

# Agility Resolve

By Kathy Keats

Wicked weave pole entries and tricky tunnel approaches are the name of this game! Your New Year's resolutions begin now with working on the fundamentals of weave pole entries and your dog following your signals without gratuitously taking the wrong obstacle.

If your weave pole entries are strong, make the drill more difficult by bringing the tunnels in closer or angling the poles. If you are working on your weave pole entries, place the tunnel further away from the weave entry and/or use fewer weave poles so that the entries aren't as sharp and your dog doesn't have to make as difficult a choice.

Run each exercise a couple of times so that you end up handling the weave and tunnel challenges with the dog approaching the challenge on your right side one time and then from your left the other time. Although it may not make sense in terms of a handling choice, it will build your dog's skills at getting any weave entry.

There are more examples and descriptions at [www.theagilitycoach.ca](http://www.theagilitycoach.ca) under Free Downloads.

Happy New Year from The Agility Coach!!

## The Agility Coach

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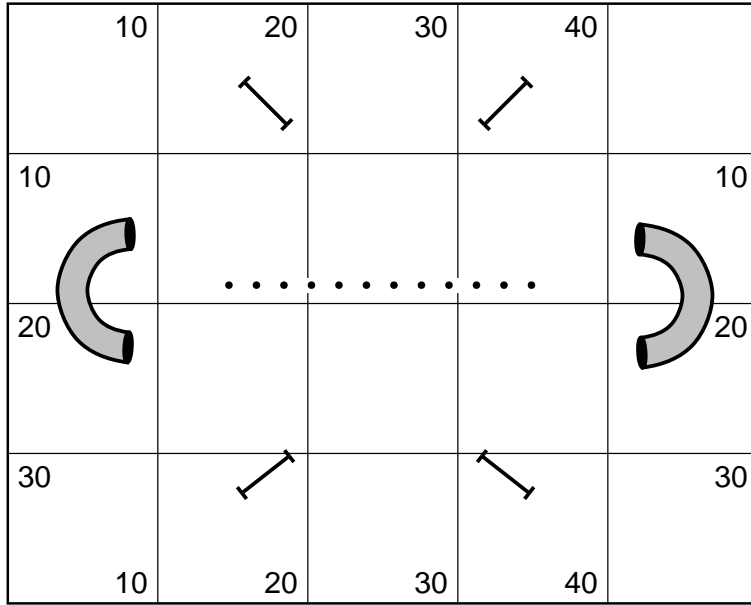
Go to [www.TheAgilityCoach.ca](http://www.TheAgilityCoach.ca) for **FREE** additional sequences of this  
Exercise of the Month

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.

