Summer Cocktails

By Kathy Keats

You'll need a nice cold beverage after these exercises. Blend up some rear crosses, some threadles, some wide open spaces and sprinkle a few layers in between and you'll need a concoction of skills to get through unscathed!

Look at each drill and first determine how you can handle using primarily front crosses, then analyze it again to use rear crosses. Do some of these exercises run smoother with front crosses or rear crosses?

There are several spots where you could turn right or turn left around a jump, and other places where you need to decide whether to layer. Which options are faster over the length of the sequence?

If you have the equipment available, try these drills with winged jumps or replace a jump with a tire or double jump. How does it affect your handling or your dog's path?

The Agility Coach

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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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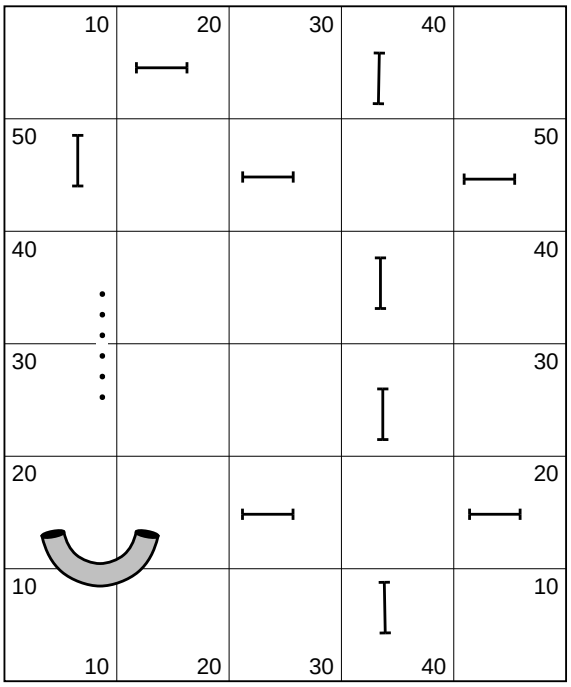
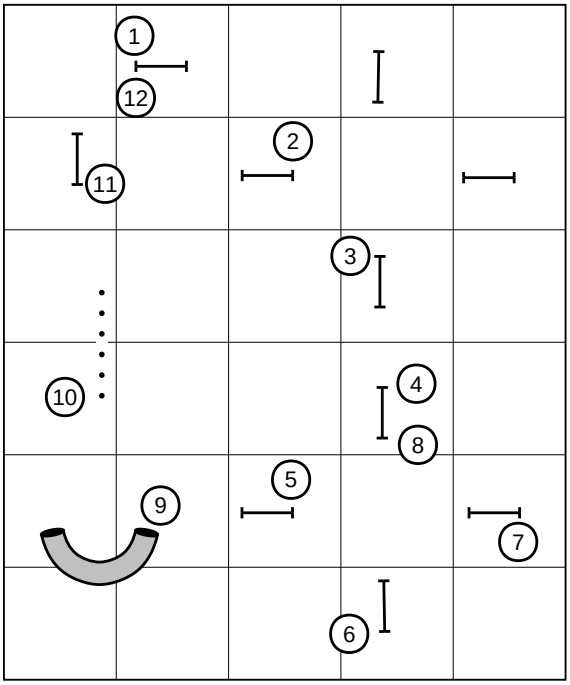
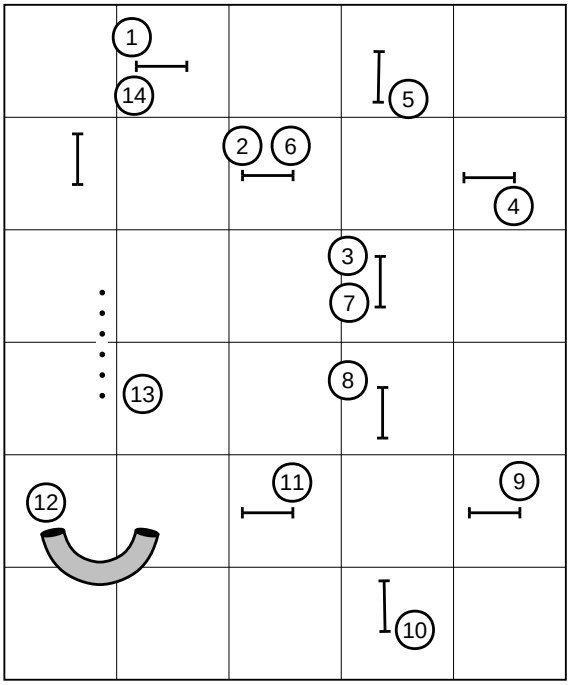
Setup

