

# Suction or Explosion

By Kathy Keats, The Agility Coach

A straight tunnel can suck your dog in like a high-end vacuum cleaner or blast your dog forward like a cannonball. This exercise works on various discriminations with the dog constantly moving past the tunnel entrance as well as working on your dog's turn out of the tunnel.

Motion and positioning are only of use when the dog can see you. Tunnel handling requires that he either has seen a signal before he enters the tunnel, heard you in the tunnel, or can see you at the end of the tunnel. Your goal is that he knows where the next obstacle is *before* he exits the tunnel. Try front crosses and rear crosses in this exercise. Remember, a judge can force you to use a rear cross with course design.

Don't exaggerate your lines to avoid tunnel entrances. Practice driving past tunnel entrances at a reasonable distance. If your dog veers away from you or crosses your line to take the tunnel, you have a training issue that needs work. Be careful your dog doesn't train you to bend your line further and further away from the tunnel!

You can find even more challenging versions for this setup at [www.theagilitycoach.ca](http://www.theagilitycoach.ca) under Free Downloads.

Enjoy! The Agility Coach

## The Agility Coach

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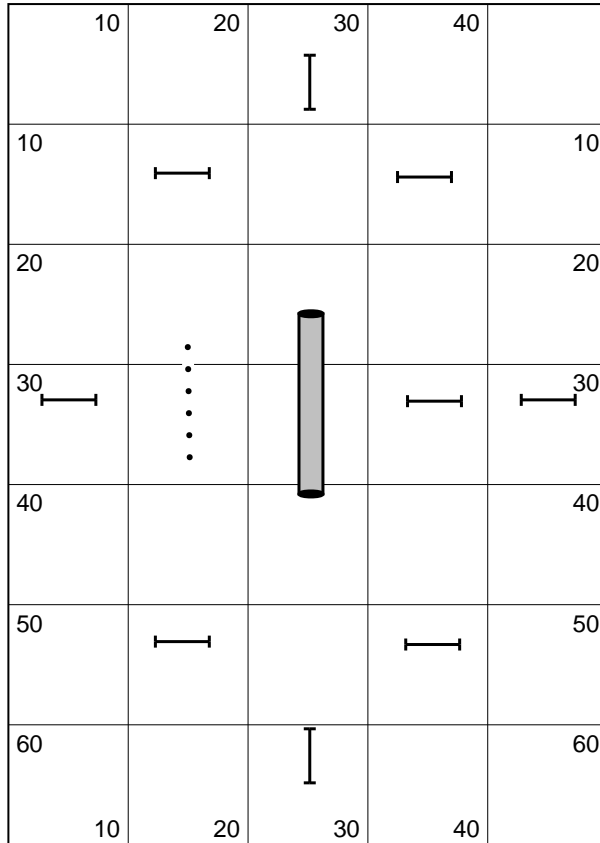
Go to [www.TheAgilityCoach.ca](http://www.TheAgilityCoach.ca) for **FREE** additional sequences of this Exercise of the Month

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.

