

# Spring Forward

By Kathy Keats, The Agility Coach

Time to test your A-frame entries and exits. These exercises have you coming and going from all directions and situations. If you have a running contact, there are lots of opportunities to test your directional commands off the A-frame. You also will have to work on weaving away from the course into “nothingness”... always a good test for weave pole proofing, especially if you try to do it at distance to get to another handling position.

Don't be afraid to try the sequences multiple ways and don't be happy with simply getting through the sequences. Make sure to analyze how it flows best for you, and the places you are able to let your dog do the work while you move ahead to the next handling challenge.

Have fun!

The Agility Coach



MOJO  
IFCS World Overall Champion 22”

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**WINNING  
PERFORMANCE**  
*...in any dog sport!*

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SUCCESS FROM THE INSIDE SEMINAR  
*with*  
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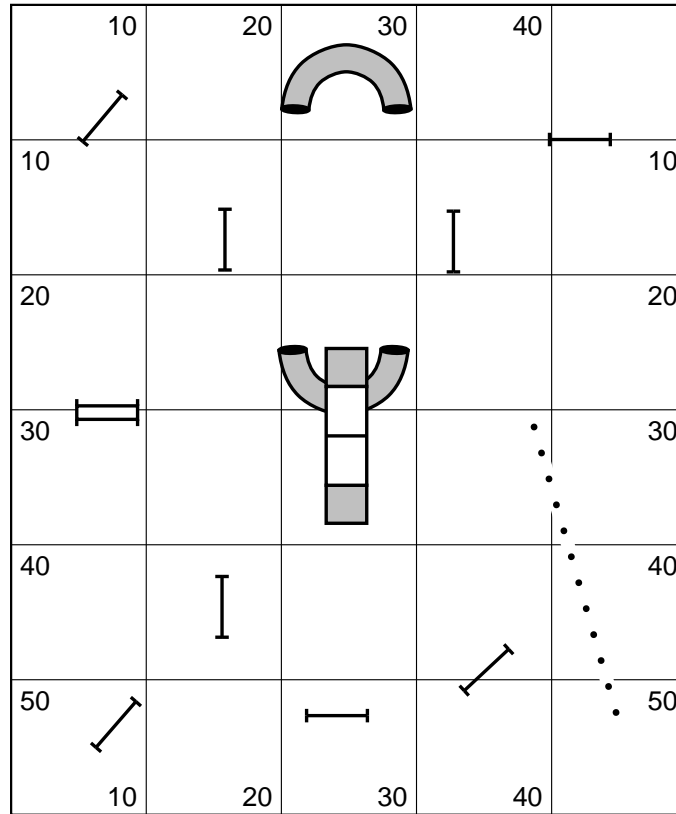
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*“Kathy’s seminar was enlightening, motivational, and inspirational. It went so much deeper than anticipated and she has pushed me to become a stronger competitor.”*  
- Anji Atkinson

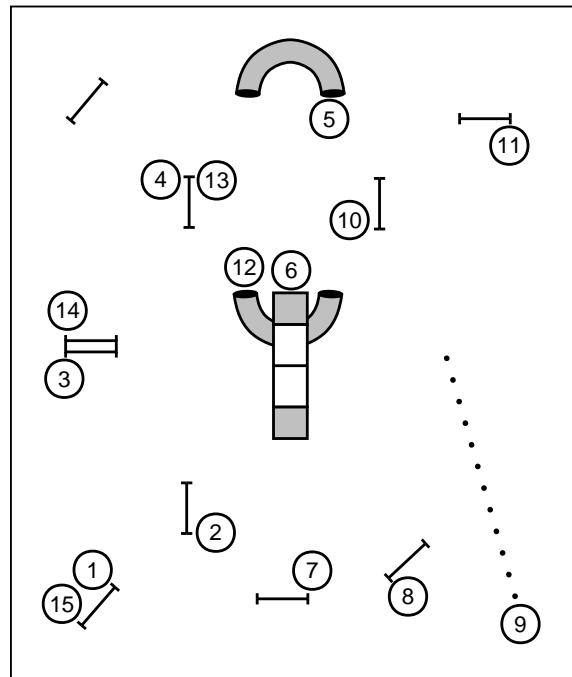
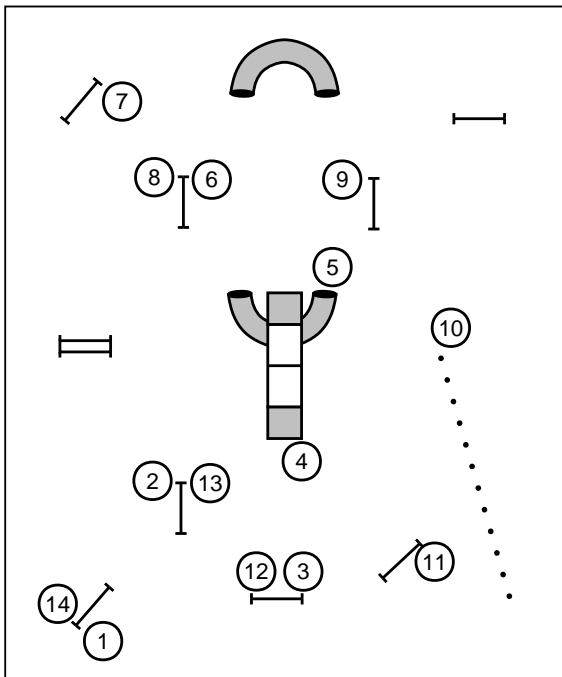
- Run with more confidence
- Deal with ring nerves
- Have more focus & more fun!
- ...and much more!

