

# Which Way to Handle?

By Kathy Keats, The Agility Coach

In honor of the magical month of October, I have decided to create a set of mysteries for you. These sequences present multiple mysteries for handling options for each sequence. The sequence in Figure 1 is a great example. Can you cast a spell on the judge no matter how you handle it?

How many ways can you find to handle the sequence from #3 to #9 in Figure 1?

List them below:

- 1.
- 2.
- 3.

Others:

You can check out the answers at [www.theagilitycoach.ca](http://www.theagilitycoach.ca) under Free Downloads for the October Exercise of the Month.

Try to handle the pattern each of those ways listed, plus any that you thought of. Which ways did you prefer? List your first and second choice below.

Which was your weakest way of handling? List it below. Is this something you need to work on?

Although some of those choices may not be your first choice, you may be forced to use that skill in a different sequence, so it is good to be able to handle the same sequence multiple ways. This helps develop your skills and may point out weak areas, since we tend to only practice what we do well.

You can find more sequences for this setup at [www.theagilitycoach.ca](http://www.theagilitycoach.ca) under Free Downloads..

Enjoy! The Agility Coach

# The Agility Coach

Your guide to success.

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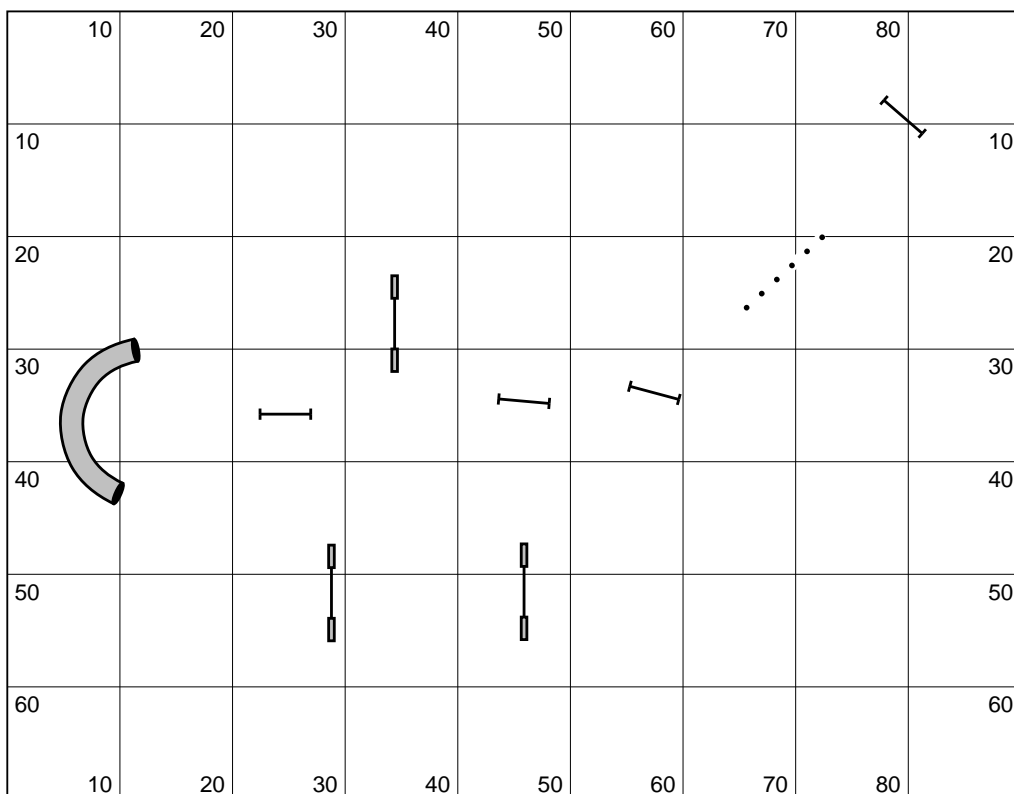
Go to [www.TheAgilityCoach.ca](http://www.TheAgilityCoach.ca) for **FREE** additional sequences of this Exercise of the Month

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.

