

# Clean Run Exercise of the Month

## April Foolin'

Don't play a joke on your dog! Every time you are late signaling a turn, you are telling your dog you were just kidding about the obstacle that was straight ahead. It is a call-off that makes your dog think you don't know where you are going and that he can't trust you.

This simple drill forces you to work on your timing for turns, wraps in particular. It is obvious when you are late or your dog isn't reading your cue because the dog will jump long.

Set the jumps at approximately 15ft. or what is normal for the venue in which you compete. You can adjust the distances to suit your dog and the skill you are working on. Wider spacing will encourage extension and speed, and make turning a more difficult skill.

If you are too early or give too strong of a signal or your dog doesn't understand to commit to the jumps, he will pull off. A quiet early signal is better than a late screaming signal. Try decelerating a bit sooner. Don't break the plane of the jump you want your dog to turn at, give a quiet name before he jumps, but stay physically committed to the jump so you can help redirect him if he tries to pull off. This way you can teach him what you want.

If you decelerate, call your dog, and turn, your dog will usually pull off because it's like you are trying to put out

a fire rather than communicate. If you want to turn earlier, you need to be able to get into position ahead of the dog to signal the jump and be turned at the same time so he can see your position. This works well for handlers who like to run with their dogs and can stay ahead or the dog needs you to keep moving for motivation.

Try both ways to see which works for you. Make sure no matter which style you use, that you drive out of the turns so your dog knows where he is going next and can dig into the turn and drive towards the next obstacle.

If you have a dog that lacks some motivation, do more straight-line work, with only one turn in the drill. Do the turn where you know you will be able to give a good signal so that he learns to trust you and keeps his drive.

If you have a speedster who loves lines and isn't as big on turning, do more turns and fewer lines.

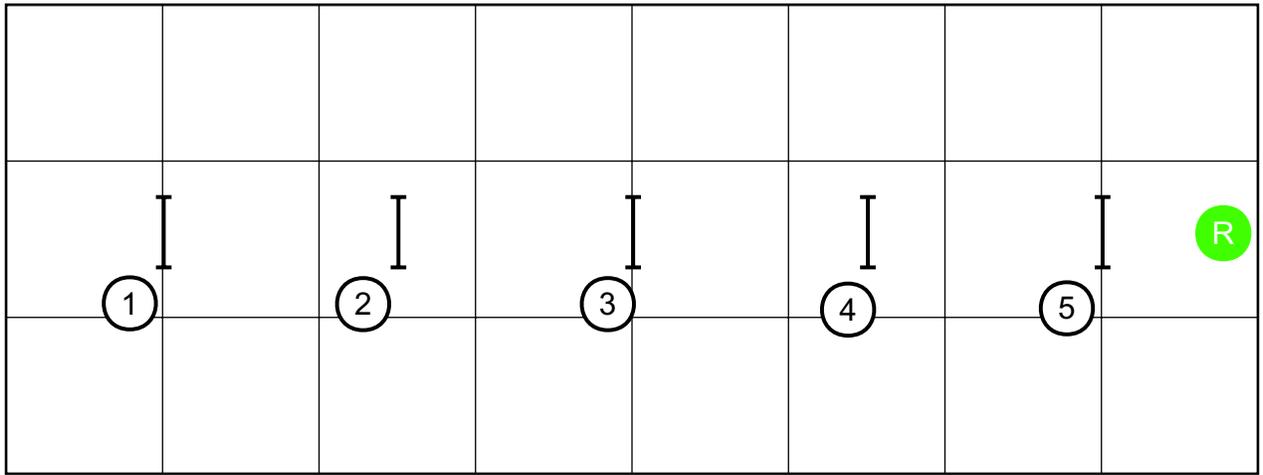
If your dog turns quite tight and keeps up his speed, you know you are doing a good job.

Keep varying the patterns. Never play tricks on your dog, but that doesn't mean you can't keep them guessing! Make it fun! Be careful not to do too much of this drill, as it is fairly demanding. In each training session, only try three patterns at the most, and only one or two repetitions per pattern.

