the Queen's Pawn Opening.



After 10. Nh5



After 17. Bg6

The opening: After d4 d5, Black plays ...Nf6 and ...c5 to immediately pressure White's center, forcing White to make commitments early.

The plan: Black consistently trades off White's good pieces (the knight on g3, the bishop on f4) while keeping tension in the center, then pushes ...e5 to gain space and activate the position.

1. d4 d5 2. Nc3 Nf6 3. Bf4 c5 4. e3 cxd4 5. exd4 a6 6. Bd3 Nc6 7. Nce2 Nb4 8. c3 Nxd3+ 9. Qxd3 Bg4 10. Ng3 Nh5 11. Be5 Nxe3 12. hxg3 Qd7 13. f3 Bf5 14. Qd2 f6 15. Bf4 g5 16. Be3 e6 17. g4 Bg6 18. Ne2 Bd6 19. Bf2 O-O-O 20. Bg3 e5 ...

Copy this idea: Don't let your opponent build up slowly—use moves like ...c5 and ...e5 to disrupt their setup and force them to react to your threats instead.

PART 6

Train On Your Own Mistakes

Your routine before the first move, then every position where the engine found something you missed.

- A two-minute pre-game routine and your stopping rule
- Twenty puzzles taken from your own games
- A full solution key, kept away from the diagrams

Before You Play

Two minutes of routine, and one rule about when to stop — both built from your own 100 games, not from general advice.

Your pre-game routine

1. **Play in the afternoon** — Schedule your games between 12–17 (local time) when your win rate jumps to 66.7%.
2. **Slow down before your first move** — Take 30 seconds to breathe and scan the board twice—your impatience costs you material in the opening.
3. **Set a piece-safety checkpoint** — Before each move, ask 'Is my piece hanging?' because rushed attacking leaves your own pieces undefended.

YOUR STOPPING RULE

Your data shows NO tilt effect—your win rate does not drop after losses. Stop when you feel physically tired or have played for your planned time window, not because of results.

What happens after you lose

SITUATION	GAMES	WIN RATE
Your baseline	55	49.1%
After 1 straight loss	23	43.5%
After 2 straight losses	12	50.0%
After 3 straight losses	10	60.0%

When you play: You play best in the afternoon (66.7% win rate over 27 games) and worst in early morning (41.8% over 55 games).

TIME OF DAY	GAMES	WIN RATE
early (05-11)	55	41.8%
afternoon (12-17)	27	66.7%
evening (18-22)	10	50.0%
late night (23-04) (small sample)	8	37.5%

Your impatience costs you more than frustration does, so anchor your play to afternoon hours and enforce a deliberate first move.

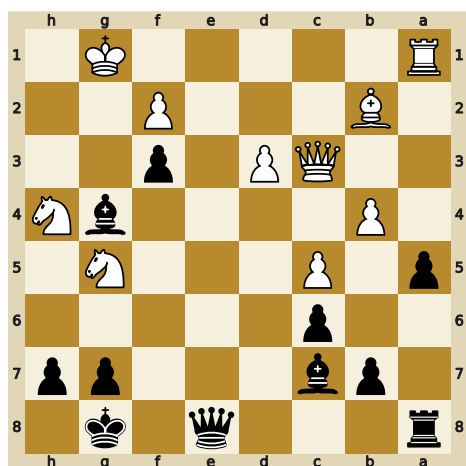
[Put today's plan into practice on Chess.com — play & train free →](#)

Your Puzzles

20 positions from your own games where the engine found something better than what you played. Solve them from the diagram — the answers are in the solution key at the back, not under the board.

The patterns you miss most: missed defense (10×) · hanging piece (7×) · mate pattern (1×)