**[www.theagilitycoach.com](http://www.theagilitycoach.com)**

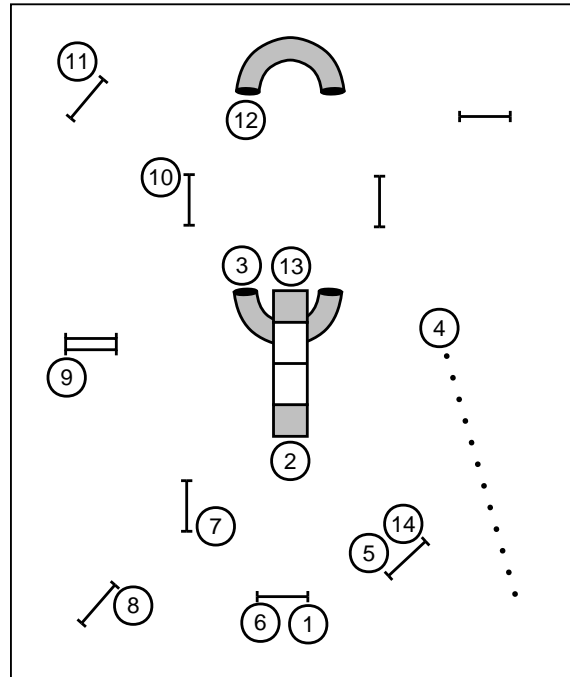
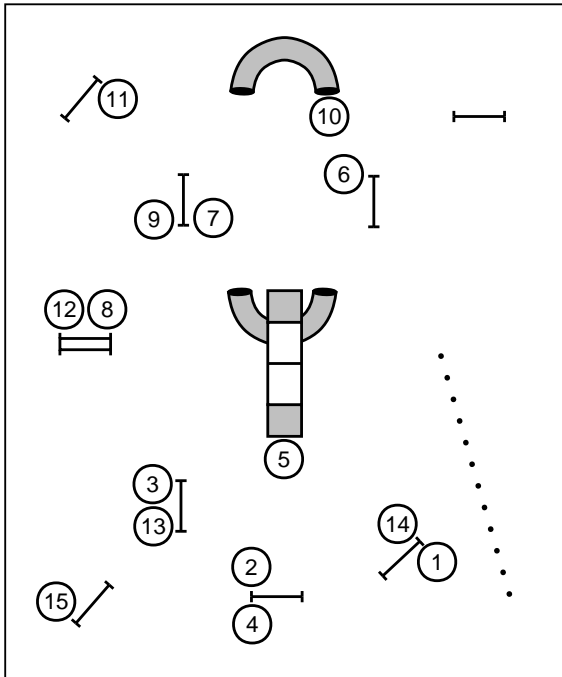
# Setup



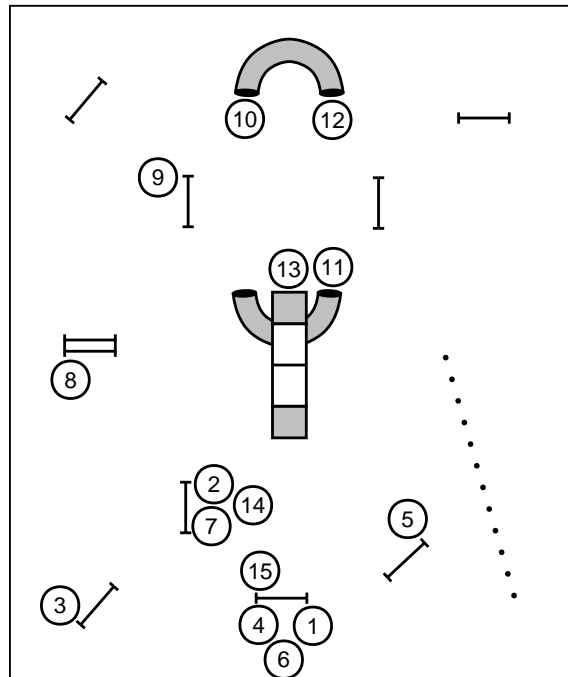
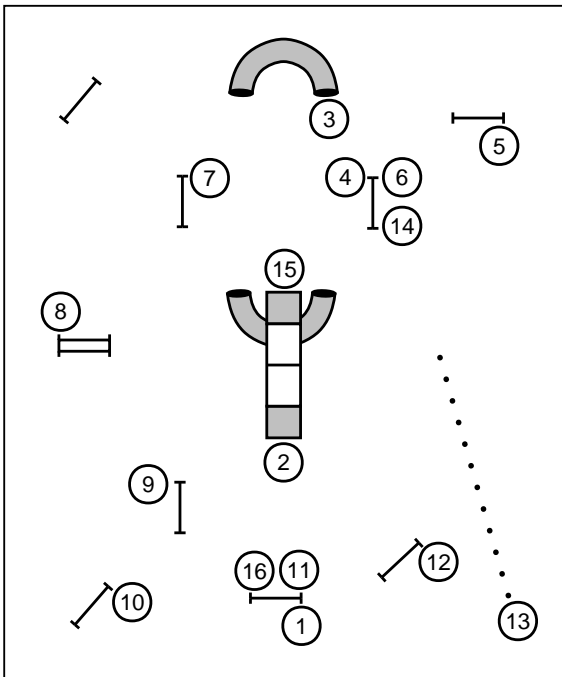
# Exercises 1 & 2



**Exercises 3 & 4**



**Exercises 5 & 6**



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