A Fresh Start…

By Kathy Keats, The Agility Coach

These exercises are for those who have a small training space and very little equipment—just a few jumps. These drills work on alternating push-behinds with pull-throughs. There are some opportunities to practice your blind crosses as well.

These drills flow quite well, and require you to clearly signal turns in advance. In some cases, you will have to work on your ability to push your dog around to the back of a jump at a bit of distance so that you can get to the next handling position.

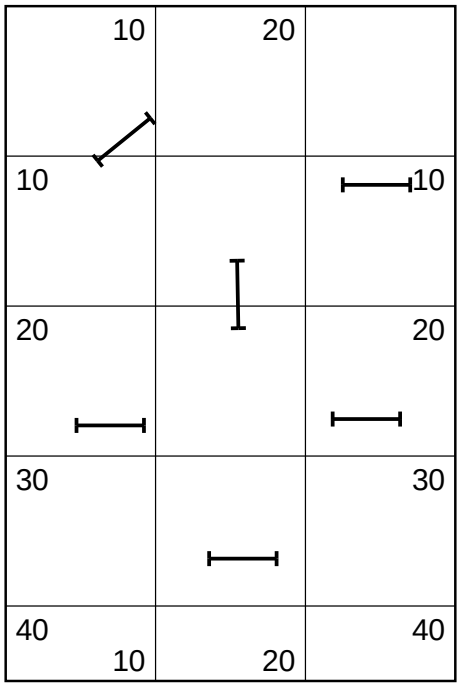
The last drill is more of a speed circle (with a bit of collection right at the end of the drill) to open your dog up after the technical requirements of the previous exercises.

As a free gift from me, check out www.theagilitycoach.ca for more variations on this exercise!

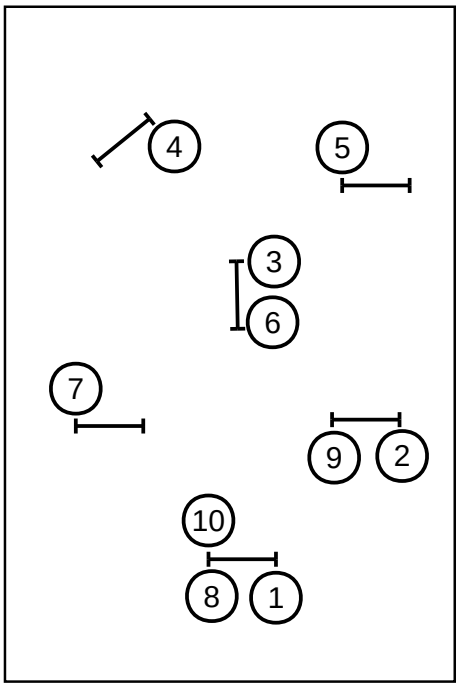
Have fun and I wish you a very prosperous New Year!