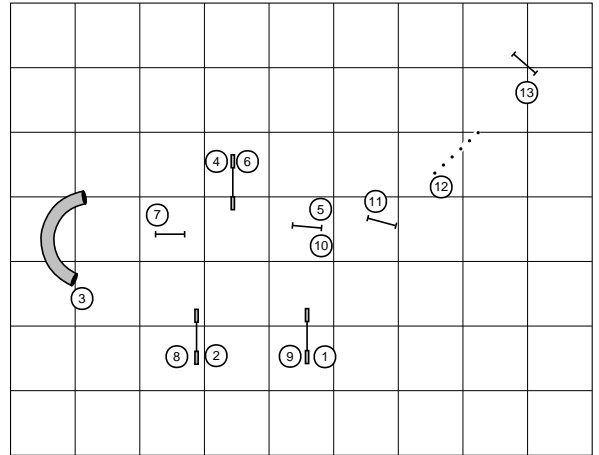
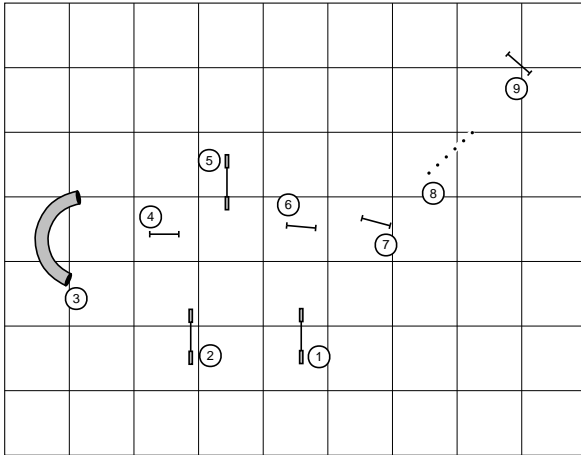
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has 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.

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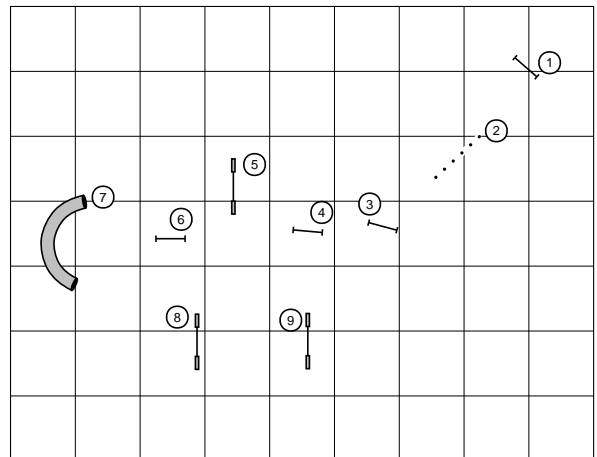
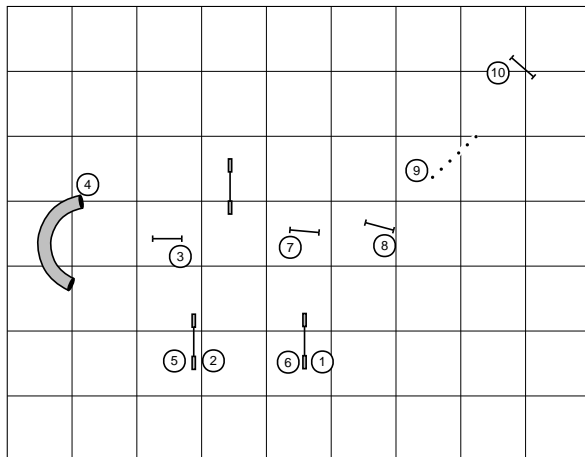
## Setup



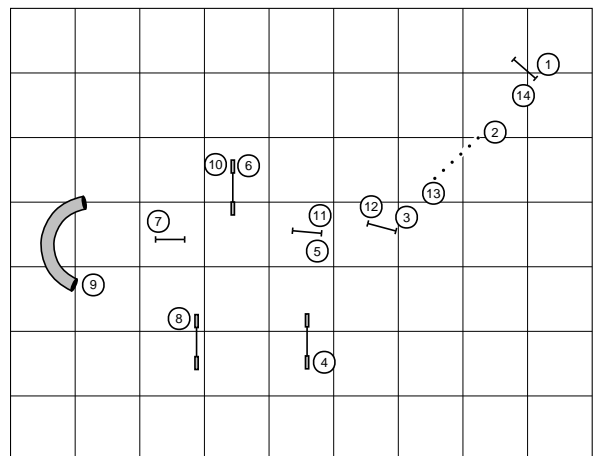
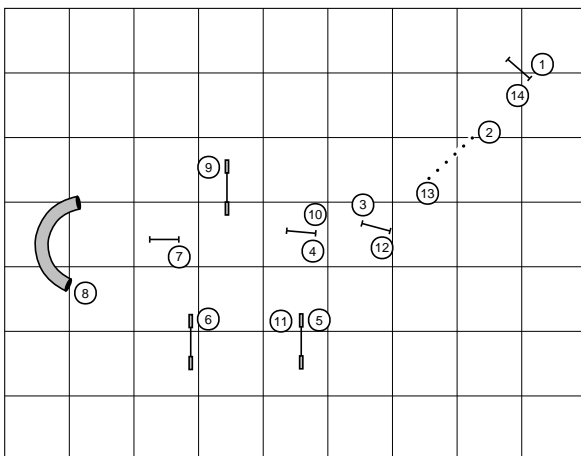
## Exercises 1 & 2



## Exercises 3 & 4



## Exercises 5 & 6



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