

# Leadin' You On

By Kathy Keats, The Agility Coach

The ability to lead out on course can make or break your run. Either you get ahead of the game or you are playing catch up the entire course.

This simple drill works on sequences where the lead out may catch you back on your heels and make it more difficult to get position for a difficult weave entry. The more independent your dog is, the easier these drills become. As always, be sure to do the mirror image of each drill, as shown in the first sequence. There are multiple handling options, such as whether to push through or pull through, as well as the opportunity to practice weave entries, turning at the tire, and table performance. If you don't own a tire, you can substitute a jump in its place.

You will find more in-depth handling explanations of this exercise at [www.theagilitycoach.ca](http://www.theagilitycoach.ca) under Free Downloads.

Enjoy! The Agility Coach

## The Agility Coach

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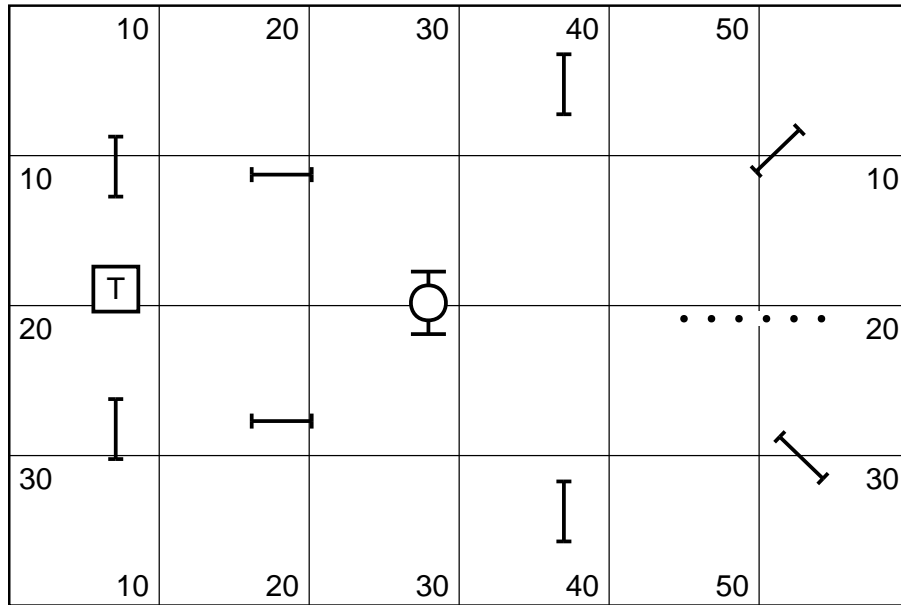
Go to [www.TheAgilityCoach.ca](http://www.TheAgilityCoach.ca) for **FREE** additional sequences of this Exercise of the Month

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.

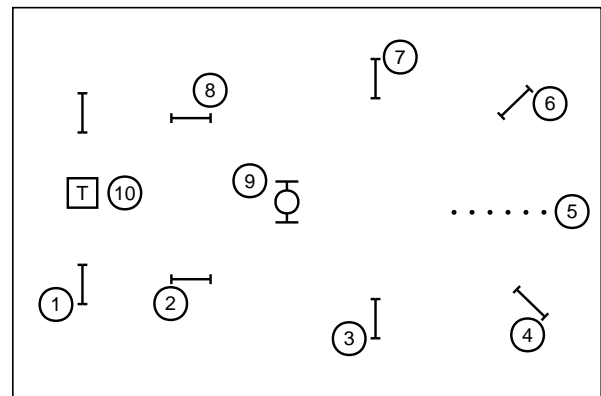
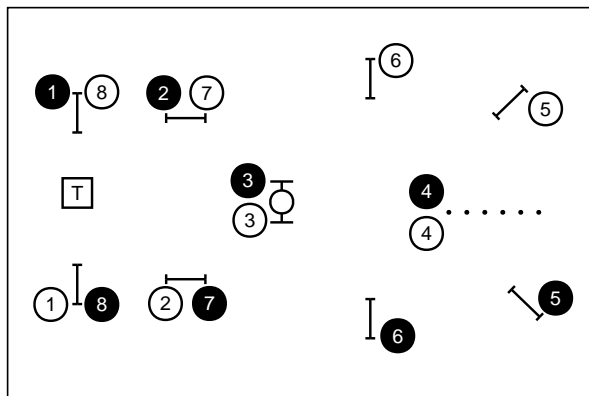
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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

[kathy@theagilitycoach.ca](mailto:kathy@theagilitycoach.ca)

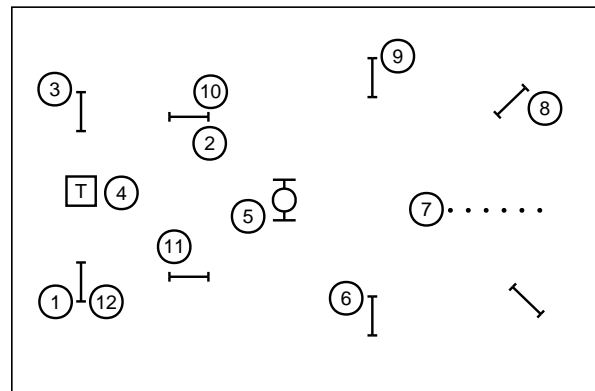
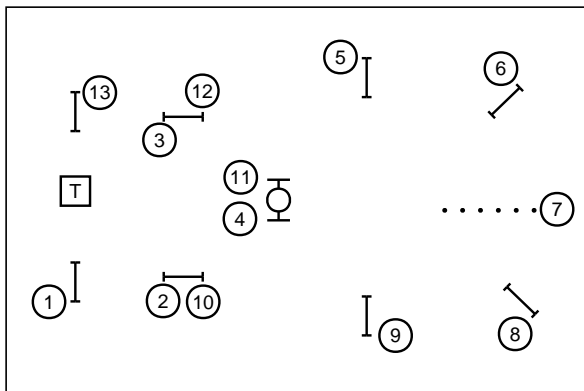
### Setup



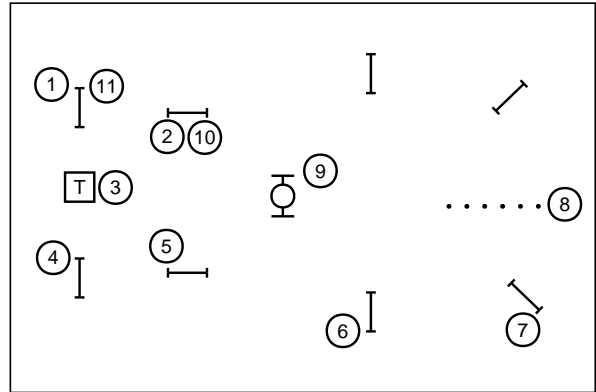
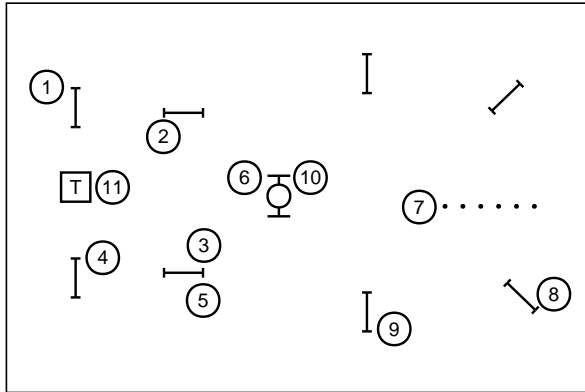
### Exercises 1 & 2



### Exercises 3 & 4



## Exercises 5 and 6



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