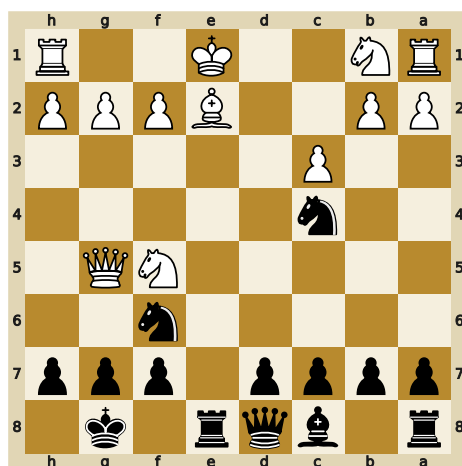
1



Black to move. vs Viktor_59 · Aug 15, 2026 · move 25

Hint: hanging piece

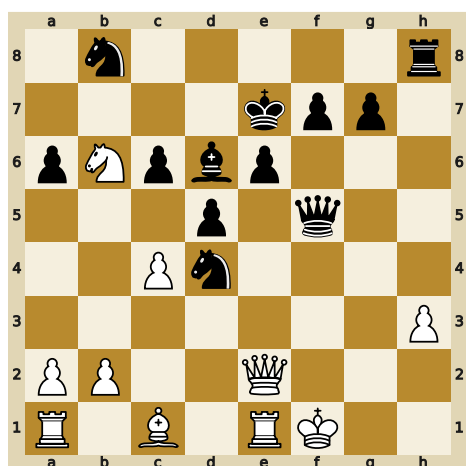
2



Black to move. vs Elienetje · Aug 14, 2026 · move 12

Hint: missed defense

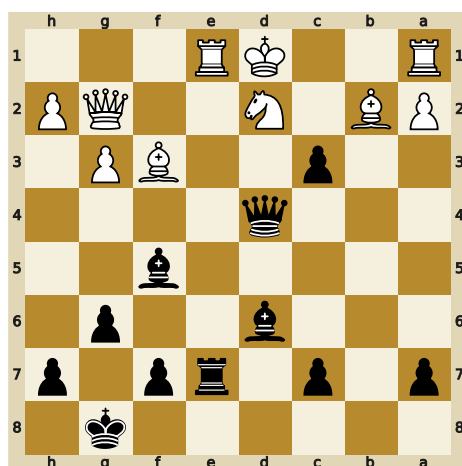
3



White to move. vs PEACE7777777 · Aug 12, 2026 · move 28

Hint: counting error

4

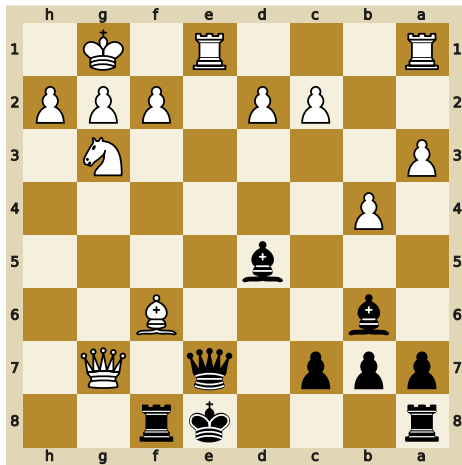


Black to move. vs playstarcrafterwithme · Aug 2, 2026 · move 30

Hint: missed defense

Put today's plan into practice on Chess.com — play & train free →

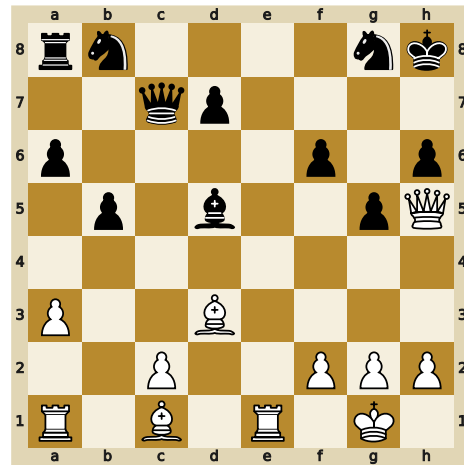
5



Black to move. vs yoyoo1joe · Jul 21, 2026 · move 19

Hint: hanging piece

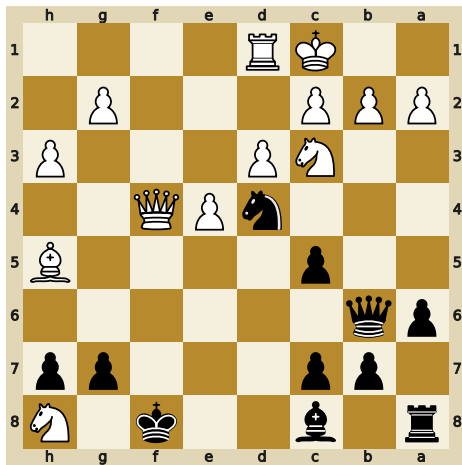
6



White to move. vs Viktor_59 · Jul 12, 2026 · move 18

Hint: missed defense

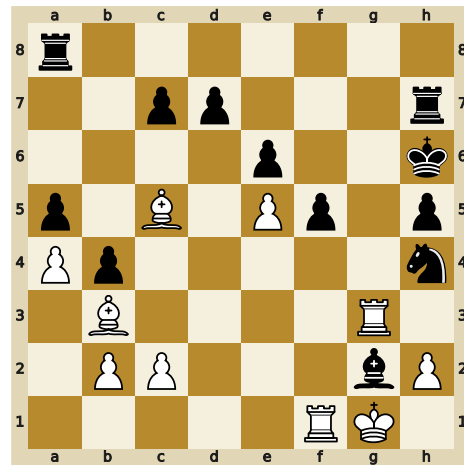
7



Black to move. vs kozawman · Jul 9, 2026 · move 17

Hint: hanging piece

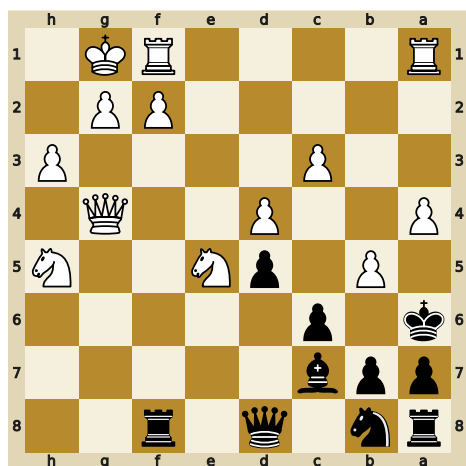
8



White to move. vs Viktor_59 · Jul 8, 2026 · move 29

Hint: mate pattern

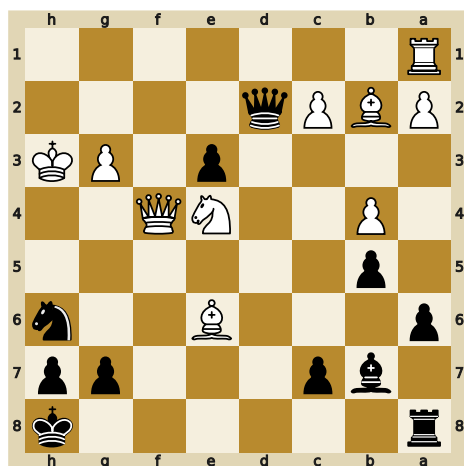
9



Black to move. vs plu666y · Jul 2, 2026 · move 32

Hint: missed defense

10

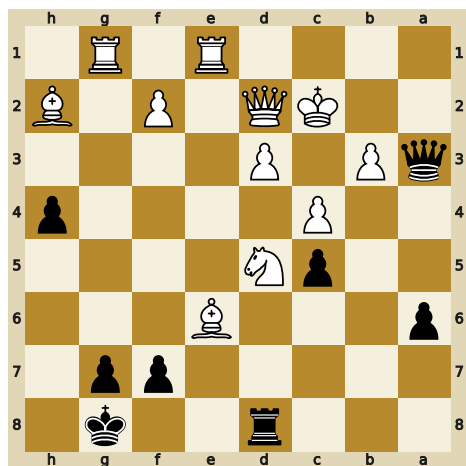


Black to move. vs samcoco5 · Jun 30, 2026 ·

