

Every alternative solution I propose assumes the state of the cube after the previous step.

U B2 L F2 L2 F R' U D2 R F2 L2 F2 R2 B2 D2 R D2 F2 L

Solve 1

Cross

Why not blue?

Pair 1

Instead of rotating to insert the pair when it is built.

After U' L' U L U, you should do S' L S.

Then first pair is in the back left and you don't have to rotate.

Pair 2

For back slots you preferably want to insert a pair with R' U2 R, if it doesn't add any quarter turns.

Pair 3

You really should have rotated the other way, to stay in the righty flow. You see, when you stay in that flow you keep a stable and consistent grip on the cube.

Pair 4

Looked at the back

A great solution for this pair is actually this:

U' F U' R U' R' U2 F'

Your solution is also good, but this avoids the L moves.

Other than this good solution you should have done a sledgehammer anyways. A sledge can be done regripleless.

OLL

I didn't like your OLL choice. I prefer either of these two algs:

R U R' U' M2 U R U' R' U' M'

S' R U R' S U' M' U R U' r'

D R2 D B2 F2 U L2 U2 R2 B2 F2 U' B D'L D' F' U2 B U B

Solve 2

Cross

Good starting grip, good solution.

Pair 1

In general I prefer it you solve 2gen pairs LU or RU, since your grip is a lot more stable that way. Switching hands can be a lot more slow than you might think.

Pair 2. Kind of a similar situation here. I prefer it too, in general you rotate first and then solve the pair. You see how the regrip for R' U R combined with the following rotation is awkward?

Pair 3

Similar to the first solve, you shifted from L to R turns here. Not a really big deal, but this is something to start to focus on in the future.

Pair 4 the lefty sledge can be done regripless using a pinch F move.

PLL

Don't look at the back.

I couldn't really see it, but you should do double flicks with pinky then ring.

U F2 L2 U B2 F2 R2 U L2 U2 L2 F L U F2 R' F D R B'

Solve 3

Cross

Good cross again, but a slight optimisation I think would be:

y' r' U D R' B' R' D'

To get rid of the F move at the start.

Pair 3

Following the 'rule of flow' I described earlier you could stay doing lefty pairs here, the only issue is that BL as last slot is can be a little bit awkward.

This regrip here is actually good, you significantly speed up the solution this way.

OLL

I didn't know doing the OLL from this angle was actually good, but starting the alg with a lefty regrip is not good. If you do this alg regripless I approve of this.

PLL

Looked at the back

B' D2 B' L2 B' D2 F U2 R2 B2 D2 LR F' R2 F2 D' L2 B U' R2

Solve 4

This was a near perfect solve, I really like you positioning the cross edge to be in a favourable position. I'll do another solve instead.

R F D B2 L U2 R F2 L2 U2 L2 F' D2 R2 F U2 R2 F2 U' R'

Solve 5

Red was really good

The problem with your cross solution was that you constantly need to do a push D' move. It would be better if you don't have so many reloads for your finger. So instead do this:
z' D U R' D F2 R2 D'

Pair 1

Last F move is better with the regripless pinch move.

Pair 4

I don't really like the instinctual rotation

No sledge

PLL

Looked at the back.

B2 R B2 U2 L2 R2 D R2 D' B2 R U F2 L' B U F
Solve 6

Cross

Very similar cross to the previous solve, so same criticism:
x' U R' D R' F2 R L

Pair 2

You found the pair on the left and then inserted it on the right, here that is totally good, because you are saving moves.

Pair 4

'Rule of flow'

OLL

Looked at the back

Strengths

F2L solutions

Cross solutions

Weaknesses

Turning confidence

Regripless F

PLL recognition

Back inserts

Cross+1

Last layer algs

Conclusion

1: regripless F move

Practise drill:

Hand scramble your cube using the finger tricks as much as possible, then we combine this drill with another one of your weaknesses. After the handscramble, you can solve F2L with correct back inserts, or practising cross+1 blindfolded.

Do this for 5-10 minutes before each of your practise sessions.

2: Cross+1

Do untimed solves with scrambles. After having found your cross solution, look at which pieces might end up in the top layer or won't move much at all, these are typically the pieces you want for your first pair. Track an edge that ends up in the top layer. And actually track it, so with every move of your cross solution ask yourself if the piece you are tracking moves. Example: Does the move R' effect this edge? Yes or No? You execute your cross and check if you've planned correctly, if you have, continue. If you haven't, check the mistake. Do this until your success rate is 80%. Doing this for just one edge should be fairly easy. If you are good enough you can progress to the next level. Which is tracking the orientation of the edge. Also repeat this until your success rate is 80%.

1. Location of the edge
2. Orientation of the edge
3. Location of the corner
4. Orientation of the corner

The goal is to establish good intuition of how pieces move, so it is really important to have a high accuracy.

Do this for 10 minutes before each practise session

3: Back inserts

This is going to be a difficult one to change, since it is so ingrained in your muscle memory already to do normal inserts.

You should do normal inserts with the build free pair in these occasions:

setup: $R' U' R$

setup: $R' U' R U$

You should do a $U2$ insert for:

setup: $R' U2 R$

setup: $R' U2 R U'$

And then solve them like the inverse of the setup.

I think you can figure out the solutions for the back left slot.

This way the finger tricks are nicer which will make your grip of the cube more stable

Sometimes it is definitely good to regrip for back slots, because then you avoid slightly awkward fingertricks and you can alternate the use of your hands for U moves.

Like in this case:

Setup:

R' U' R U R' U2 R U R' U' R

Practise drill:

Do untimed solve where you only solve pairs in the back and do them all regripless. Then you will find the cases that you are doing with a regrip. When you want to do a regrip ask yourself if it is better with or without. Time the cases if necessary. Then pick a solution. You seem to know what is good very often.

4: Turning confidence

I think you purposefully turn slow to look ahead, but the solutions are just not in your muscle memory very well, so I think this practise drill will help. I also think you can try to push your TPS more during timed solves, just pushing the boundary.

Practise drill:

Hand scramble your cube and solve the cross. The goal is not necessarily a quick solve. Find your first pair and do the solution with your eyes closed. Do this as fast as possible. If you can't do it or not quickly, do the solution a few more times. The solution comes best in your muscle memory when you understand why you are doing the moves, how the pieces move and by recognizing triggers such as the sexy move and sledgehammer. Keep this in mind if you run into a case you're having trouble with or if you're learning new F2L cases. Do this for all pairs for the entire F2L and then repeat the process. Do this drill for 5 minutes before each practice session.

5: PLL recognition

You want to be able to recognise any PLL from any angle from only two sides.

Practice drill:

Practise PLLs case by case with the trainer on <https://jperm.net/algs/pll>

You can select 1 or more cases to practise and when practising only look at the front and right side of the cube. Do this for All PLL's and consciously start doing this in your practice solves too this is typically a stubborn habit.

Do this practise drill for 10 minutes before your practise sessions.

6: Last layer algs

I noticed the Dot OLL and the Na perm were suboptimal algs, so if you want to see some easy improvement, remove the bad algorithms you still use and replace them with better ones, www.speedcubedb.com is the best resource.

The points in the conclusion are a lot of things to improve upon, so I suggest you pick 1 or 2 to work on at a time and then switch to the other points after like 5-10 practise sessions.

Doing what is in the conclusion will get you the best results, but I suggest you improve/change all the things I pointed out in my notes as well. If you really want to improve then also incorporate the tips in my notes in your practise sessions.