

Clean Run Exercise of the Month

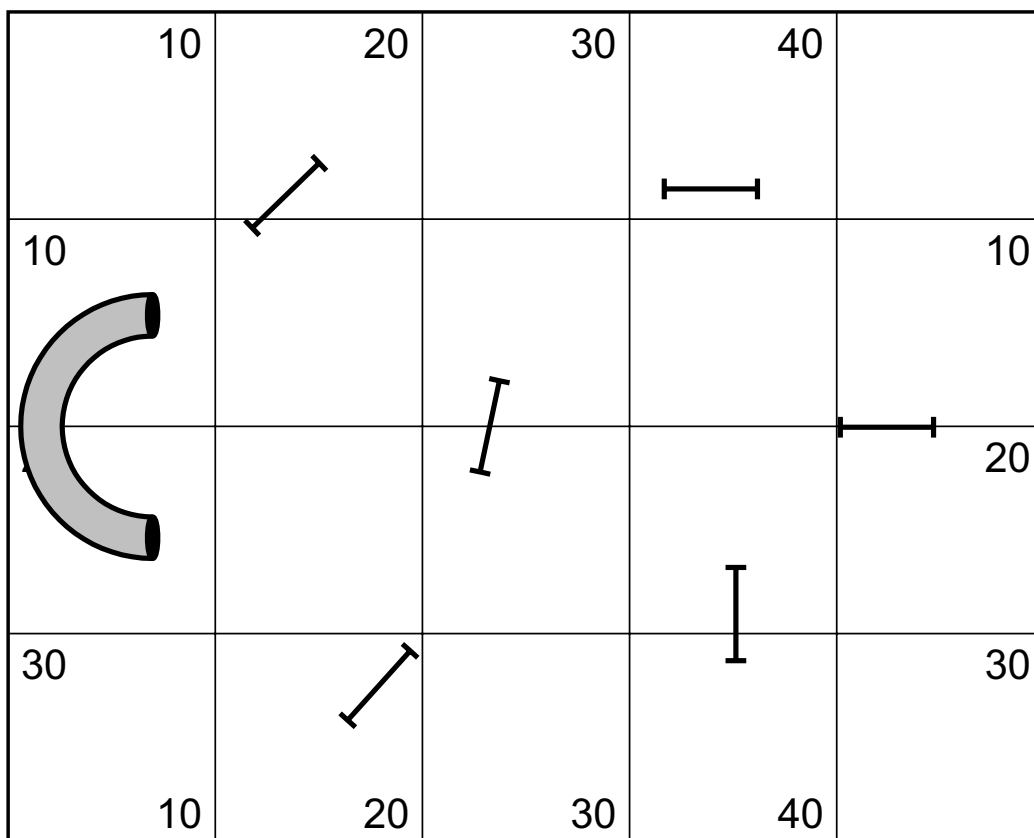
Spring Cleaning

It's always a good idea to go back and do 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.

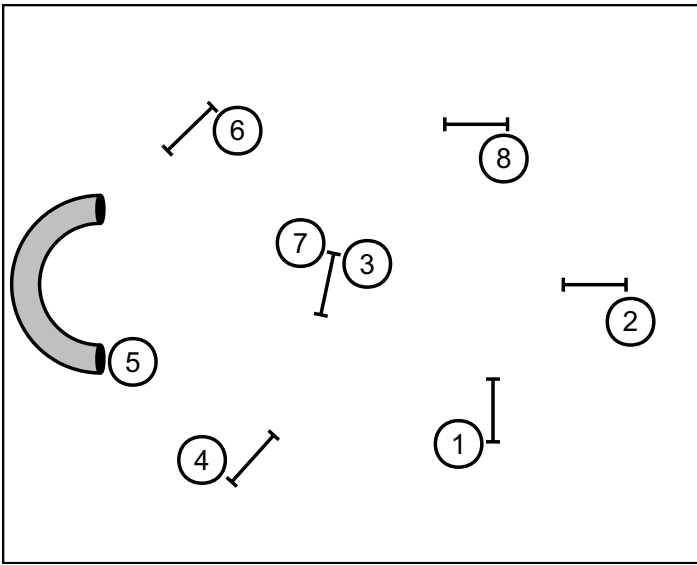
We often forget to advance our basic skills which are usually practiced on an isolated jump and then put into more trial-like conditions with a bit more speed and under the distraction of other obstacles being nearby.

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.

