

Clean Run Exercise of the Month

Spring Forward

Time to test your A-frame entries and exits. These exercises have you coming and going from all directions and situations.

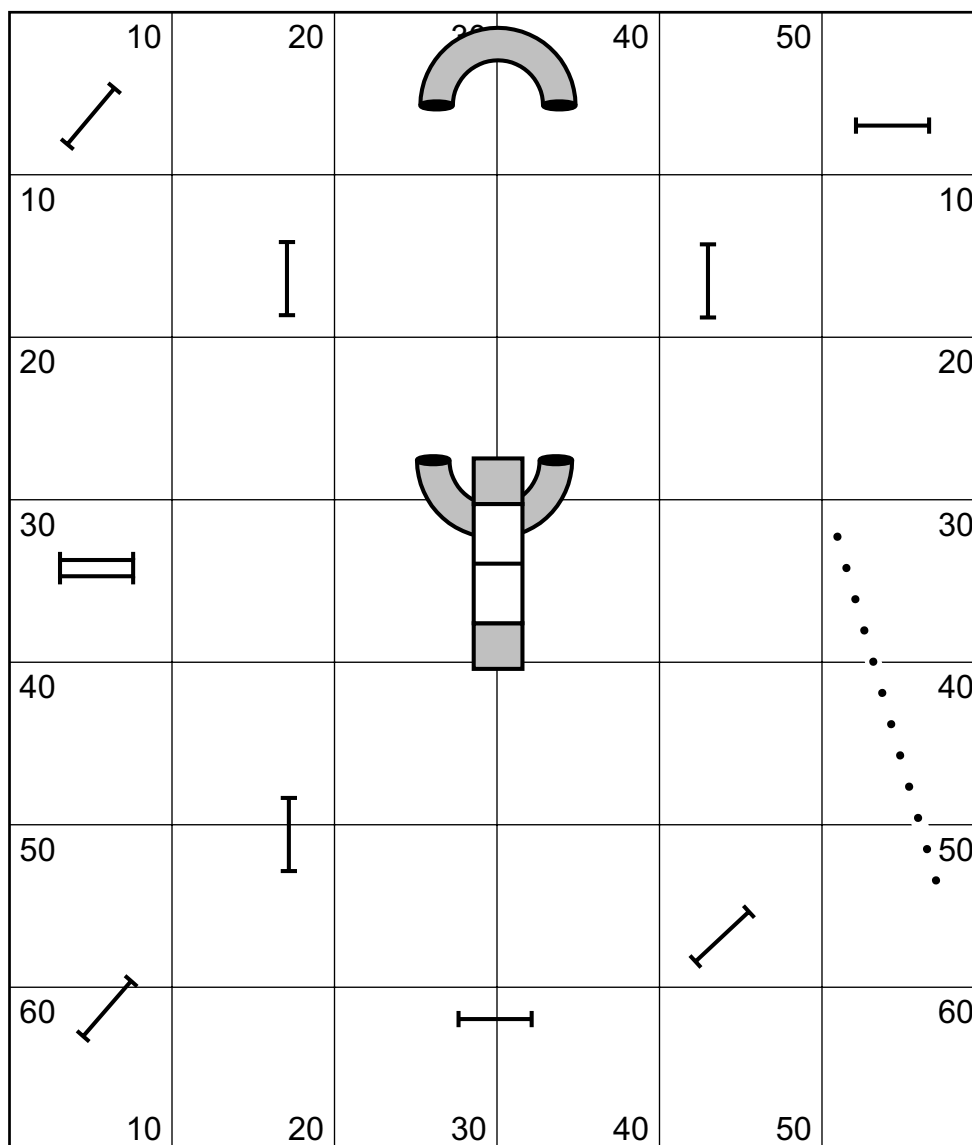
If you have a running contact, there are lots of opportunities to test your directional commands off the A-frame.

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.

