

The Forest and the Trees

By Kathy Keats, The Agility Coach

With the coming of May, there is the blossoming of spring. It's time to put away some of the smaller winter drills (the trees, the details) and start focusing on bigger sequences (the forest, the big picture) in preparation for some of the bigger trials. That means although you still need to do breakdown drills, you also need to do course work.

These sets are full courses, but are broken into two parts so you can focus on the various challenges, or if you don't have enough equipment, you still can set up the main skills.

Watch the spacing, especially if you have a big dog, since some of these sequences ask for a lot of change between extension and collection. Any part that gives you trouble, stop and work on that section, only allowing yourself three jumps so that you really isolate the skill, and then put it back into the big picture.

Have fun!



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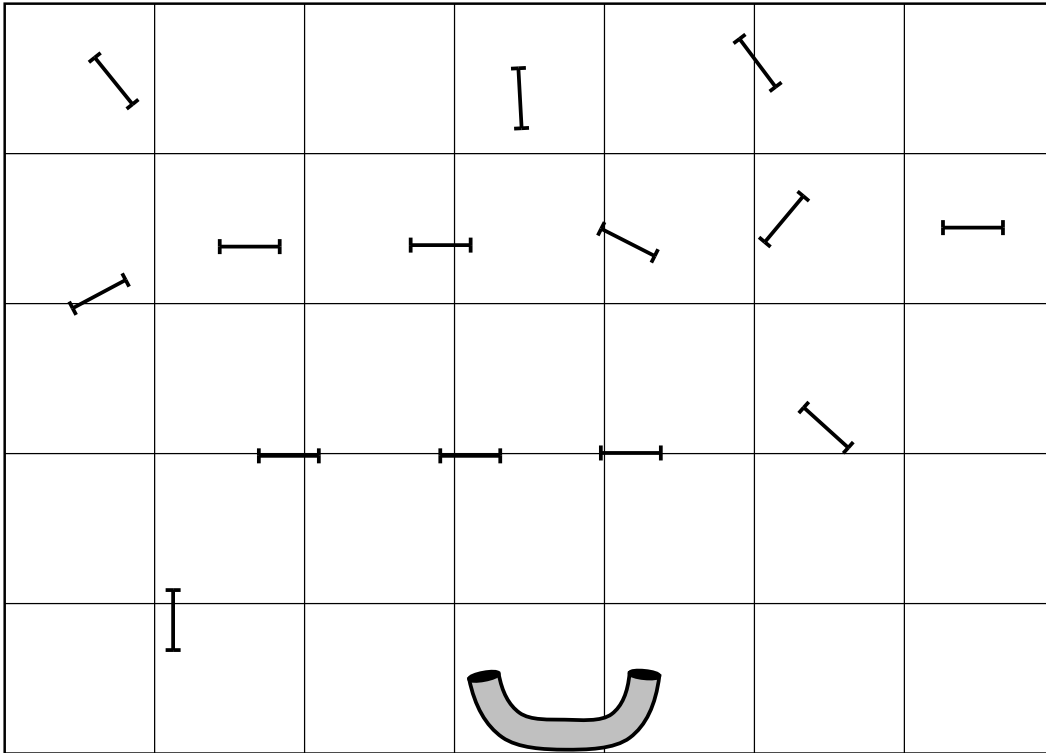
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*"Kathy's seminar was enlightening, motivational, and inspirational. It went so much deeper than anticipated and she has pushed me to become a stronger competitor."
- Anji Atkinson*

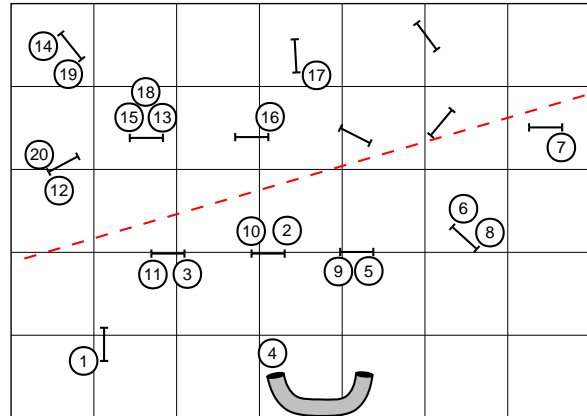
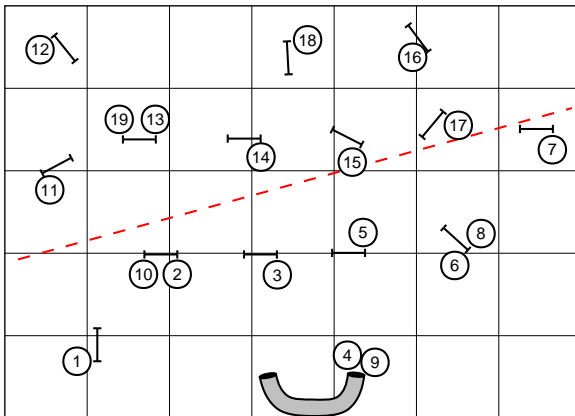
- Run with more confidence
- Deal with ring nerves
- Have more focus & more fun!
- ...and much more!

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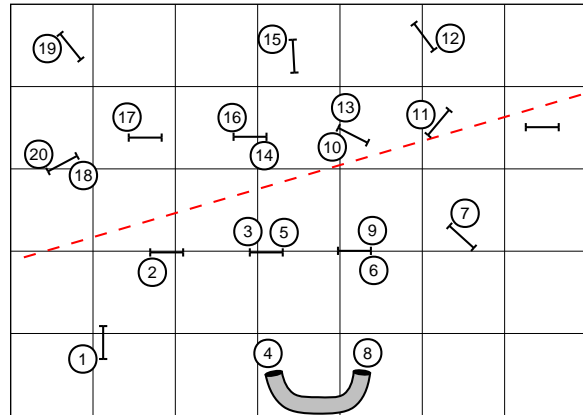
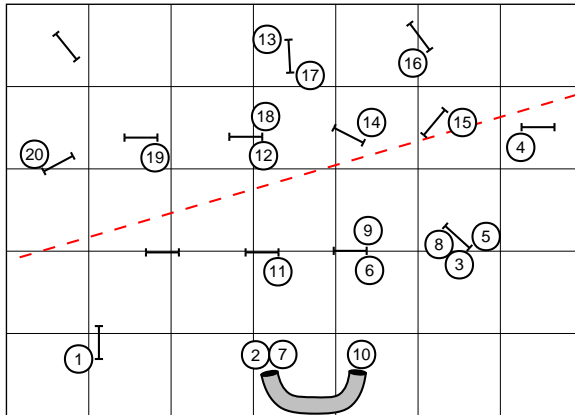
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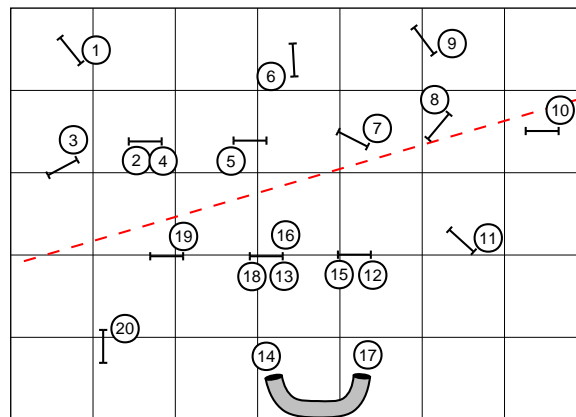
Exercises 1 & 2



Exercises 3 & 4



Exercises 5 & 6



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