

Spring Cleaning

By Kathy Keats, The Agility Coach

It's always a good idea to go back and do some drills that are shorter, with a focus on breaking down your skills. This month's drills work on turns and push-behinds with distractions such as the tunnel. We often forget to advance our basic skills which are usually practiced on an isolated jump and then put into more trial-like conditions with a bit more speed and under the distraction of other obstacles being nearby.

As you are working these drills, remember that when the course turns back on itself there is often two ways the dog can go around the jump, whether it is a wrap or a push-behind. So be sure to try it both ways.

Also, make sure you sign up for The Agility Coach newsletter at www.theagilitycoach.ca to get extra fun drills and tips every month.

Enjoy!



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

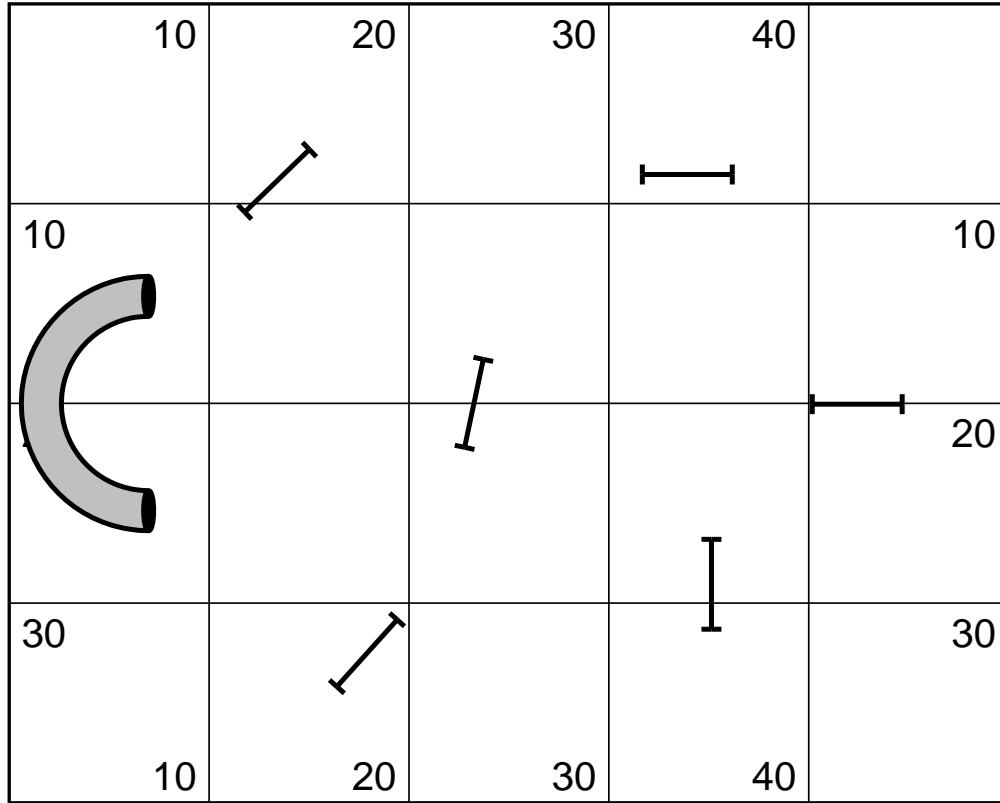
SUCCESS FROM THE INSIDE SEMINAR
with
KATHY KEATS

