



In Like a Lion

By Kathy Keats, The Agility Coach

March is known as the month that comes in like a lion. These exercises roar with tricky weave entrances and exits.

The exercises are set up so that the second half of the sequence is a mirror image of the first half. Use the same handling technique throughout one repetition of the sequence so that

you practice the handling skill equally on both sides. For example, if you do a front cross before the entry of the weave poles in the first half of the exercise, do another front cross before the weave entry in the second half of the exercise.

Try each exercise twice, and use a different handling technique in the second repetition so you can prepare for different approaches on course. (Note: This exercise is to push you to a higher skill level, and is not necessarily how you would handle the sequence in a trial environment.)

For example, when you work the first sequence, shown in Exercise 1, follow this routine:

- **Repetition 1:** Use a front cross between jump #3 and the #4 weave poles so that the dog enters the poles on your left and a front cross between jump #7 and the #8 weave poles so the dog enters the poles on your right (this works the mirror image of the skill).
- **Repetition 2:** Do the sequence again and keep your dog on your right from #3 to #4 and then drive to the #5 jump and do a rear cross. As you come around to the mirror image second half, use the same type of handling. Keep your dog on your left going to the #8 poles and then drive to #9 and do a rear cross to go to #10.

Try other types of handling for the entries and exits to the poles so no judge can throw you into the lion's den! The more you challenge yourself, the easier trials will seem.

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

Enjoy! The Agility Coach

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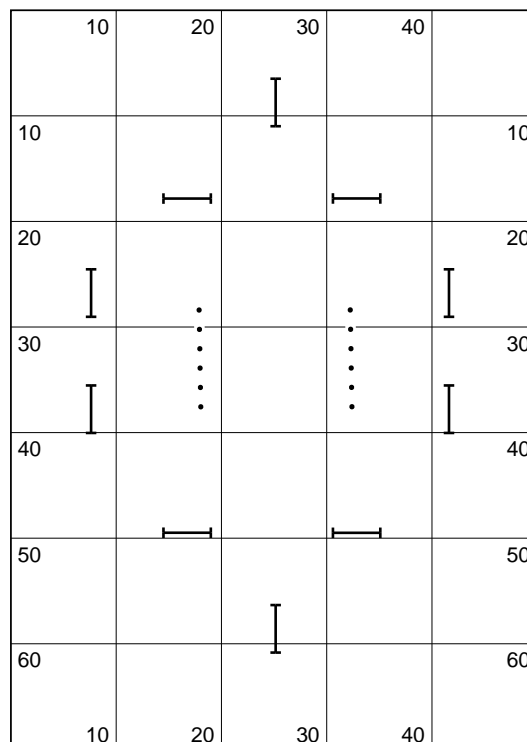
Go to www.TheAgilityCoach.ca for **FREE** additional sequences of this Exercise of the Month

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.

