

# What's My Line

By Kathy Keats, The Agility Coach

Look for the smoothest path rather than the straightest path. These sequences focus on finding the best line for your dog and the best way to turn around a jump. If you want to add to the challenge, either compress the exercise to work on tighter turns or expand it to add speed.

For example, in Figure 4 you have the option of going left or right at jump #4. This will depend on your dog and where jump #6 is set. A matter of a few inches can really change the line and your decision to go right or left.

Find more ideas and explanation 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.

Check out The Agility Coach Notebooks weekly for new sets and challenges!

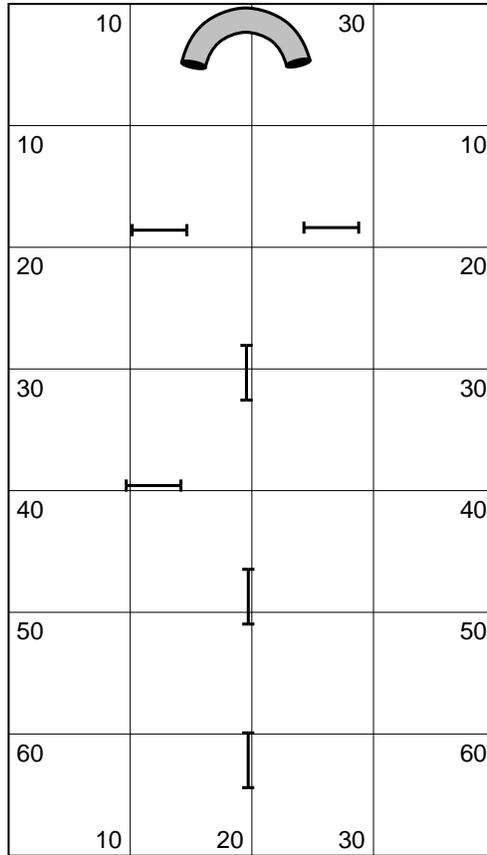
Go to [www.TheAgilityCoach.ca](http://www.TheAgilityCoach.ca) for **FREE** additional sequences of this Exercise of the Month

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.

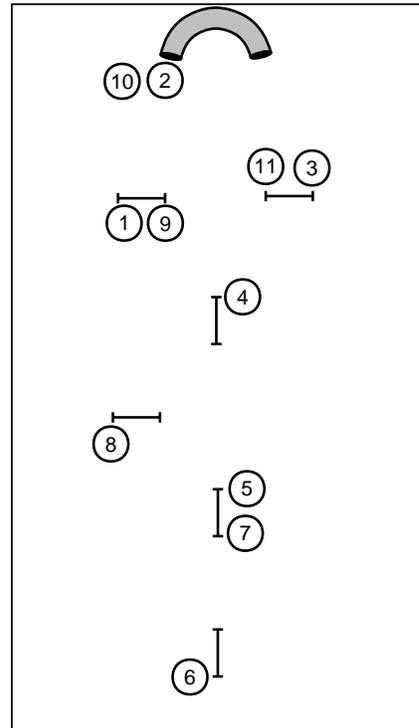
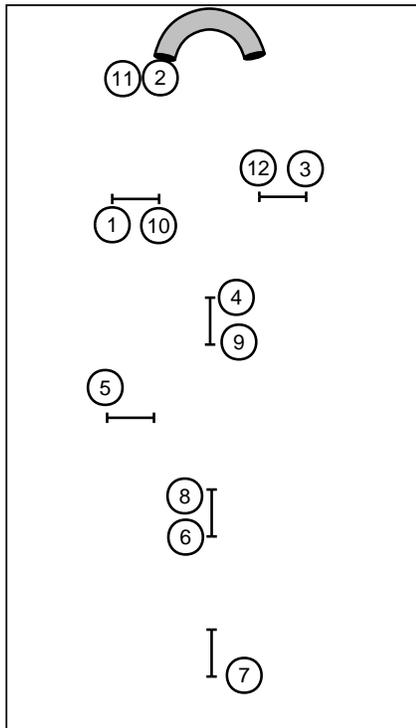
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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