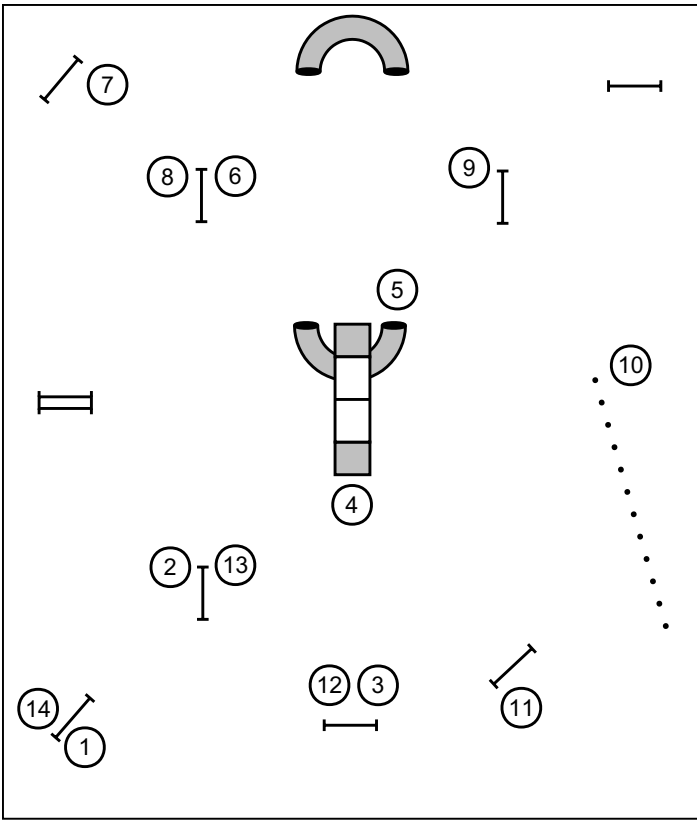
Don't be afraid to try the sequences multiple ways and don't be happy with simply getting through the sequences. Make sure to analyze how it flows best for you, and the places you are able to let your dog do the work while you move ahead to the next handling challenge.

P.S. If you have less space than shown below and you don't have two tunnels, check out Monica Percival's alternate setup at the end of my exercise sets.

