Crossed in Love

By Kathy Keats, The Agility Coach

Here's a Valentine for you. Be careful, as this handling might cause some trouble in paradise!

This heart has been broken with a double jump right in the middle. If you don't own a double jump, just put two single jumps together. These exercises help you get comfortable with all sorts of handling around a double jump. There are many instances where you have to trust your dog to do the jump you have cued so that you can leave and get ahead to the next handling position.

This exercise will really expose any jumping issues you have. There are a lot of tight turns in these sequences and transitions between extension and collection. If your dog is unsure about the double, substitute a single jump and work the double jump into jumping patterns to build his confidence before you integrate it back into sequencing. Always be sure to create a reasonable angle of approach to a double with your handling, especially if the dog is inexperienced.

There are more exercises for this setup at www.theagilitycoach.ca under Free Downloads.

Enjoy! The Agility Coach

The Agility Coach

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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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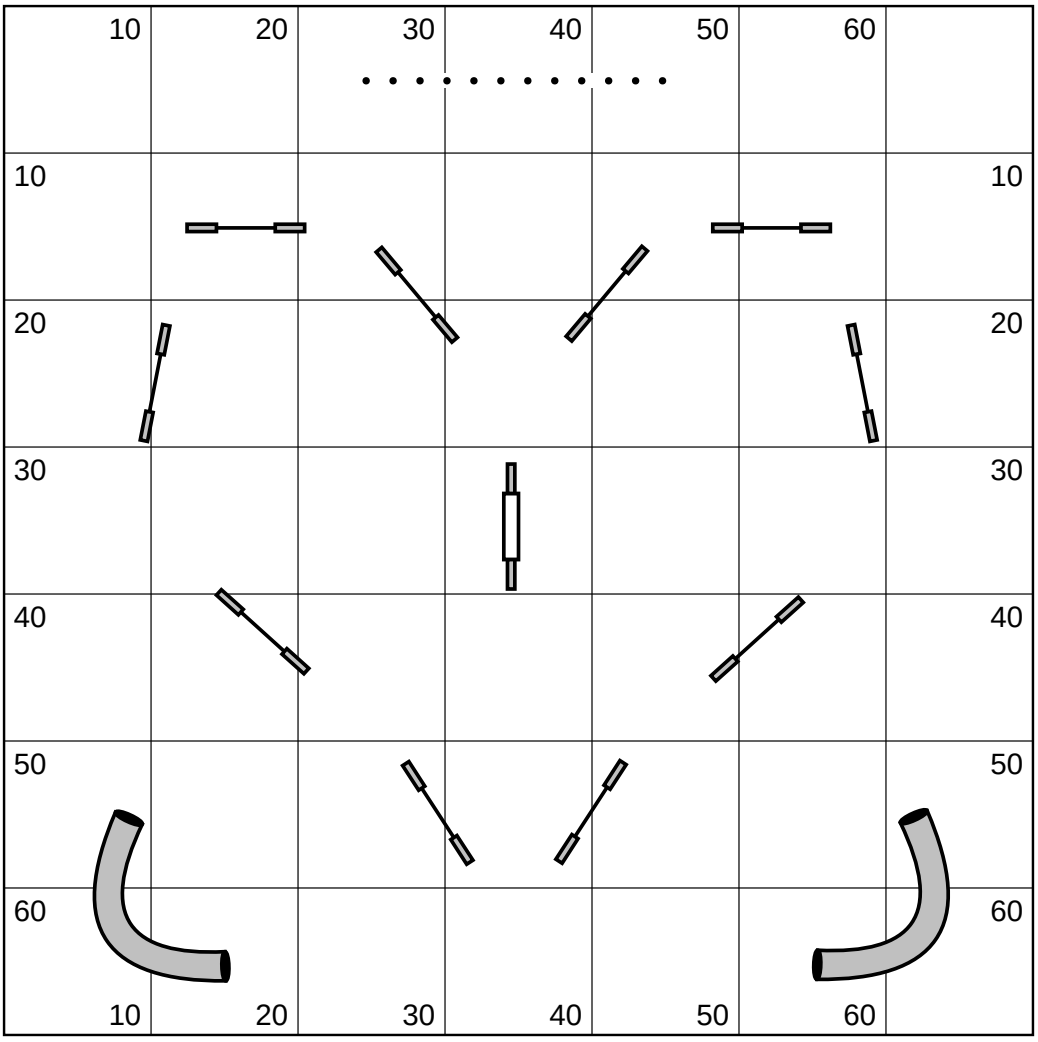
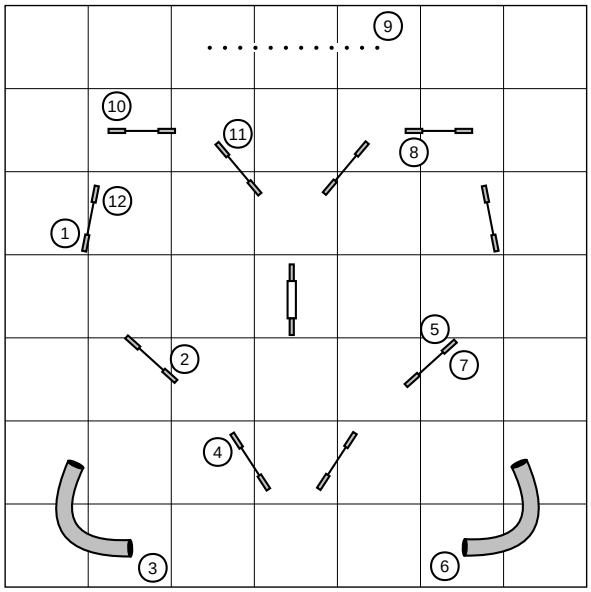
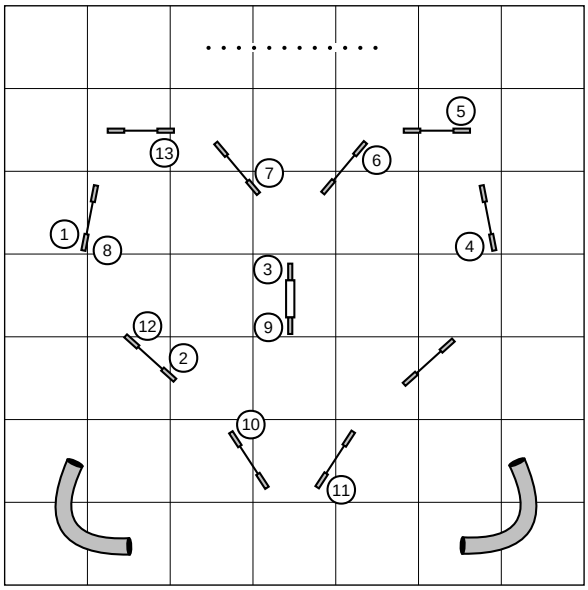
Setup

