September Spins

By Kathy Keats, The Agility Coach

September always seems like a chaotic month, and these exercises are no exception. Not only will you be practicing remembering sequences that have repeating sections, you will be working on different types of entrances, exits, and crosses at tunnels.

In the first exercise, there is an interesting opportunity from #7 to #9 to handle many different ways. See if you can treat jump #8 like the middle of a serpentine to allow you to easily get to the end of the #9 tunnel. Practice handling on the backside of the tunnels where the opportunity arises in the various sequences so your dog gets used to turning out of the tunnel toward you.

Find more sequences for this setup at www.theagilitycoach.ca under Free Downloads!

Enjoy! The Agility Coach

The Agility Coach
Your guide to success.

### Check out The Agility Coach Notebooks weekly for new sets and challenges!

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.
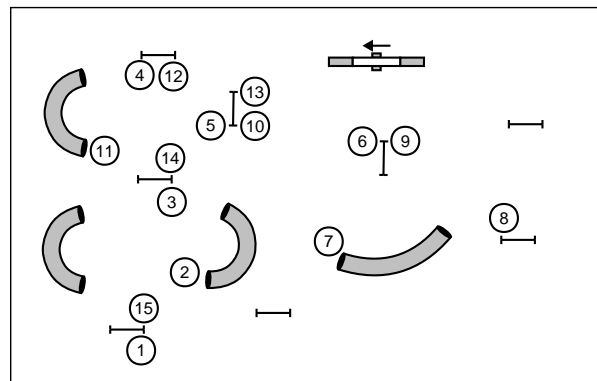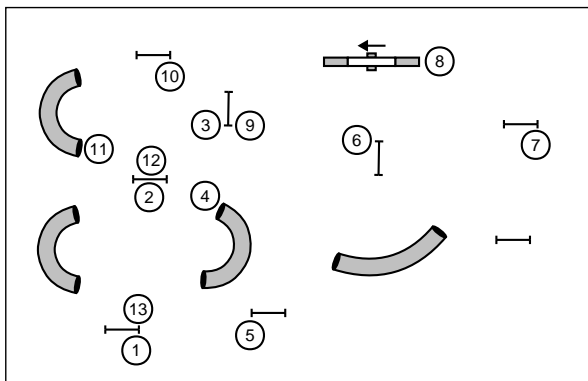
kathy@theagilitycoach.ca

Setup

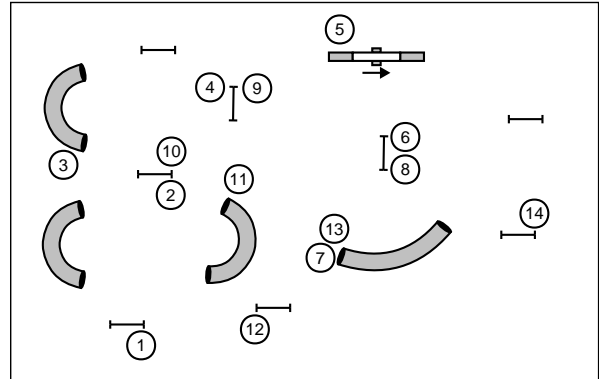| 10	20	30	40	50	60	
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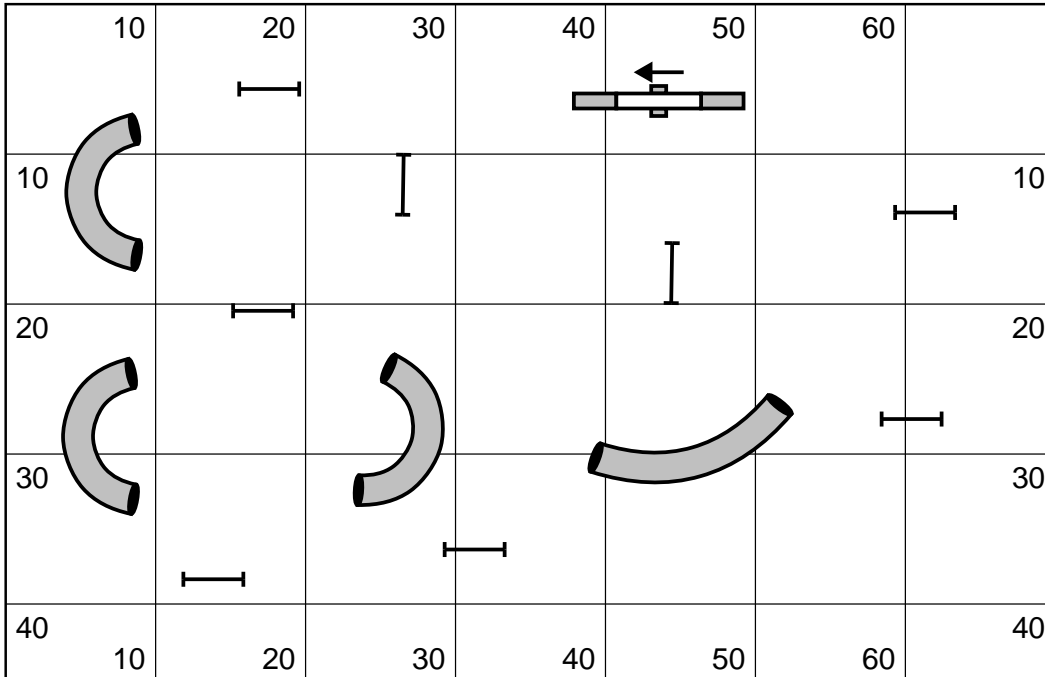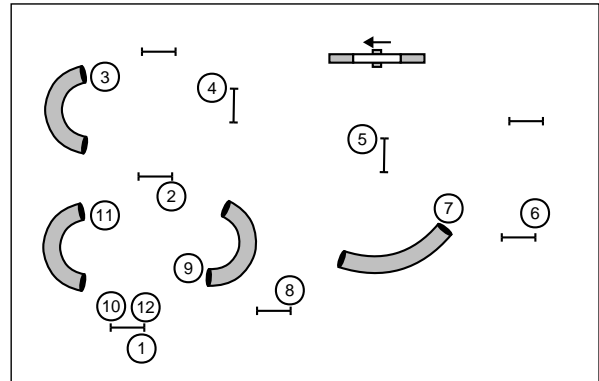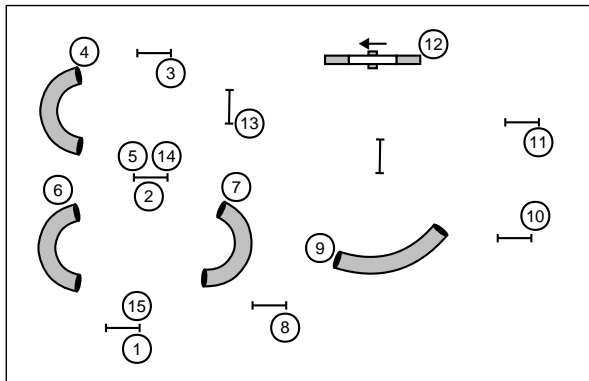
Exercises 1 & 2

Exercises 3 & 4

Exercises 5 & 6