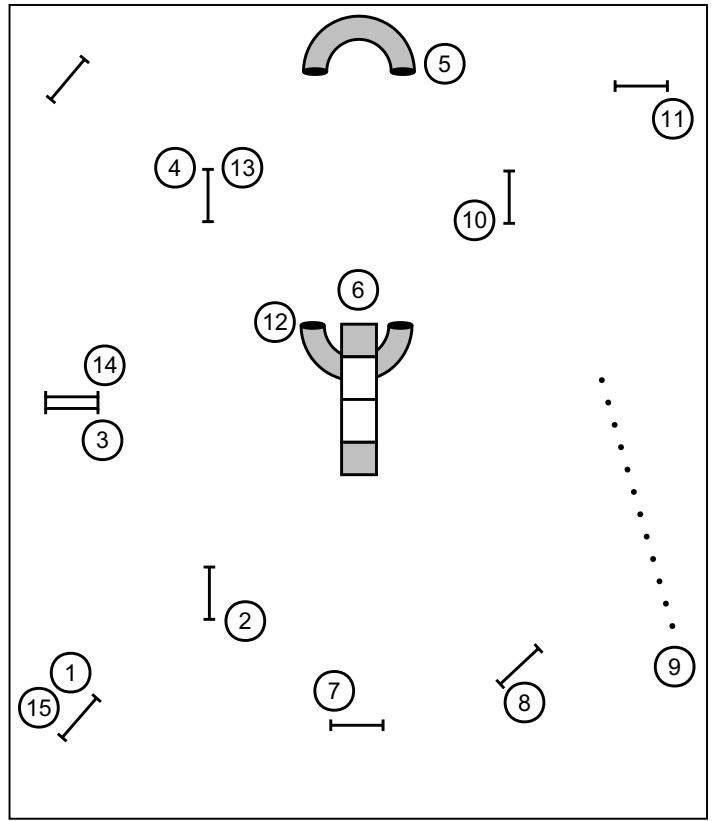
By Kathy Keats, www.theagilitycoach.ca



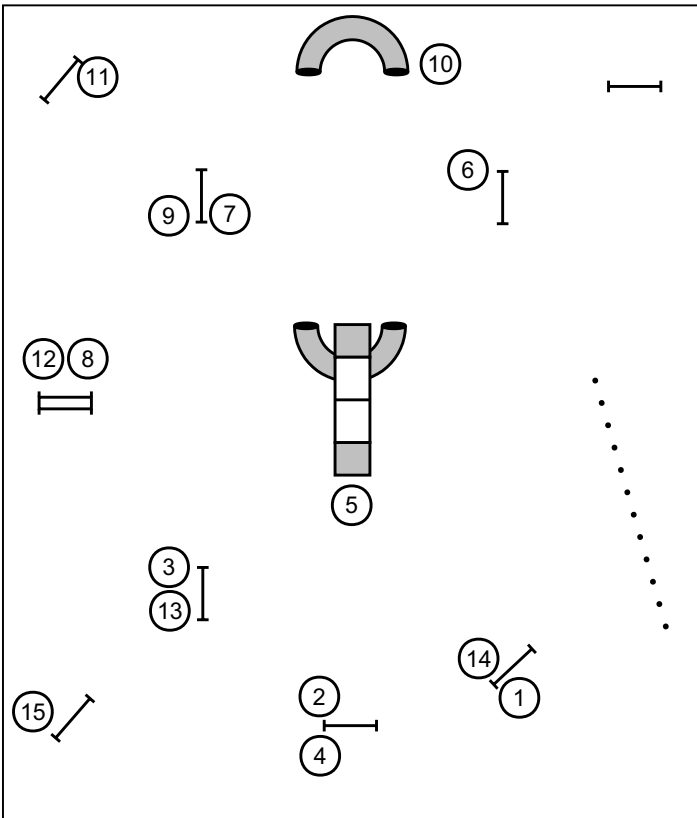
The Setup



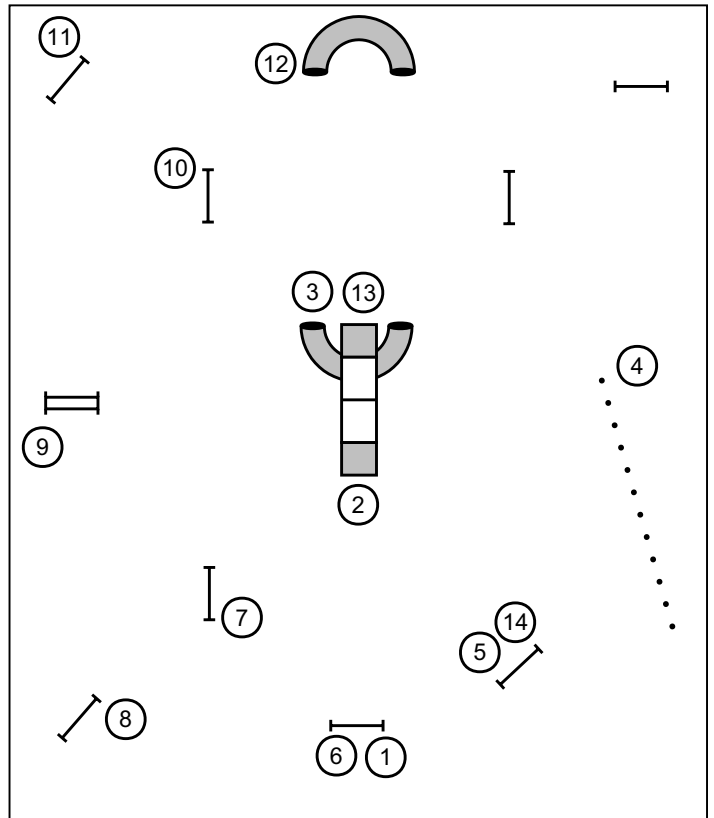
Exercise 1