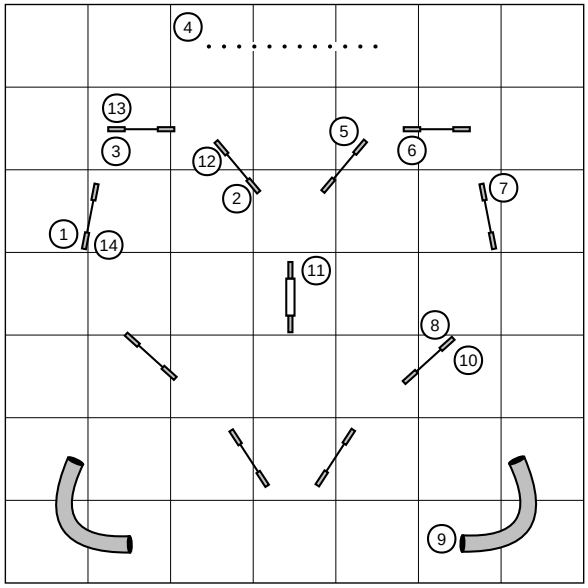


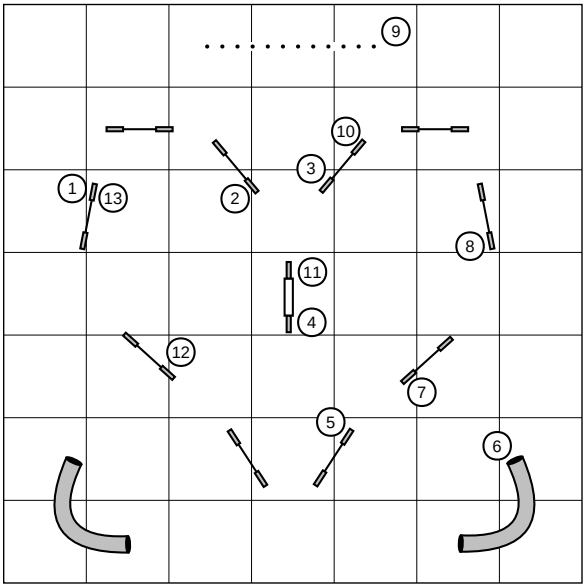
Exercises 1 & 2



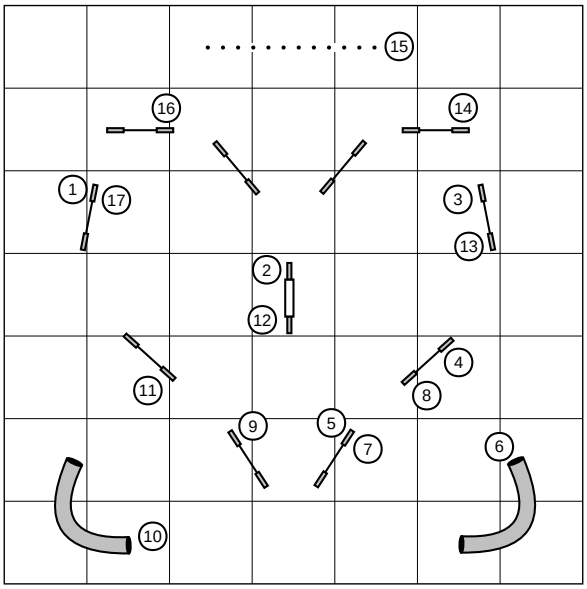


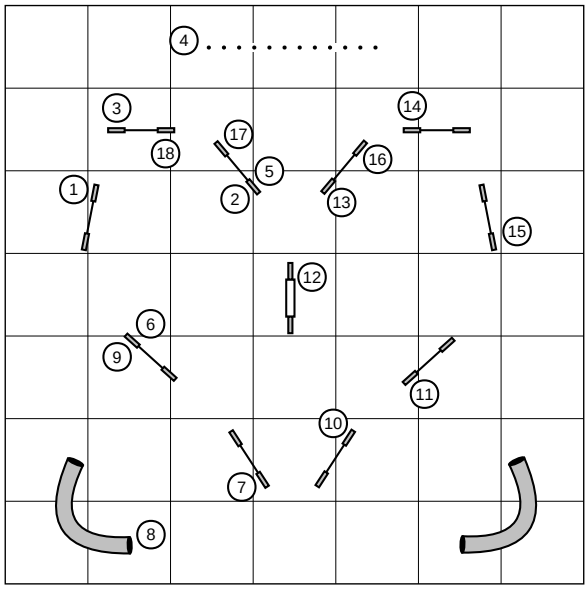
Exercises 3 & 4





Exercises 5 & 6





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