"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

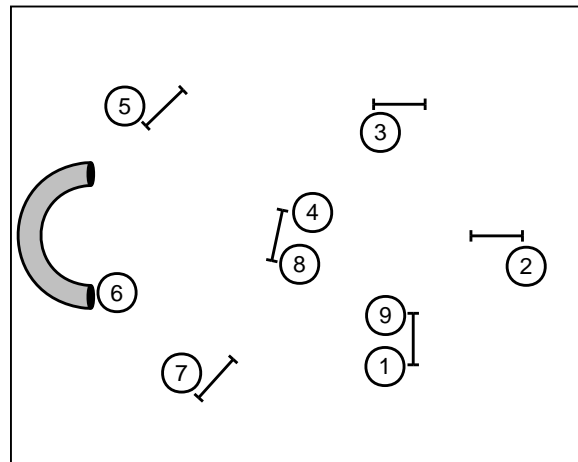
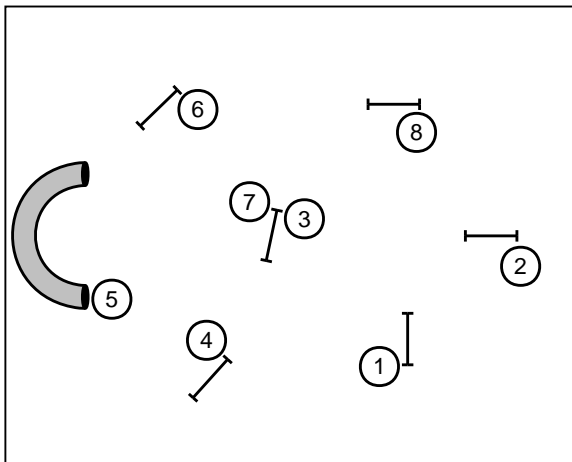
- Run with more confidence
- Deal with ring nerves
- Have more focus & more fun!
- ...and much more!

www.theagilitycoach.com

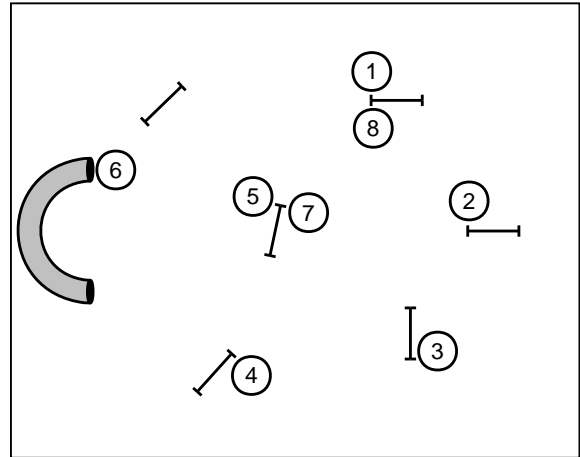
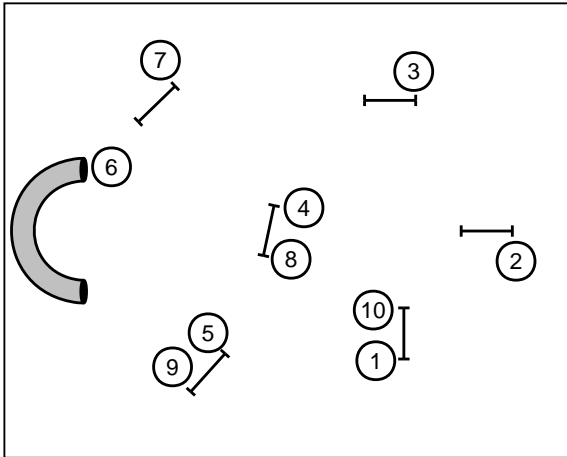
Setup



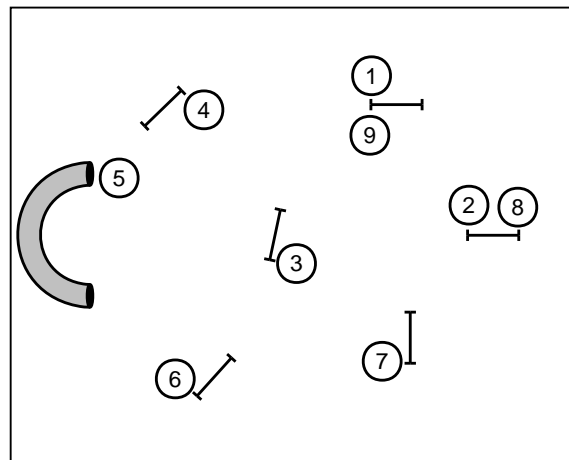
Exercises 1 & 2



Exercises 3 & 4



Exercise 5



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The advertisement features a black dog running through an agility course on a green field. The course includes a red and yellow striped tunnel, a jump, and several weave poles. The background is a clear blue sky.