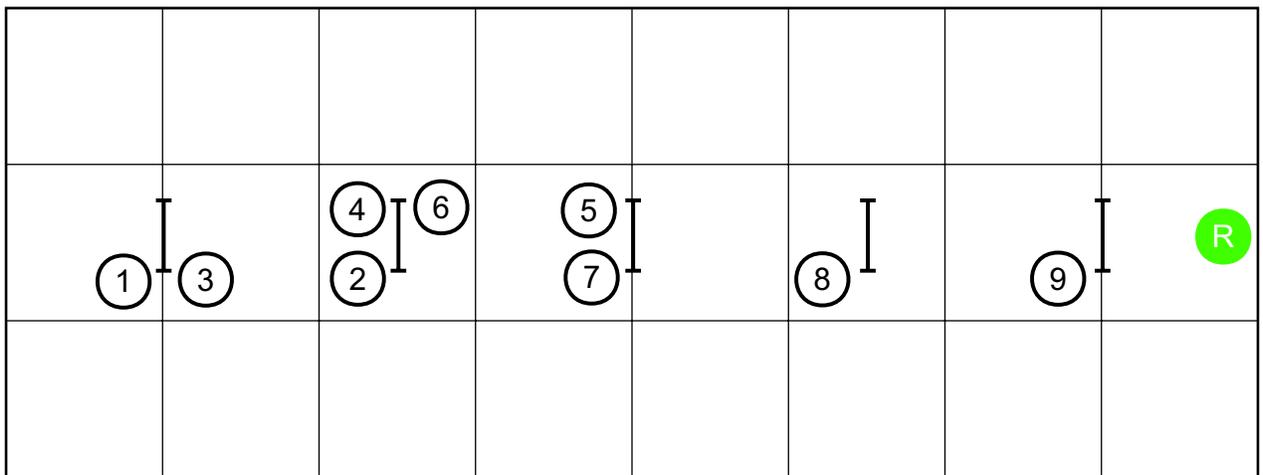
By Kathy Keats, [www.theagilitycoach.ca](http://www.theagilitycoach.ca)

|    |    |   |    |   |    |   |    |   |    |   |    |   |    |    |
|----|----|---|----|---|----|---|----|---|----|---|----|---|----|----|
|    | 10 |   | 20 |   | 30 |   | 40 |   | 50 |   | 60 |   | 70 |    |
| 10 |    | I |    | I |    | I |    | I |    | I |    | I |    | 10 |
| 20 |    |   |    |   |    |   |    |   |    |   |    |   |    | 20 |
|    | 10 |   | 20 |   | 30 |   | 40 |   | 50 |   | 60 |   | 70 |    |