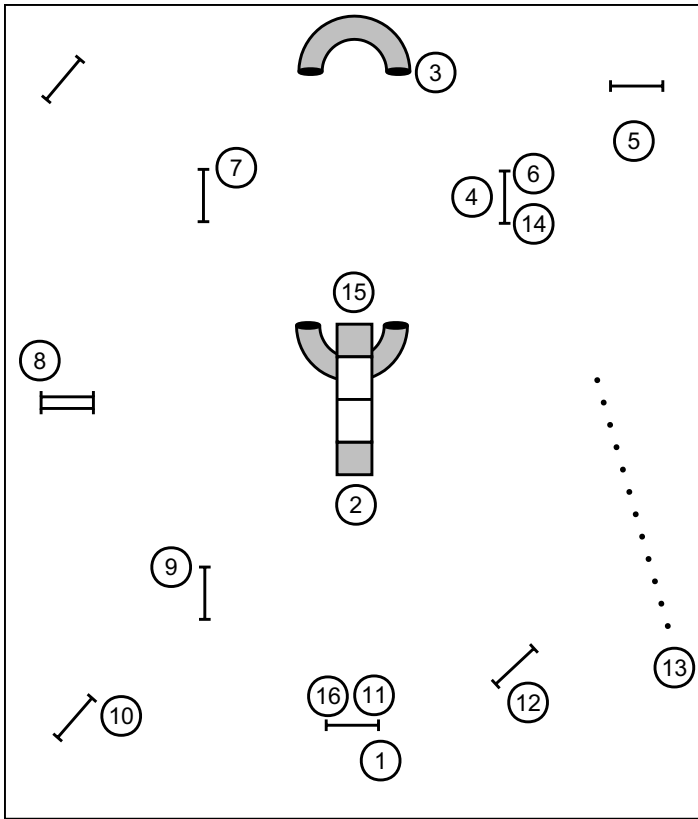
Exercise 2



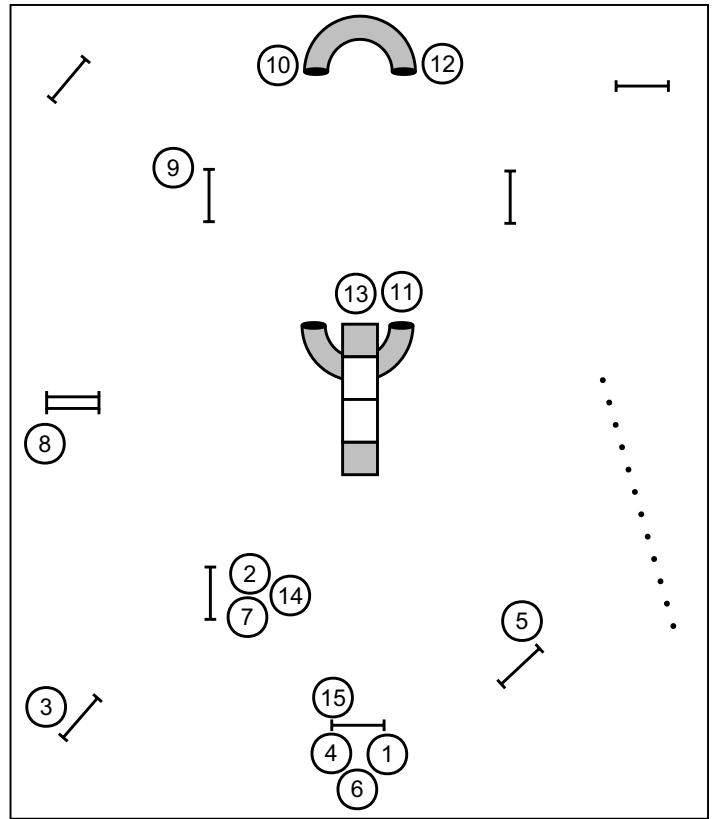
Exercise 3



Exercise 4

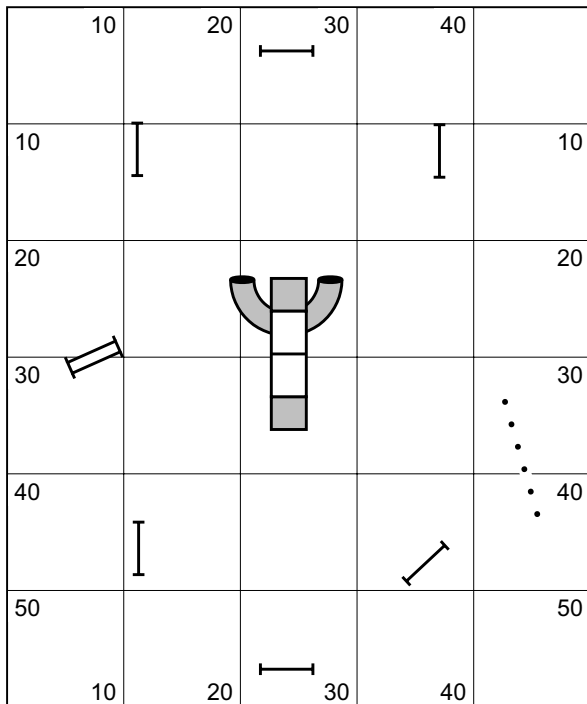


Exercise 5