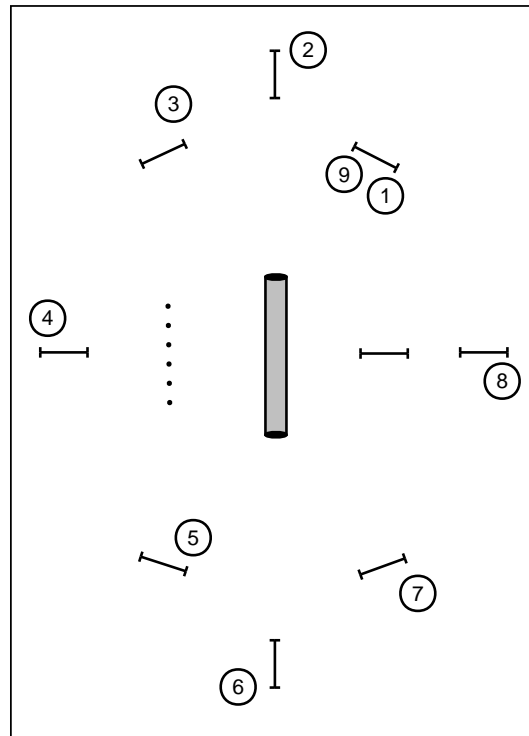
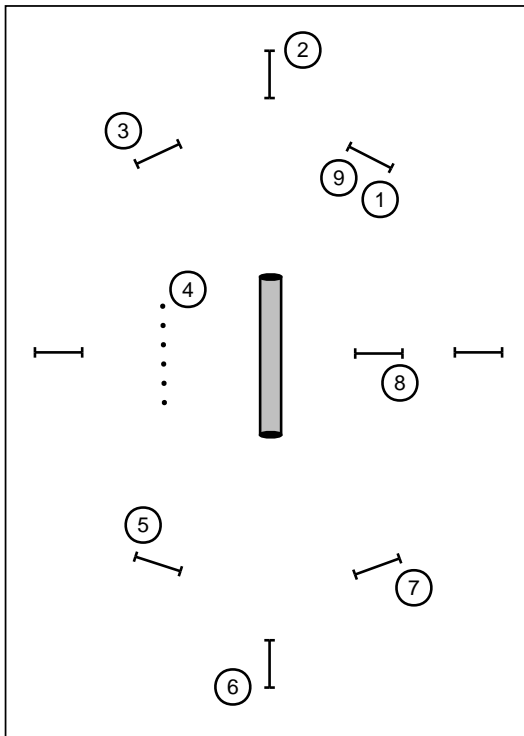
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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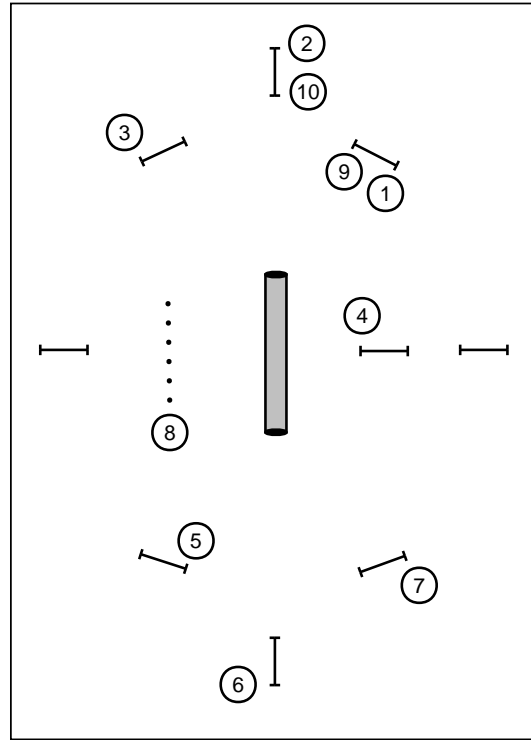
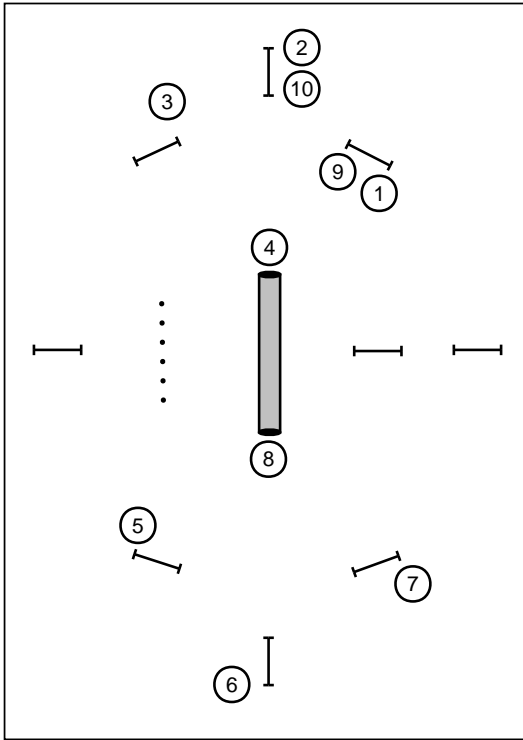
# Setup