[kathy@theagilitycoach.ca](mailto:kathy@theagilitycoach.ca)

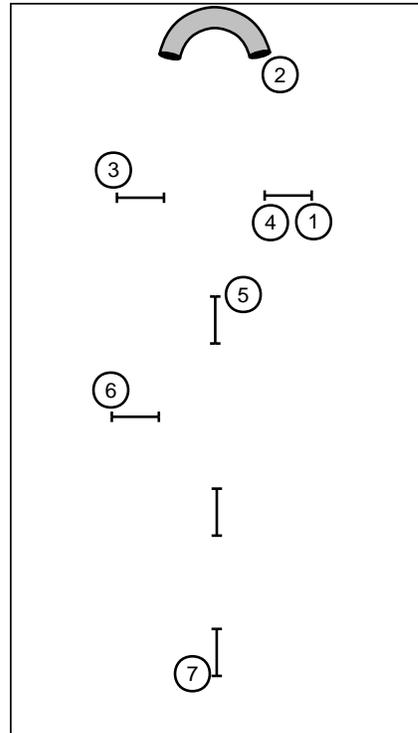
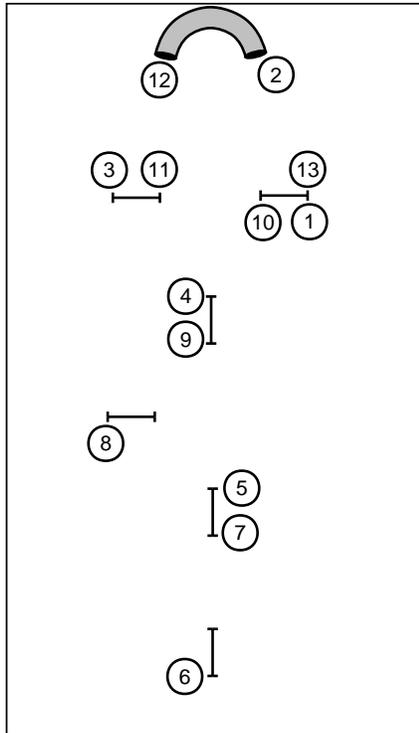
# Setup



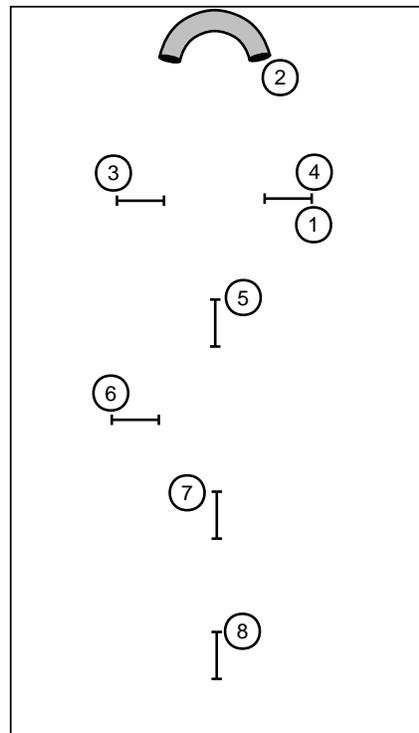
# Exercises 1 & 2



**Exercises 3 & 4**

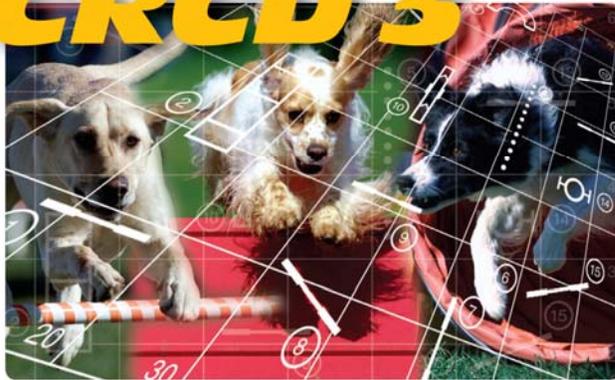


**Exercise 5**



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