

Pass the Stuffing...

By Kathy Keats, The Agility Coach

This past year has been the season of stuffing dogs through gaps, around standards, and into weave pole entrances. These exercises give you a chance to work on these skills. In particular, it is important to keep working on your dog's ability to wrap a standard, because that is a popular course challenge these days.

One key point about these turns is to be able to turn your dog tightly on a wrap without physically being there to manage the dog so that you can get some distance away to position yourself at your next handling position.

Be sure to also practice fast, wide-open sequences and don't work your dog on tight sequences to the point where he either gets sour or risks getting injured. The trick to working on turns is to keep them fun and only work on them for short periods of time.

Have fun!

The Agility Coach

The Agility Coach

Your guide to success.

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Go to www.TheAgilityCoach.ca for **FREE** additional sequences of this Exercise of the Month

The Agility Coach provides in-depth skill development programs for all levels of agility competitors, whether it is foundation skills for beginners or mental preparation and peaking for world-class competitors. The programs are progressive and goal-oriented, the training plan an elite coach would lay out for an athlete striving to be the best she can be.

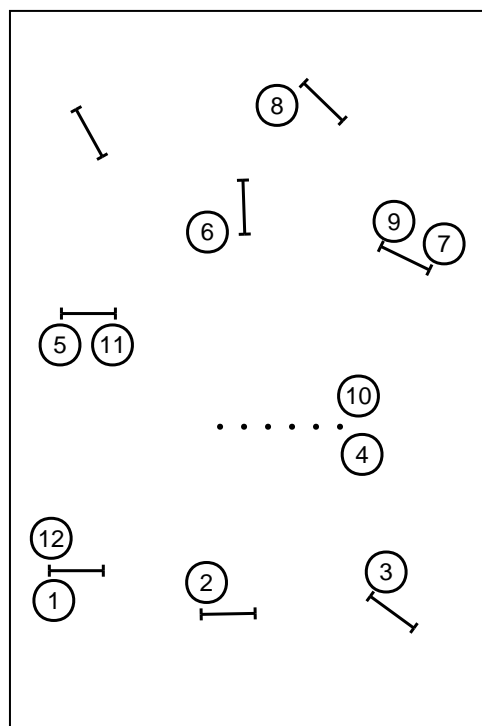
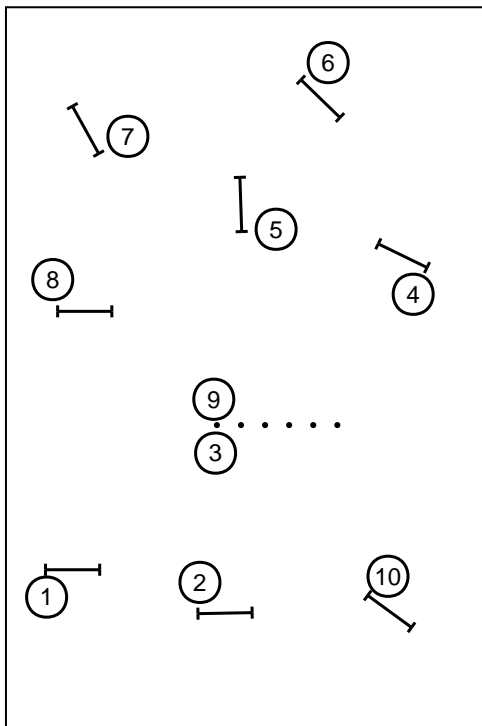
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has worked with elite athletes and coaches from around the world. She has coached at the university, national, and international level. She was one of the first people to introduce the sport sciences to dog agility and enjoys working with new handlers and dogs as well as seasoned competitors.

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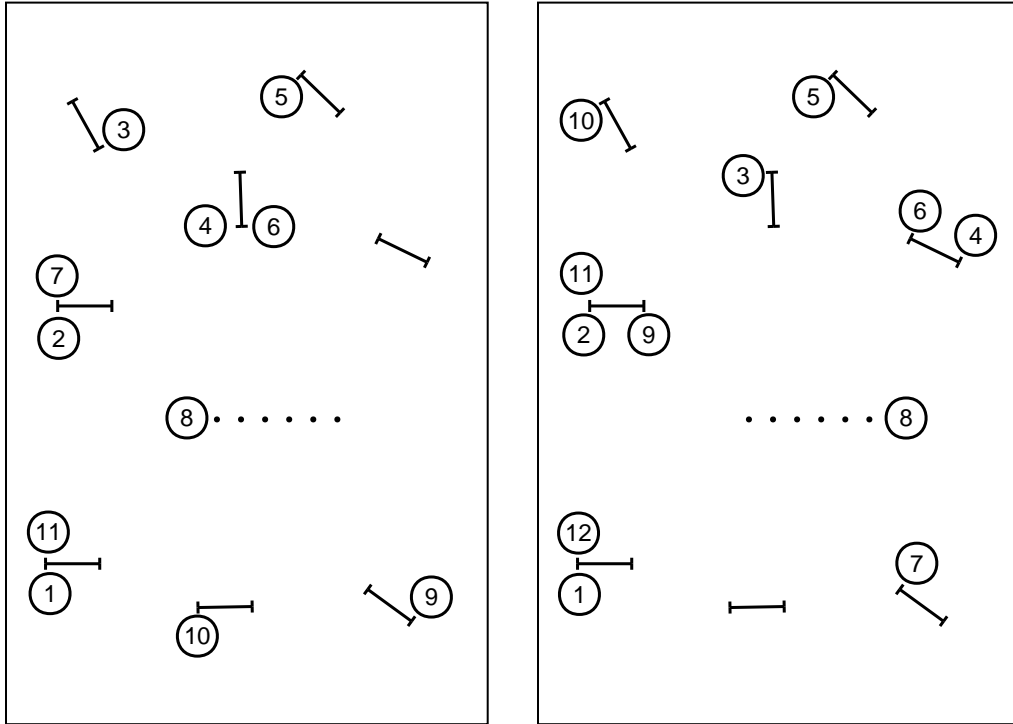
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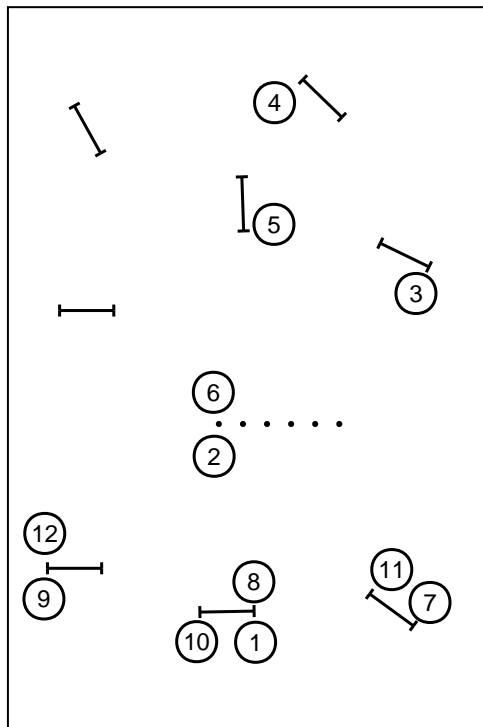
Exercises 1 & 2



Exercises 3 & 4



Exercises 5



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