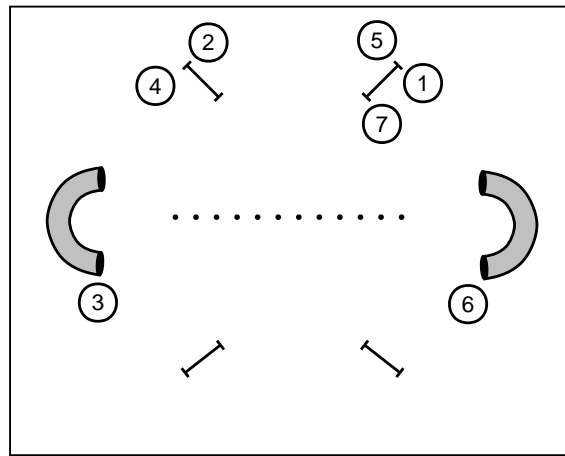
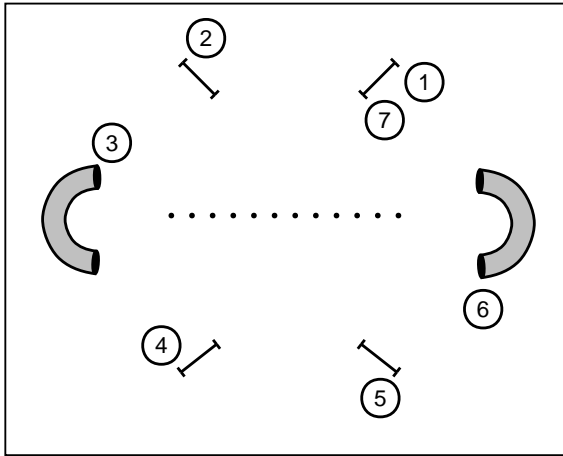
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has 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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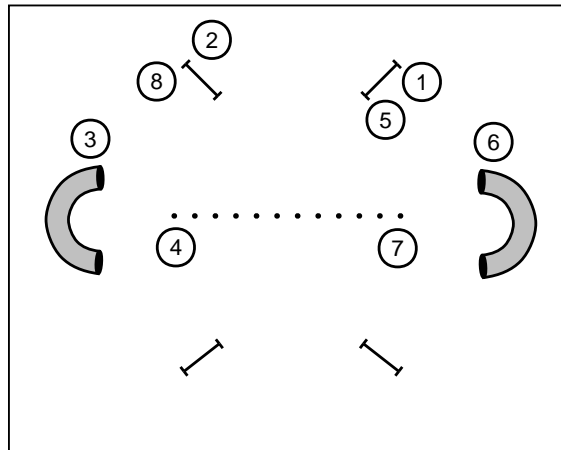
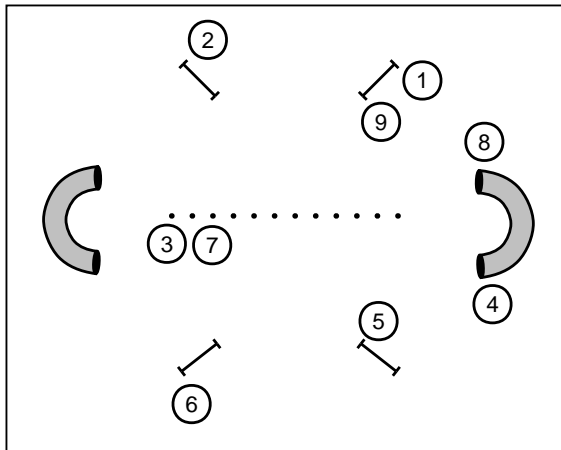
# Setup



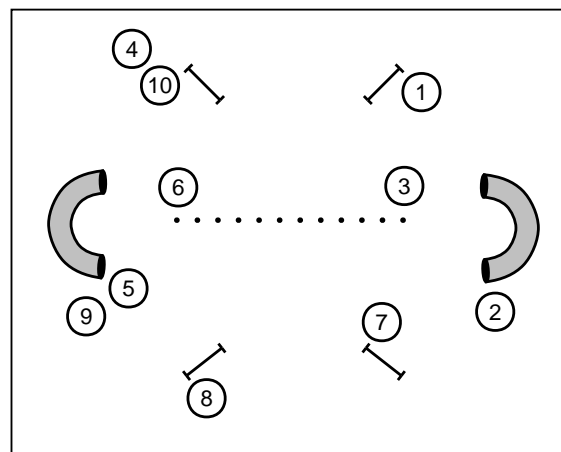
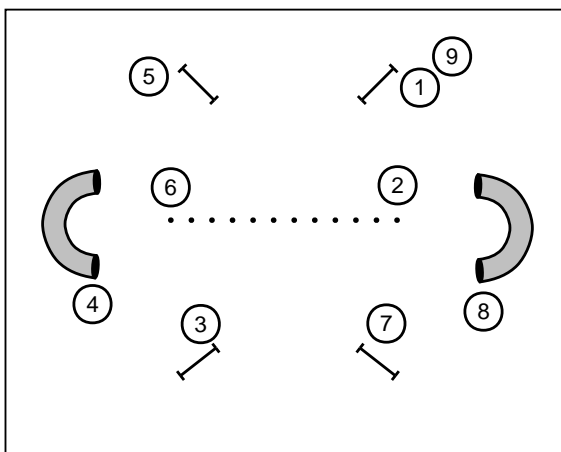
# Exercises 1 & 2



### Exercises 3 & 4



### Exercises 5 & 6



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