

New Year, New Foundation

By Kathy Keats, The Agility Coach

Every New Year we make new resolutions to improve ourselves. One of the hardest things for most people to grasp is there is no magic bullet or secret formula. It comes down to lots of hard work, usually on the fundamentals.

This is a simple set, easily set up in a relatively small space. The sequences are short and focus on fundamental patterns such as 270s, skewed 180s, and push-throughs and pull-throughs (sounds like a Dr. Doolittle's Push-Me-Pull-You). You'll also work on having your dog work with you responding to the cues you are giving instead of your dog anticipating and guessing what is coming next. Even though the patterns are simple, some of the handling is a bit tricky as you decide which side to handle from or which way to turn your dog.

These drills are especially good for dogs that are always trying to "get away" on you and need more handler awareness. Although there are a lot of turns, these drills can be run very smoothly—but only if you are cueing early enough. If you have a dog that is lacking in motivation, do one or two of the drills and then do something fast and fun before coming back to these because these drills work a lot of turns and have several subtle discriminations between taking a jump or not.

For more drills, check out The Agility Coach Notebooks for Large and for Small Spaces at www.theagilitycoach.ca under Products!



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The secret to...
**WINNING
PERFORMANCE**
...in any dog sport!

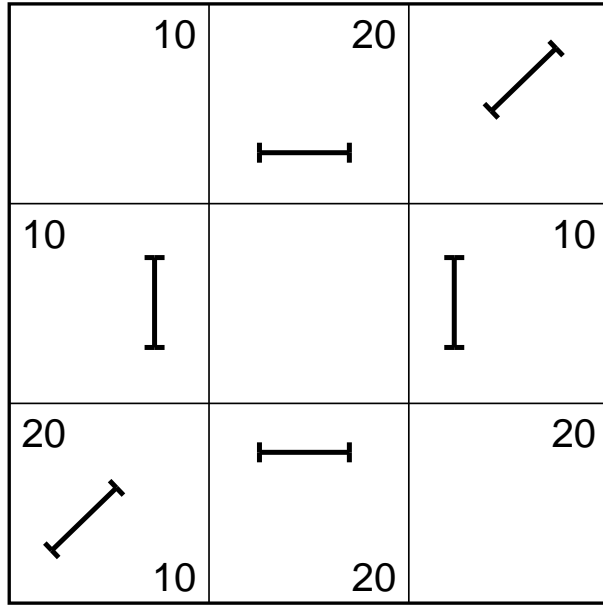
SUCCESS FROM THE INSIDE SEMINAR
with
KATHY KEATS

"Kathy's seminar was enlightening, motivational, and inspirational. It went so much deeper than anticipated and she has pushed me to become a stronger competitor."
- Anji Atkinson

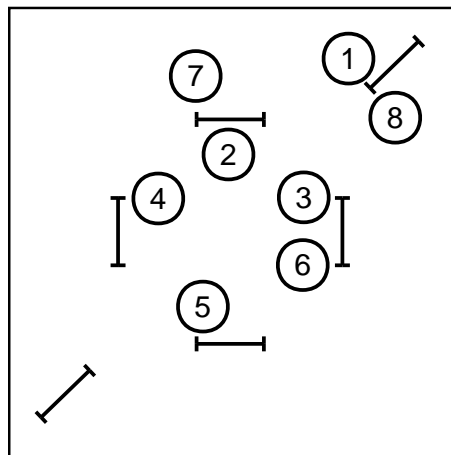
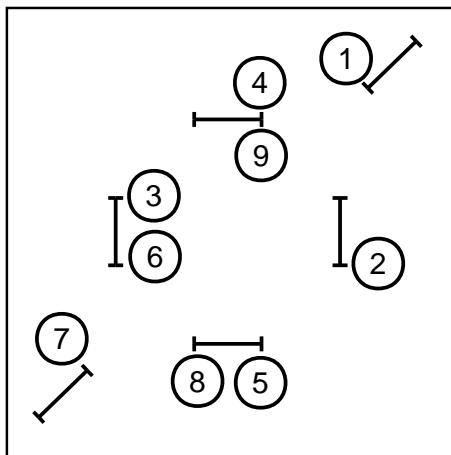
- Run with more confidence
- Deal with ring nerves
- Have more focus & more fun!
- ...and much more!

www.theagilitycoach.com

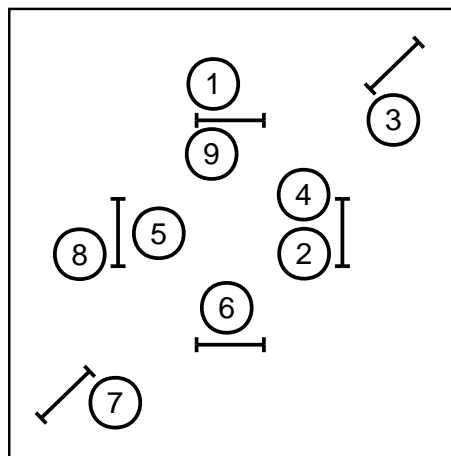
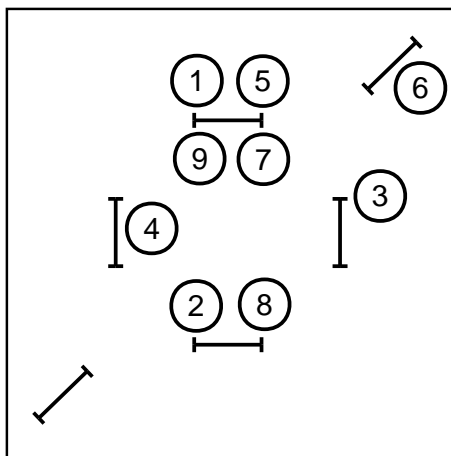
Setup



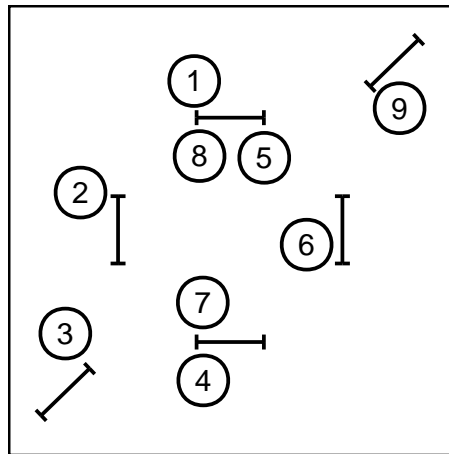
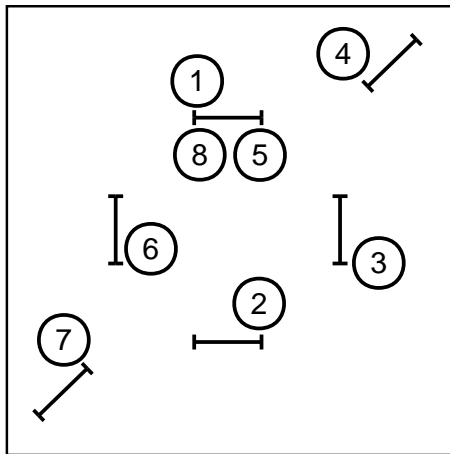
Exercises 1 & 2



Exercises 3 & 4



Exercises 5 & 6



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