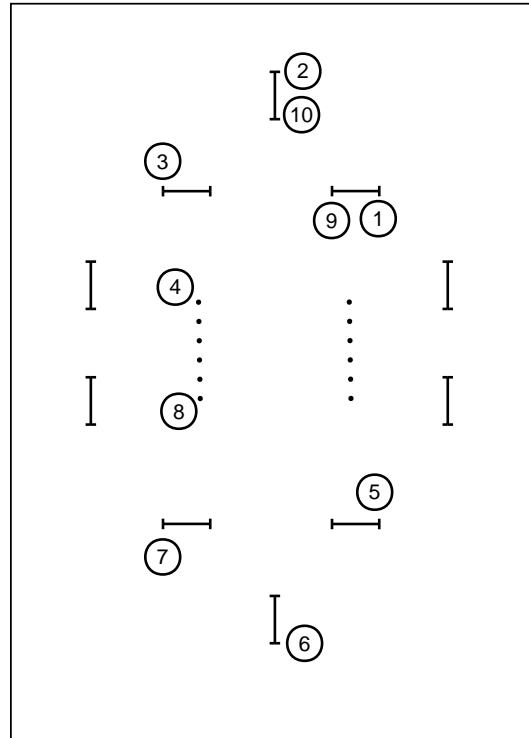
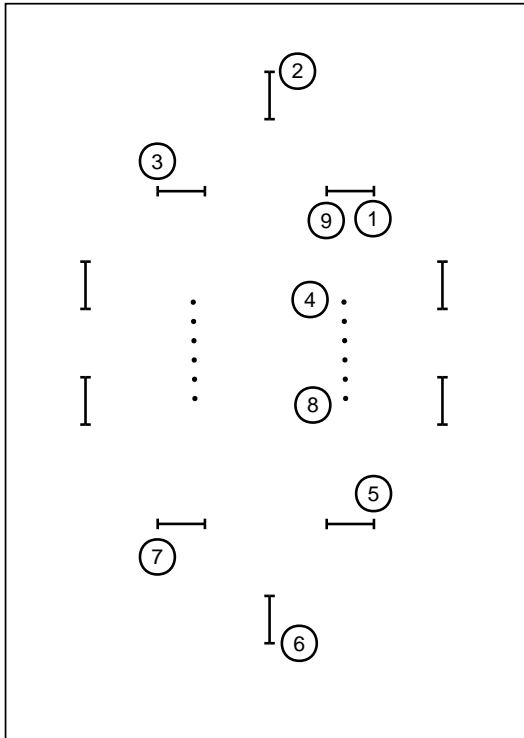
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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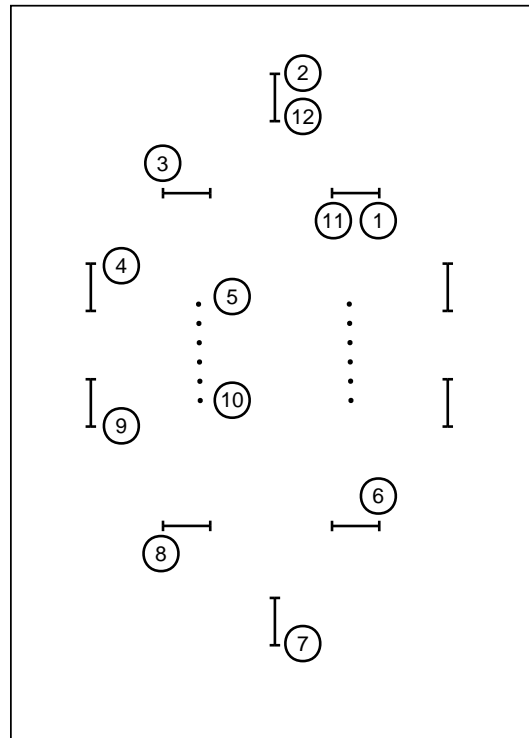
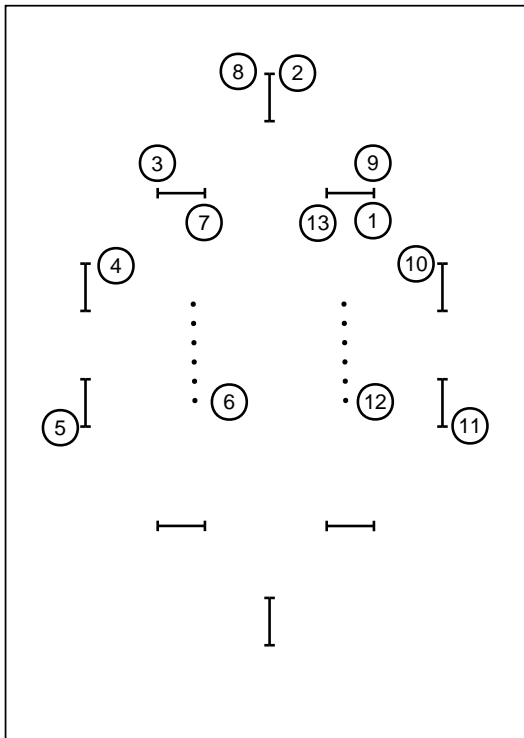
Setup



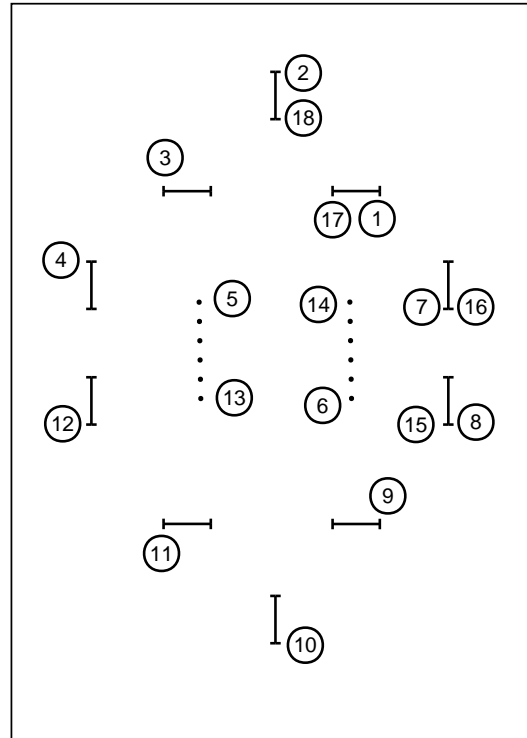
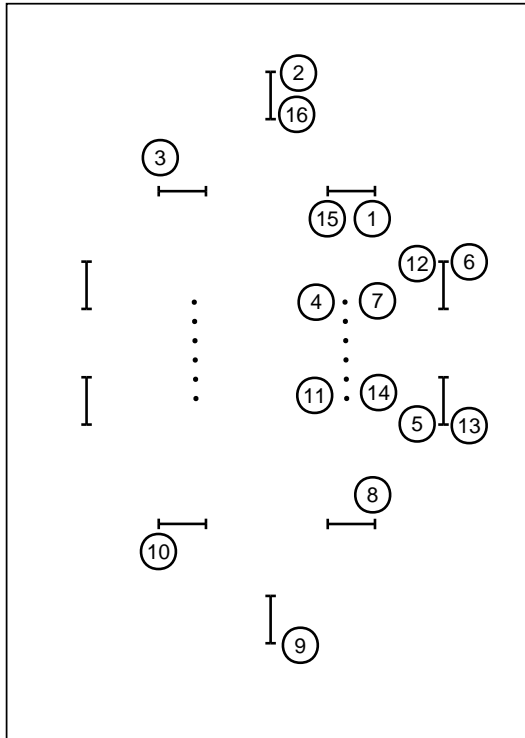
Exercises 1 & 2



Exercises 3 & 4



Exercises 5 & 6



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