move 27

Hint: hanging piece

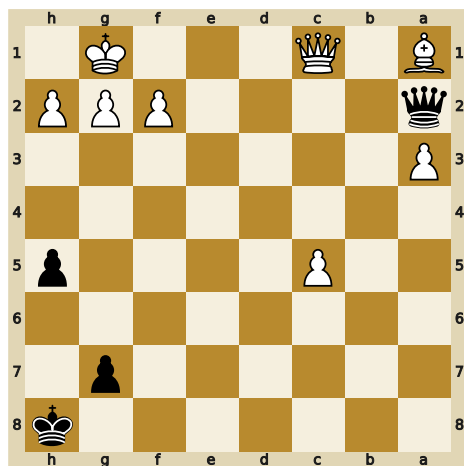
11



Black to move. vs Redeemedbygrace · Jun 28, 2026 · move 34

Hint: missed defense

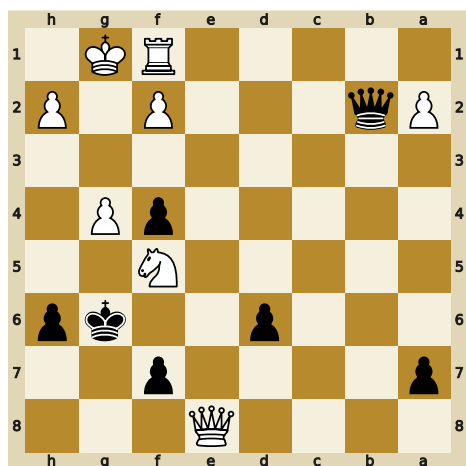
12



Black to move. vs Nac8man · Jun 25, 2026 · move 38

Hint: missed defense

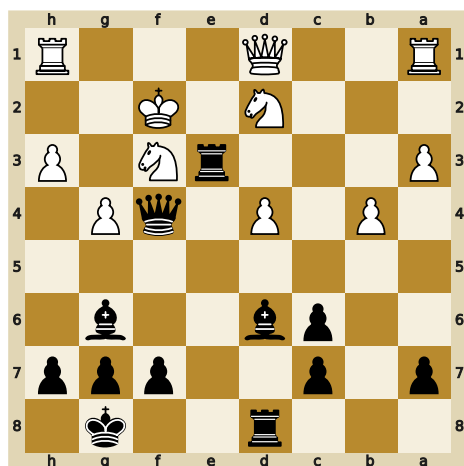
13



Black to move. vs ddoktord · Jun 20, 2026 · move 29

Hint: missed defense

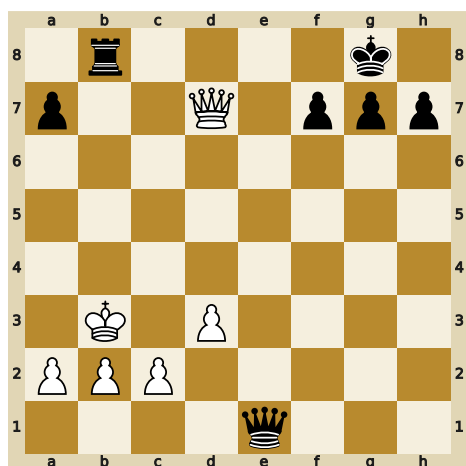
14



Black to move. vs Viktor_59 · Jun 19, 2026 · move 18

Hint: discovered attack

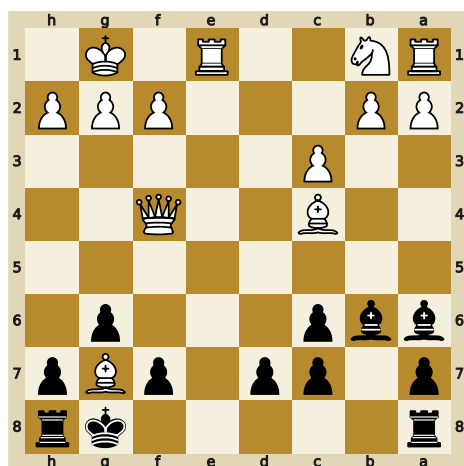
15



White to move. vs EBSakusha · Jun 9, 2026 · move 39

Hint: missed defense

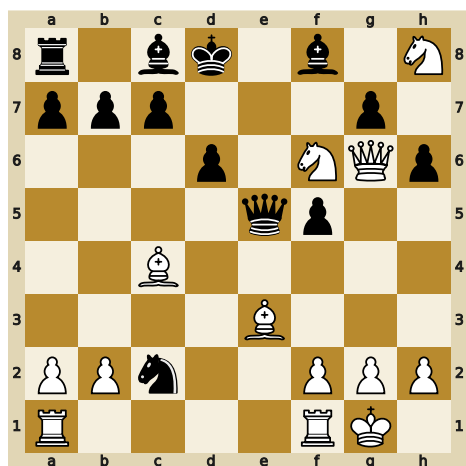
16



Black to move. vs sj0466 · May 29, 2026 · move 17

Hint: hanging piece

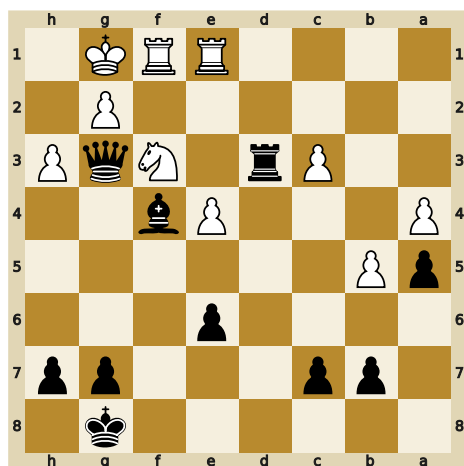
17



White to move. vs Hosssuperbeer · May 25, 2026 · move 20

Hint: missed defense

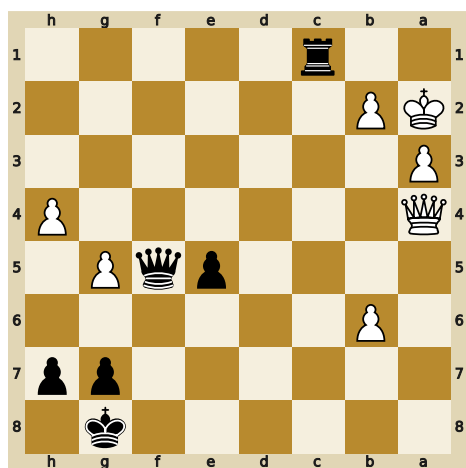
18



Black to move. vs GiaCoz87 · May 13, 2026 · move 29

Hint: hanging piece

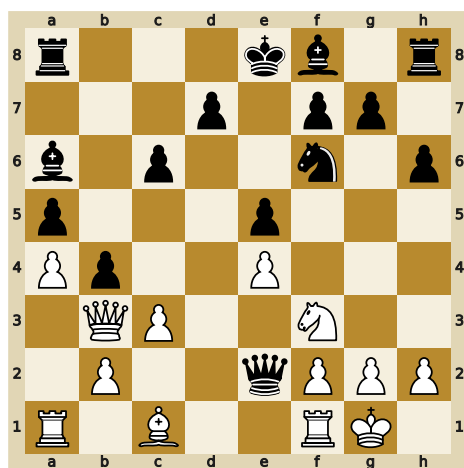
19



Black to move. vs Viktor_59 · May 10, 2026 · move 36

Hint: missed defense

20



White to move. vs AlekseyGer · May 10, 2026 · move 16

Hint: hanging piece

Solution Key