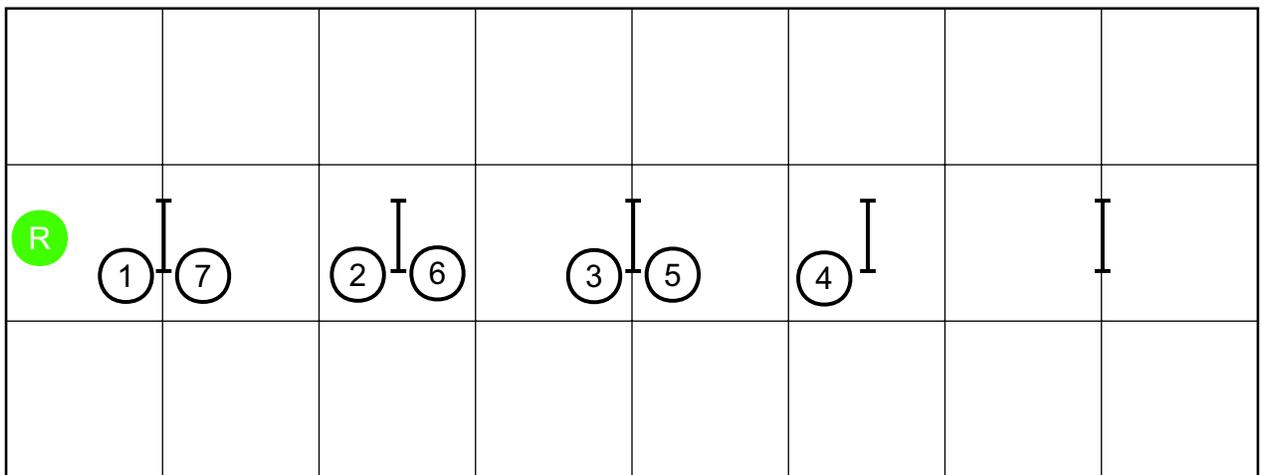
The Setup



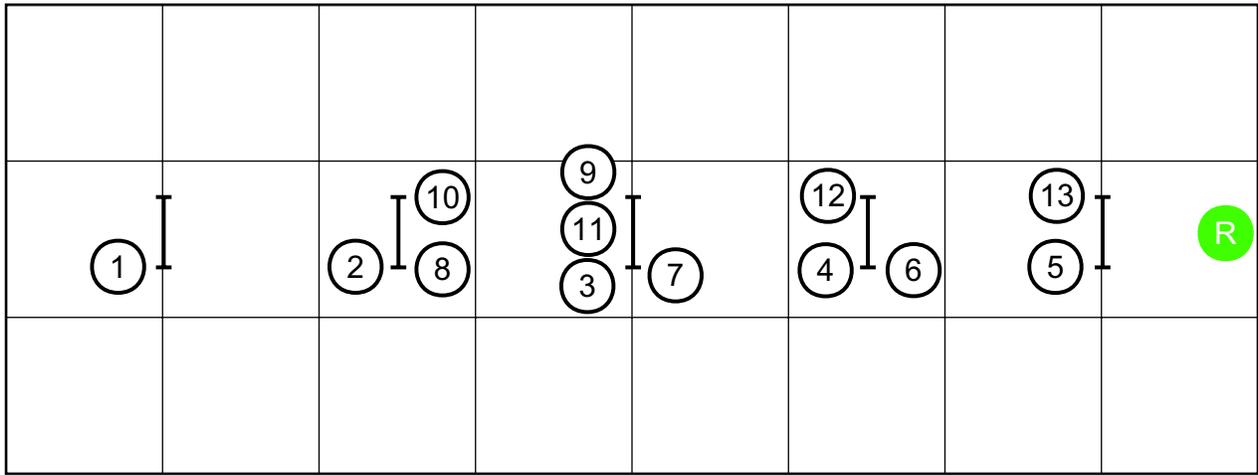
Exercise 1



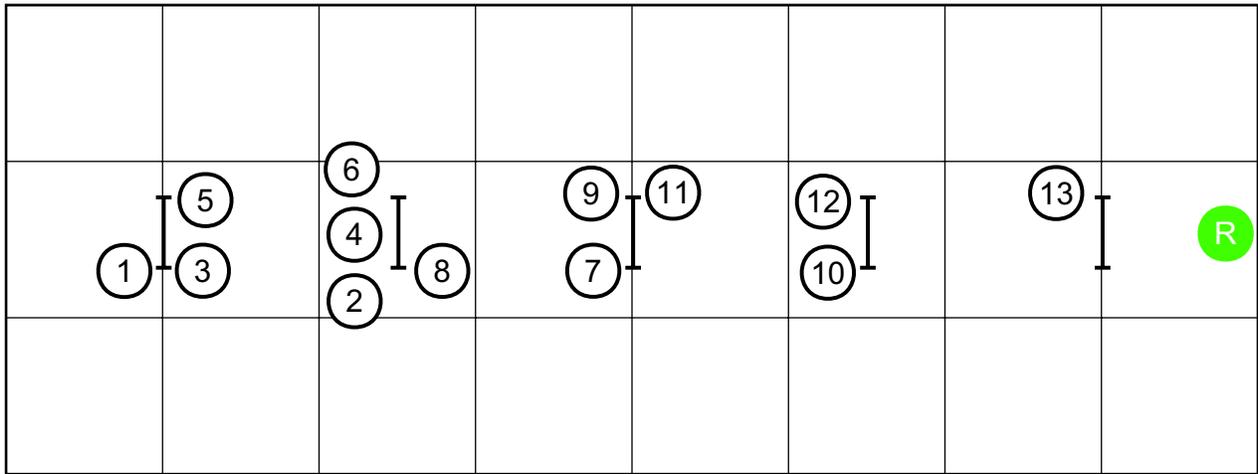
Exercise 2



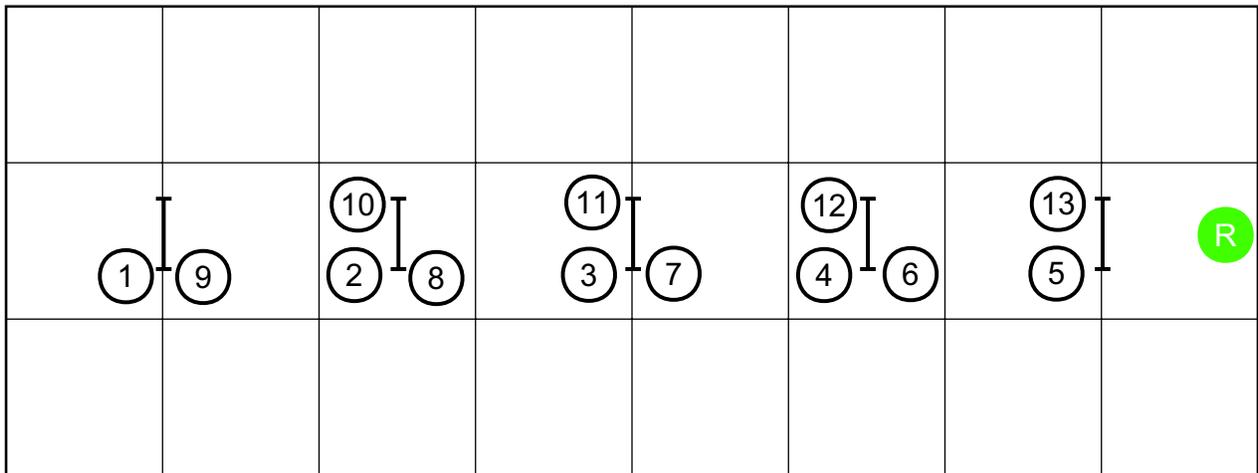
Exercise 3



Exercise 5



Exercise 4



Exercise 6

|   |        |             |            |       |  |  |  |
|---|--------|-------------|------------|-------|--|--|--|
|   |        |             |            |       |  |  |  |
| R | 1   11 | 2   8<br>10 | 3   7<br>9 | 4   6 |  |  |  |
|   |        |             |            |       |  |  |  |

**Exercise 7**