

There are no gifts in these sequences! Tricky weave entries, trappy lines, and unusual patterns will keep you on your toes. These exercises are a test of how well your dog matches your path and can stay with you in tight situations.

If your dog has a tendency to blast away from you or choose obstacles arbitrarily without your signal, these drills will help make him pay attention. Try handling quietly so that he stays calmer and has to be more aware of your body language. If you do need to talk to your dog, keep your voice quiet and confident. Avoid a high-pitched tone. Make sure that your signals are not late and your dog has enough time to respond to them. If your signals are appropriately timed, but your dog isn't responding, you may need to do some remedial ground work with your dog working beside you on the flat.

For dogs that need more motivation, do smaller pieces and reward often for turns by throwing your reward in

the direction of the turn. Use lots of enthusiasm in your voice, but if the dog is just walking through the sequence, don't cheerlead. Break it off and get your dog working with some enthusiasm before trying again. Make sure to mix in a lot of straight lines to balance out the technical challenges and only work for a few minutes at a time on difficult sections.

If you don't have all of the equipment shown or want additional challenges, there are several more interesting exercises based on the jumps and two tunnels inside of the dashed lines at www.theagilitycoach.ca under Free Downloads.

Merry Christmas!

The Agility Coach

Your guide to success.

NEWLY RELEASED! MASTER BLASTER: LEVEL 2! World class challenges and progressions that will take you to a new level!

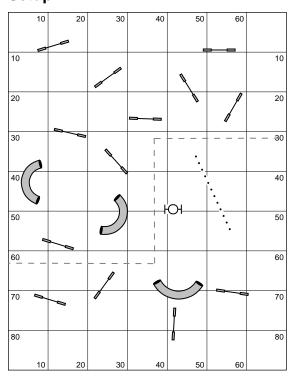
Go to www.TheAgilityCoach.ca for FREE additional sequences of this Exercise of the Month

The Agility Coach provides in-depth skill development programs for all levels of agility competitors, whether it is foundation skills for beginners or mental preparation and peaking for world-class competitors. The programs are progressive and goal-oriented, the training plan an elite coach would lay out for an athlete striving to be the best she can be.

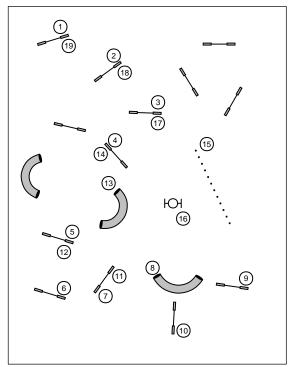
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has worked with elite athletes and coaches from around the world. She has coached at the university, national, and international level. She was one of the first people to introduce the sport sciences to dog agility and enjoys working with new handlers and dogs as well as seasoned competitors.

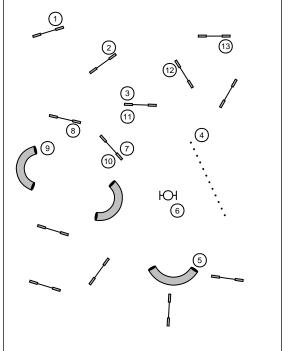
kathy@theagilitycoach.ca

Setup

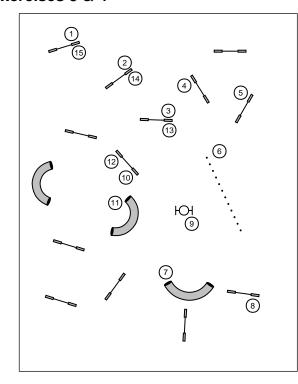


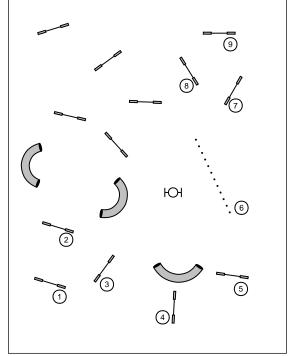
Exercises 1 & 2



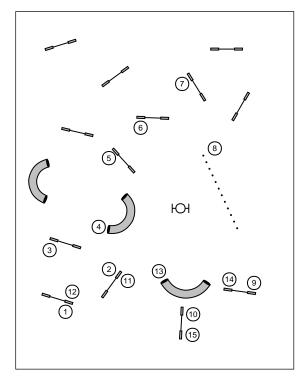


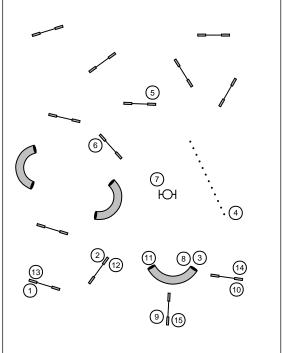
Exercises 3 & 4



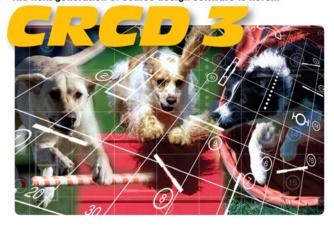


Exercises 5 & 6





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