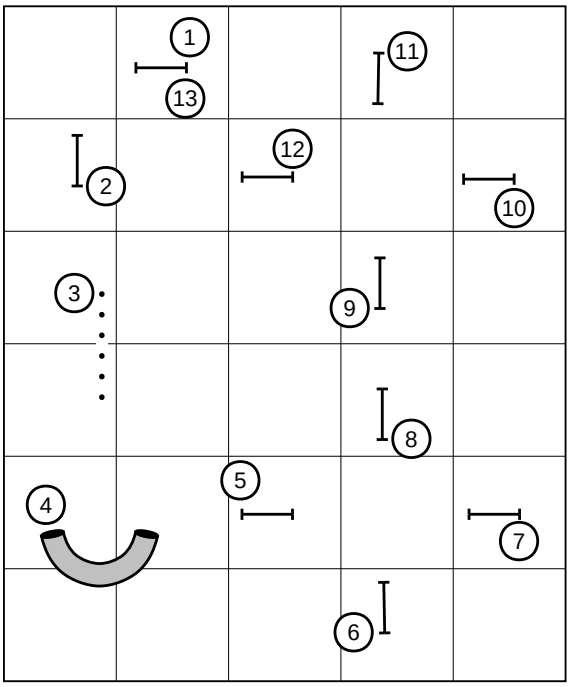


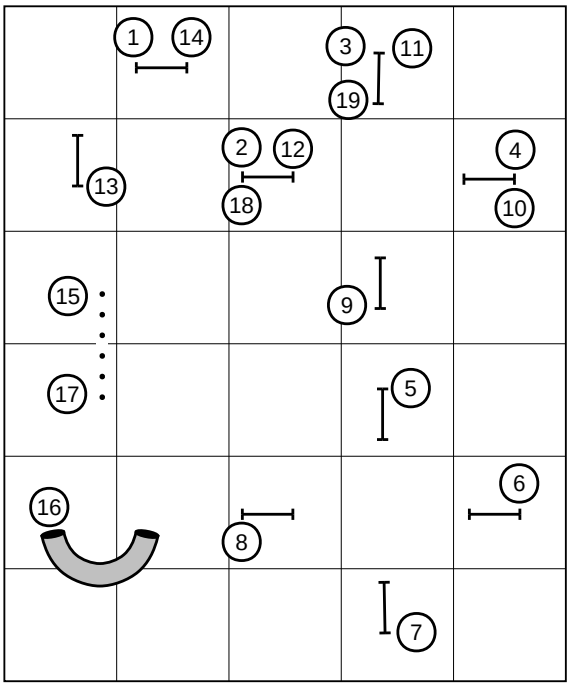
Exercises 1 & 2



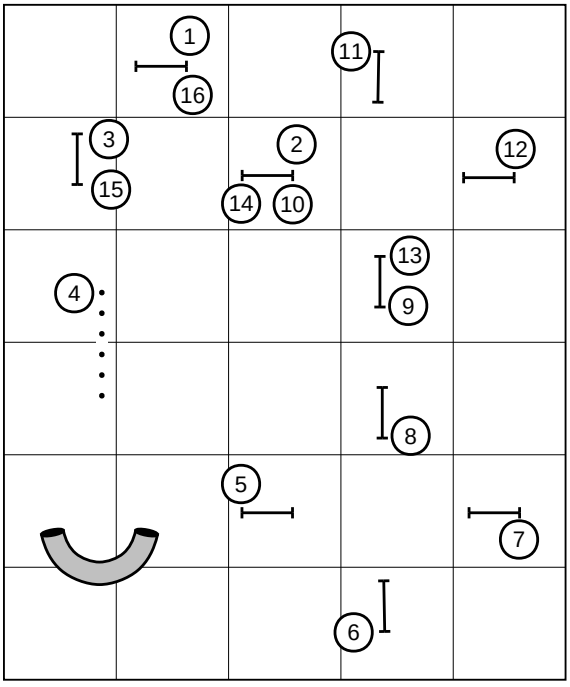


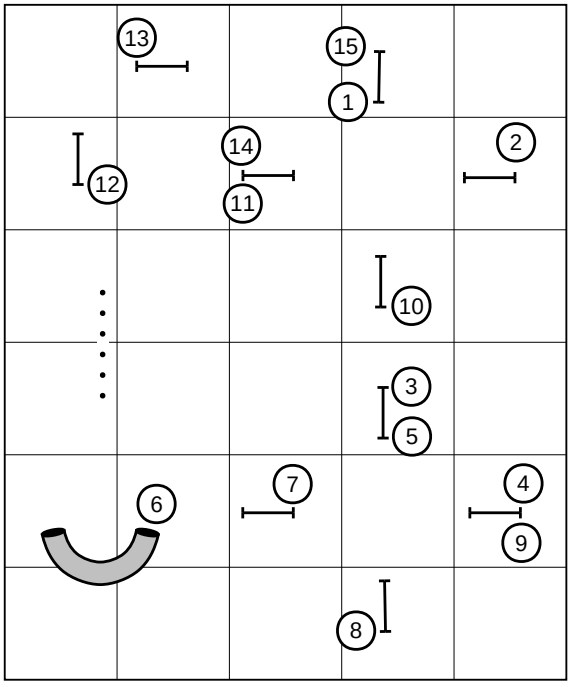
Exercises 3 & 4





Exercises 5 & 6





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