Check your answers here. The move you actually played in the game is shown next to the move you should have found.

1 **Be5**you played Qb8 HANGING PIECE

Be5 Qxe5 Qxe5 Bxe5 h6 Ngxf3

You played Qb8, but this allows your bishop on g4 to hang without compensation. By playing Be5 instead, you centralize the bishop and force White's queen to capture it, after which you recapture with Qxe5, maintaining material balance and improving your position.

2 **g6**you played Qe7 MISSED DEFENSE

g6 Ng3 d5 b3 Bg4 bxc4

You played Qe7, but this fails to defend against White's mating attack with the queen and knight. By playing g6 instead, you block White's queen's access to the back rank and prevent the devastating Nxh7 pattern, significantly improving your defensive chances.

3 **Bf4**you played Qf2 COUNTING ERROR

Bf4 Nxe2 Kxe2 Bxf4 h4 Qh5+

You played Qf2, but this allows Black's knight to remain active and causes you to lose material advantage. Playing Bf4 instead pins the knight and forces a favorable piece exchange, as after Nxe2 Kxe2 Bxf4, you maintain control of the position.

4 **c2+**you played cxb2 MISSED DEFENSE

c2+ Kc1 Rxe1+ Bd1 cxd1=Q#

You played cxb2, but you overlooked that you have a forcing checkmate sequence available. By playing c2+ instead, you force the king to c1, then Rxe1+ leads to cxd1=Q#, delivering immediate checkmate rather than winning material passively.

5 **O-O-O**you played Rf7 HANGING PIECE

O-O-O Qxe7 c6 Qxd8+ Bxd8 Bxd8

You played Rf7, but this hangs your queen to Qxe7. By castling queenside with O-O-O instead, you move your king to safety and keep all pieces defended, allowing you to maintain material and a playable position.

6 **Re8**you played Qg6 MISSED DEFENSE

Re8 Qxh2+ Kxh2 Kg7 Qg6+ Kh8

You played Qg6, but this misses a winning back-rank tactic. Playing Re8 instead threatens checkmate and forces Black's queen to move or be captured, after which you consolidate with a commanding position and eventual victory.

7 **Qf6**you played Ke7 HANGING PIECE

Qf6 Qxf6+ gxf6 Nd5 Rb8 Nxc7

You played Ke7, but this leaves your queen on b6 hanging to Qxb6. By playing Qf6 instead, you keep your queen safe while maintaining pressure, and after Qxf6+ gxf6, you have a more reasonable endgame.

8 Be3+you played Rf4 (MATE PATTERN)

Be3+ f4 Bxf4#

You played Rf4, but you missed a forced mate in two moves. Playing Be3+ instead forces f4, and then Bxf4# is checkmate, as the bishop controls all escape squares around the trapped king on h6.