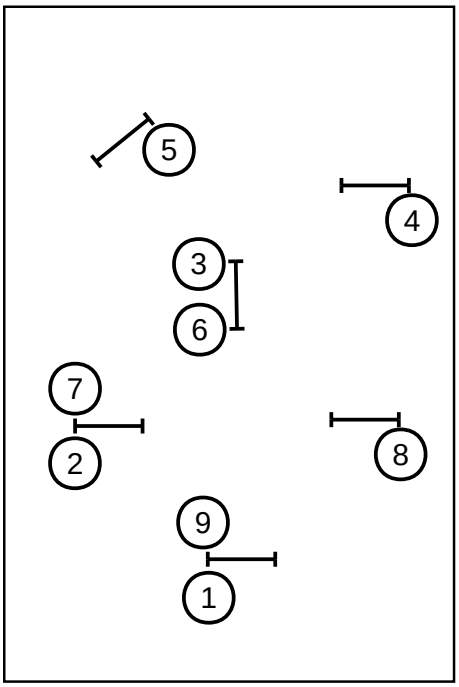
The Agility Coach

Setup

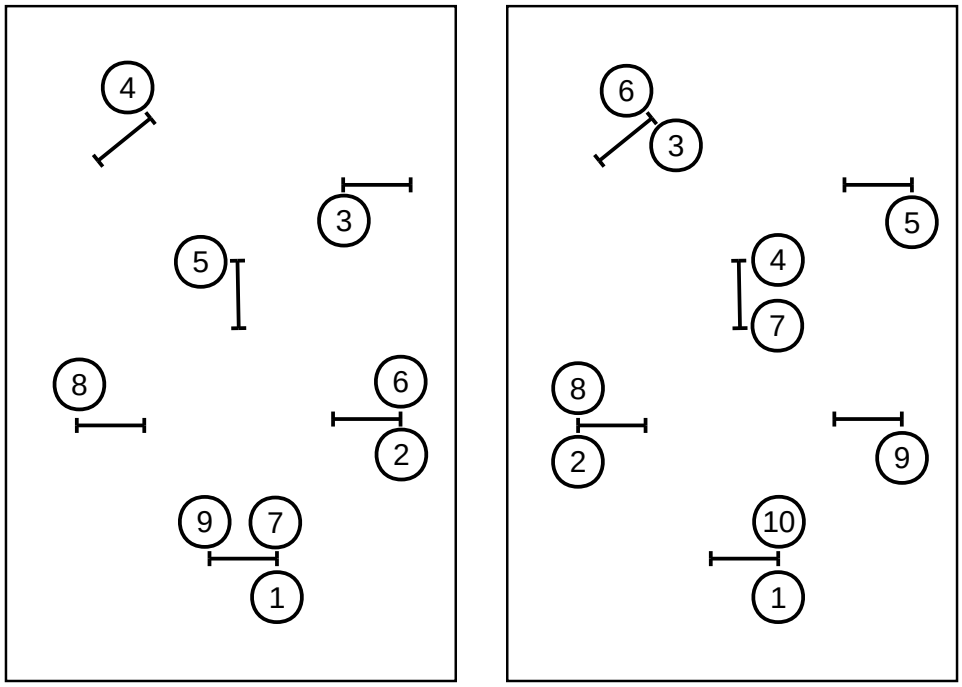


Exercises 1 & 2

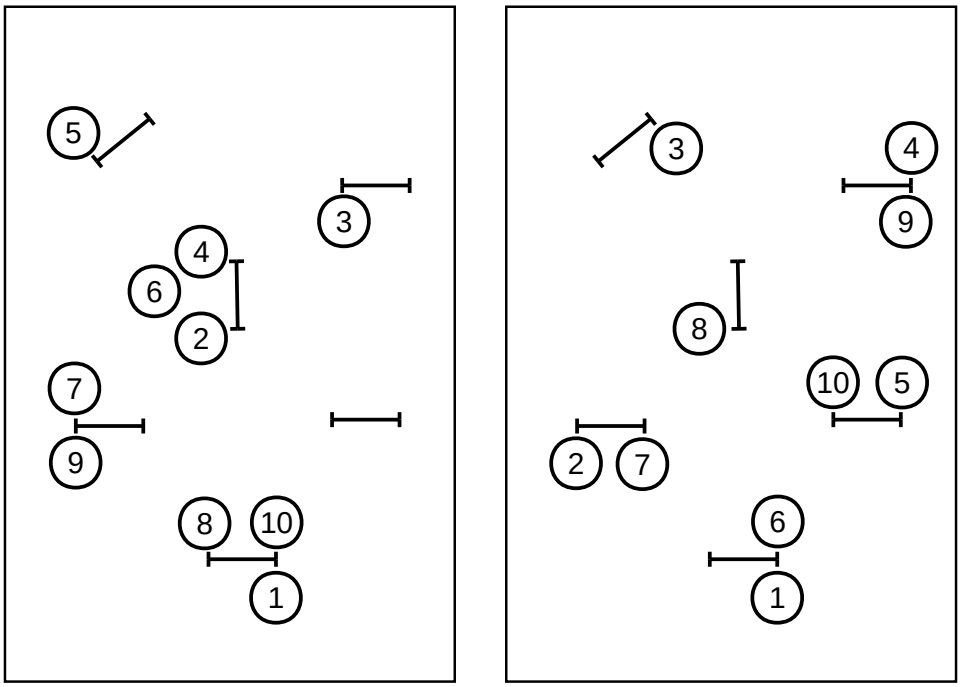




Exercises 3 & 4



Exercises 5 & 6



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