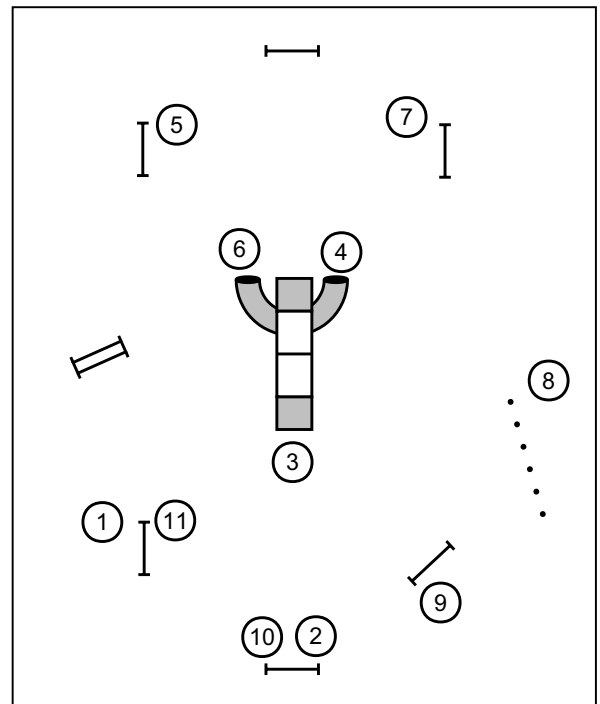


Exercise 6

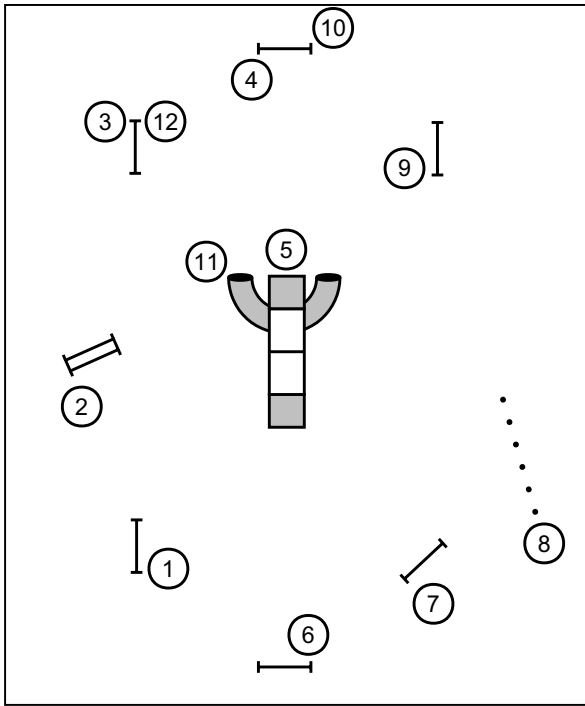
Alternative Setup & Exercises



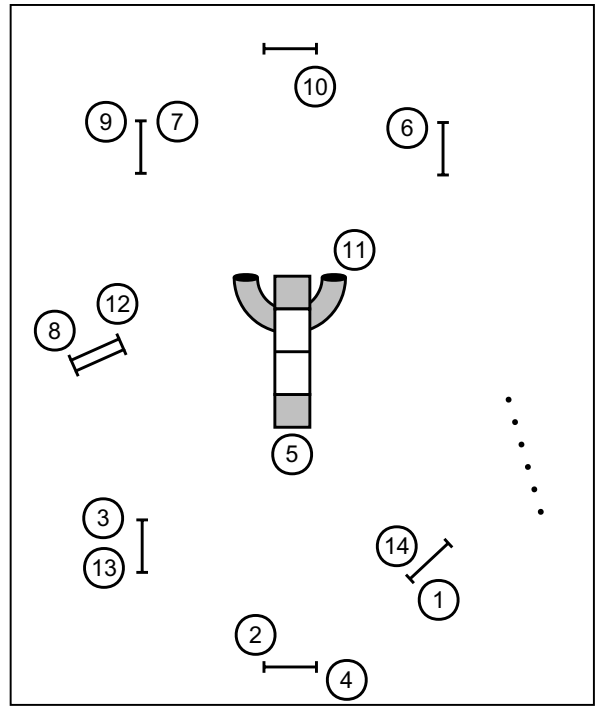
Setup