9 Ka5you played Kb6 (MISSED DEFENSE)

Ka5 Rfb1 Bxe5 dxe5 c5 Nf6

You played Kb6, but this allows White to continue attacking your exposed king. Playing Ka5 instead keeps your king safer and avoids immediate tactical blows, giving you better defensive resources.

10 Bxe4you played Qxc2 (HANGING PIECE)

Bxe4 Qxe4 Re8 Qe5 Re7 Rf1

You played Qxc2, but you overlooked that your bishop on c7 is now hanging to Bxc7. Playing Bxe4 instead removes White's strong bishop and maintains your material, as after Qxe4, you have fewer weaknesses.

11 Qa2+you played fxe6 (MISSED DEFENSE)

Qa2+ Kd1 Qxd2+ Kxd2 fxe6 Nf6+

You played fxe6, but this allows White to consolidate control. Playing Qa2+ instead forces the king to move, and after Kd1 Qxd2+, you win the queen while maintaining your pawn structure, vastly improving your chances.

12 Kh7you played h4 (MISSED DEFENSE)

Kh7 c6 Qe6 c7 Qc8 h4

You played h4, but this weakens your kingside unnecessarily. Playing Kh7 instead improves your king's safety and prepares to defend against White's advancing c-pawn, giving you better practical drawing chances.

13 Qe5you played Qxa2 (MISSED DEFENSE)

Qe5 Qg8+ Kf6 Qg7+ Ke6 Qf8

You played Qxa2, but you missed a forcing perpetual check sequence. Playing Qe5 instead puts pressure on White's king immediately, and after Qg8+ Kf6 Qg7+ Ke6, you have unstoppable checks preventing White from consolidating.

14 Qg3+you played Rde8 (DISCOVERED ATTACK)

Qg3+ Kxe3 Bf4+ Ke2 Qg2+ Ke1

You played Rde8, but this gives up a powerful forcing move. Playing Qg3+ instead forces the king into a mating net, as after Kxe3 Bf4+ Ke2 Qg2+, White's king is hunted with unstoppable attacks.

15 Kc4you played Ka3 (MISSED DEFENSE)

Kc4 Qb4+ Kd5 Rb5+ Qxb5 Qxb5+

You played Ka3, but this loses to Black's checks and tactics. Playing Kc4 instead centralizes your king and prepares to defend, and although Black has Qb4+, you maintain better defensive resources than after Ka3.

16 Bxc4you played Kxg7 (HANGING PIECE)

Bxc4 Bh6 Bc5 Qxc4 Bf8 Qh4

You played Kxg7, but this allows White to continue attacking with a material advantage. Playing Bxc4 instead removes White's dangerous bishop and maintains a solid defensive structure, avoiding immediate tactical collapse.

17 Nf7+you played Rad1 MISSED DEFENSE

Nf7+ Ke7 Ng8+ Kd7 Nxe5+ dxe5

You played Rad1, but you overlooked a forcing knight move that wins material. Playing Nf7+ instead forces the king to move, and after Ke7 Ng8+ Kd7 Nxe5+, you win Black's queen with a devastating fork.

18 Rxf3you played Re3 HANGING PIECE

Rxf3 Rxf3 Qxe1+ Rf1 Be3+ Kh2

You played Re3, but this allows White to escape. Playing Rxf3 instead removes White's key defender, and after Rxf3 Qxe1+, you win White's rook with a discovered check, securing a winning advantage.

19 Qb1+you played Qe6+ MISSED DEFENSE

Qb1+ Kb3 Qc2+ Kb4 Qc5+ Kb3

You played Qe6+, but this is not forcing enough to stop White's passed pawns. Playing Qb1+ instead forces White's king to move repeatedly, keeping White occupied with checks while preventing promotion, giving you practical survival chances.

20 Re1you played Nxe5 HANGING PIECE

Re1 Bc4 Rxe2 Bxb3 Nxe5 Be7

You played Nxe5, but this loses to Bxe5, leaving your position in ruins. Playing Re1 instead pins Black's queen and forces it to move or be captured, allowing you to maintain control and eventually win material cleanly.

Final note

This plan is a hypothesis grounded in data, not a guarantee. Real progress comes from consistency: 25 minutes a day, every day, beats a Saturday marathon. If you find yourself bored, that's a signal you are still in the deliberate-practice zone — keep going. If you find yourself frustrated, take a day off and come back fresh.

The single highest-leverage habit is the daily review of one of your own games. Engine-assisted, honest, no excuses. Most amateurs skip this. The ones who don't, climb.

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