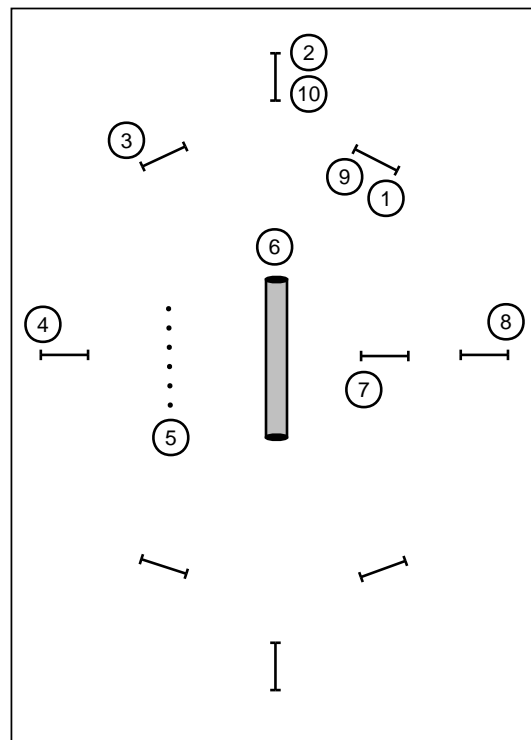
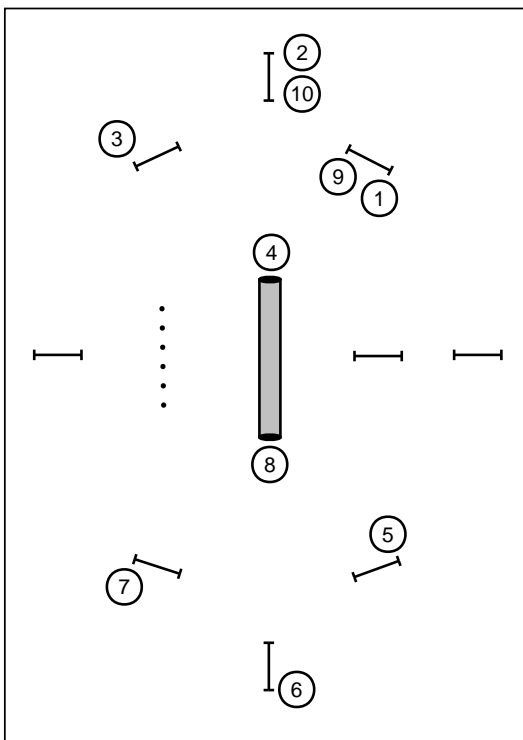
# Exercises 1 & 2



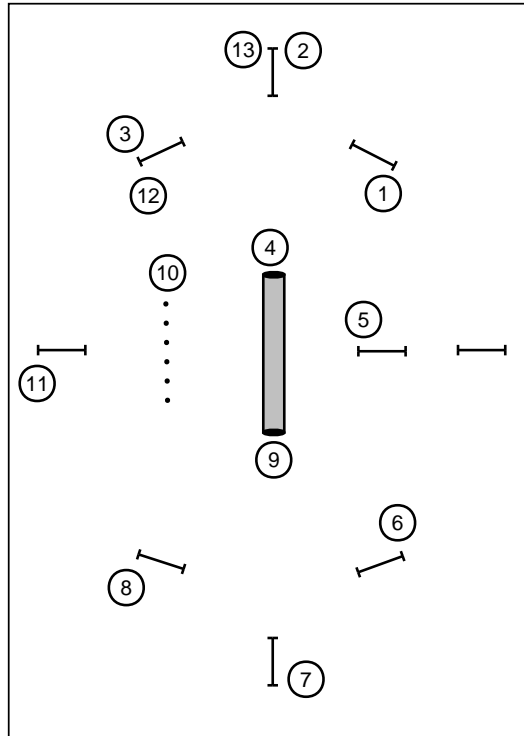
**Exercises 3 & 4**



**Exercises 5 and 6**



## Exercise 7



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