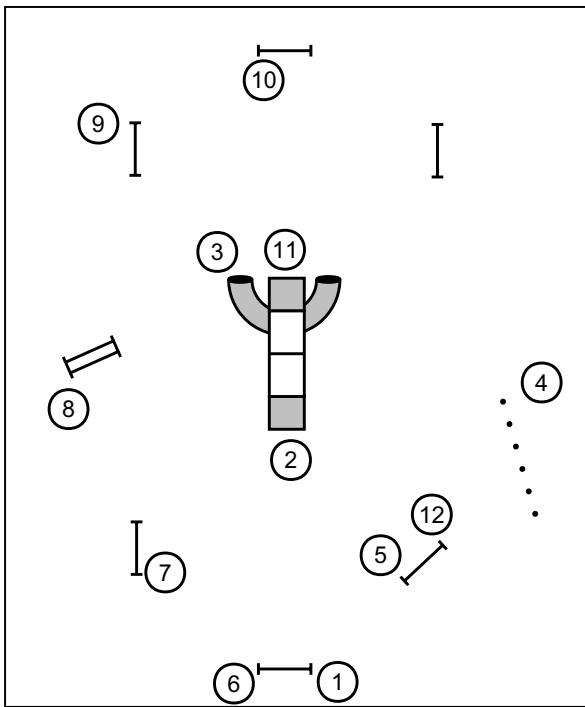
Exercise 1



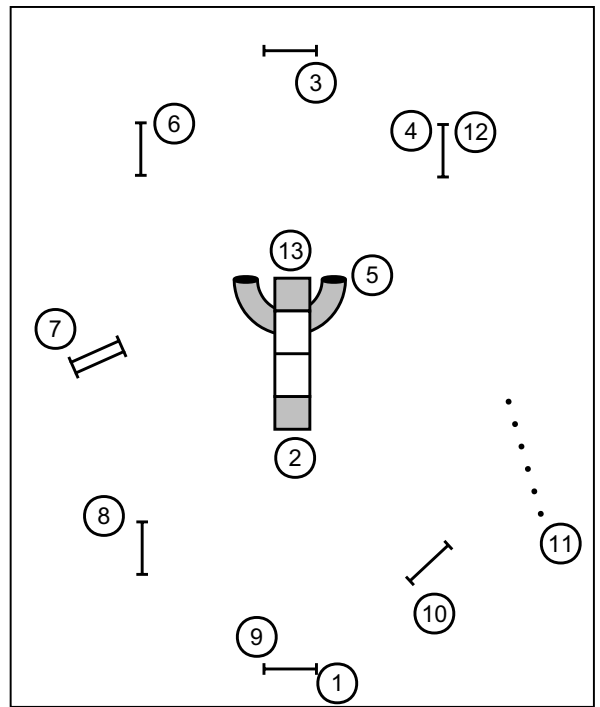
Exercise 2



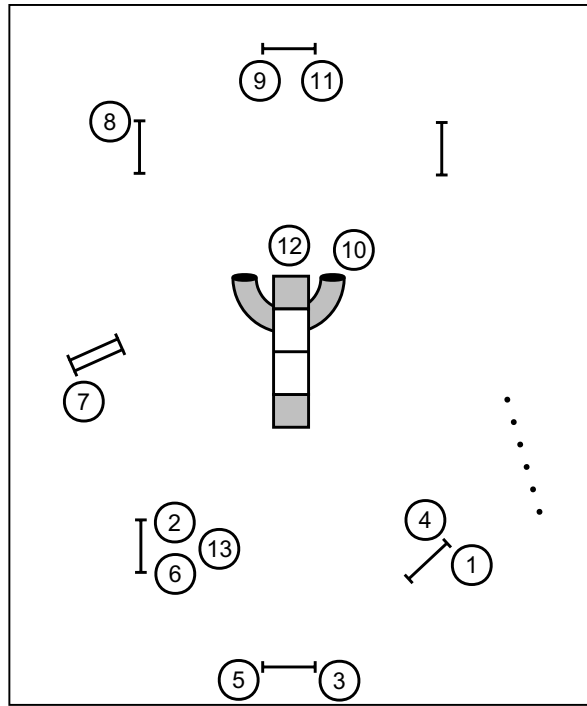
Exercise 3



Exercise 4



Exercise 5



Exercise 6