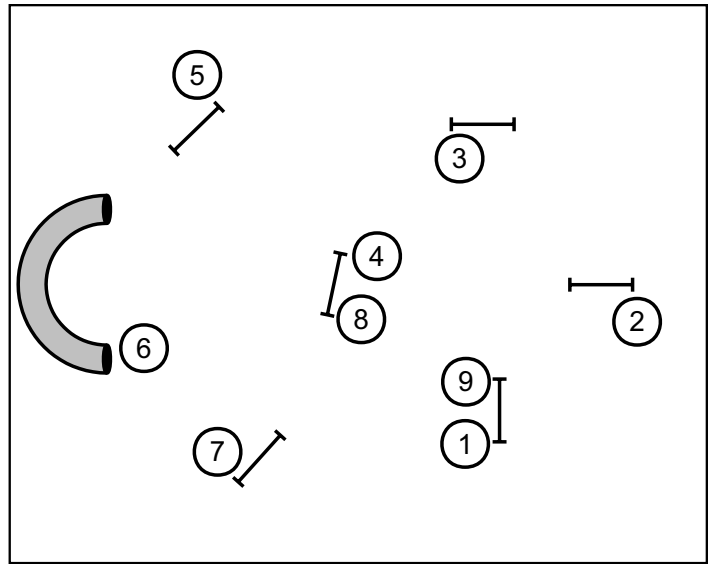
By Kathy Keats, www.theagilitycoach.ca



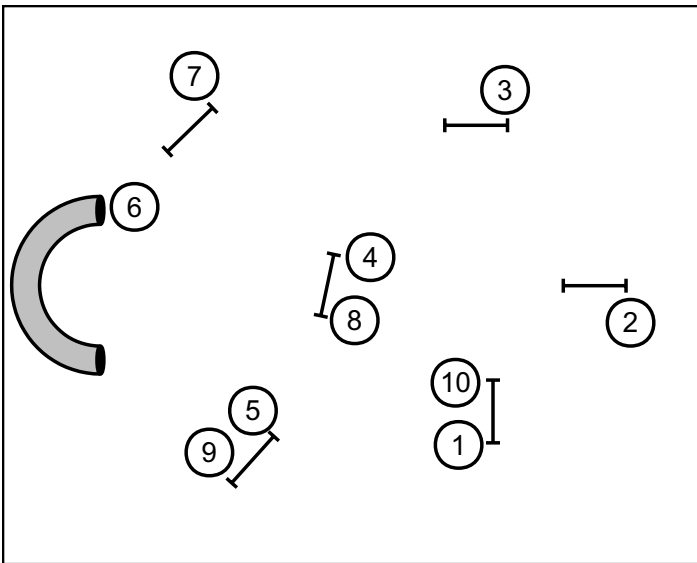
The Setup



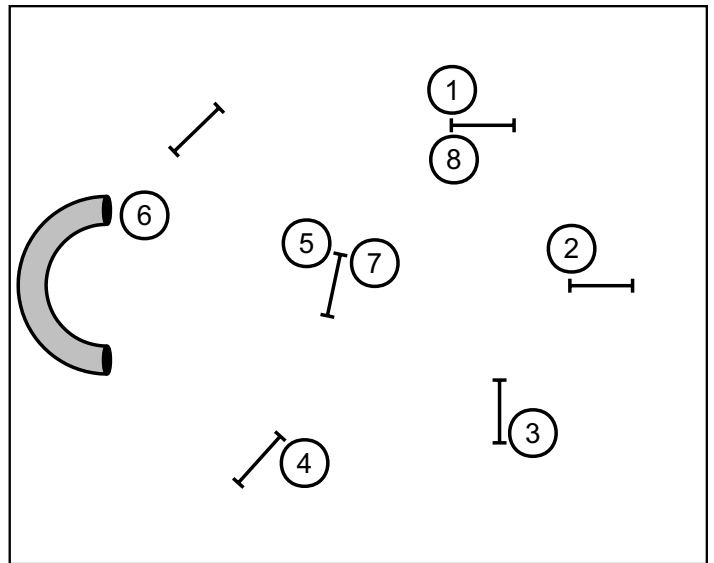
Exercise 1



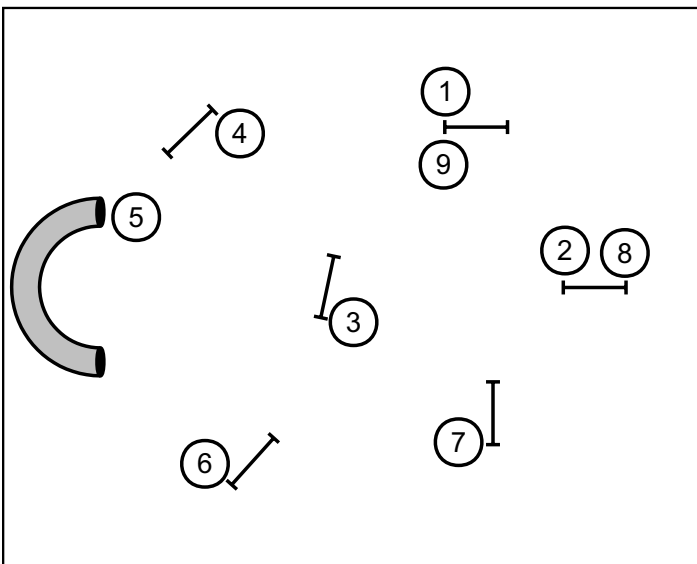
Exercise 2



Exercise 3



Exercise 4



Exercise 5