



By Kathy Keats

These exercises are inspired by various challenges presented at the FCI World Championships. Push-throughs, threadles, and off-course traps abounded. It's hard to believe that these courses can flow, but as always, the top handlers made it look easy. In each exercise, find the push-throughs, threadles, and traps and then find a similar challenge on the course maps from the WC (included in the News story on the event on the Magazine Forum page) so that you can put it in context of a full course. Each sequence has at least one corresponding challenge in a WC course map.

- If you are having trouble, break down the sequence where the problem is happening into a drill with a maximum of three jumps.
- There are a lot of tight turns so dogs with motivation issues should only do one exercise per session with lots of revving up and reinforcement.
- Also check out [www.theagilitycoach.ca](http://www.theagilitycoach.ca) for programs that work on these skills in progressions.

As with last month's exercises, be aware that there may be different paths to choose from. Don't decide on your handling before mapping out all the possible options. Do your choices match up with the world team handlers?

# The Agility Coach

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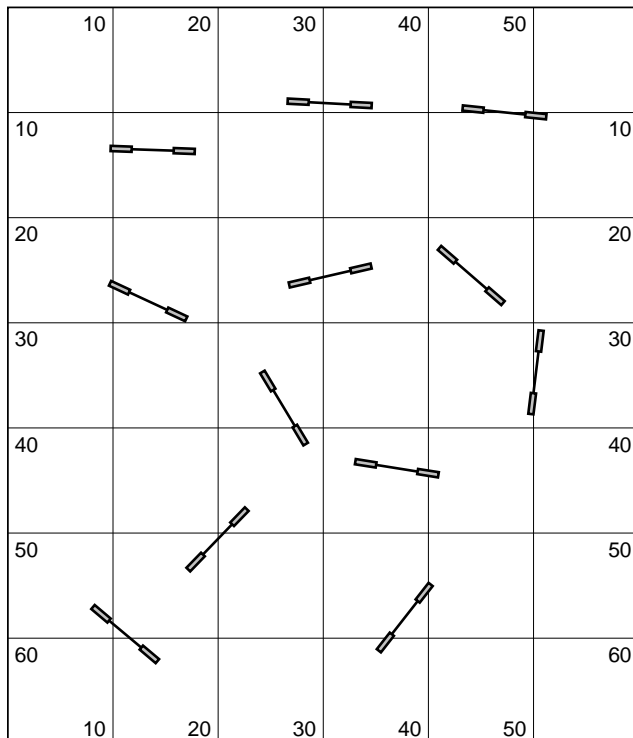
Go to [www.TheAgilityCoach.ca](http://www.TheAgilityCoach.ca) for **FREE** additional sequences of this Exercise of the Month

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.

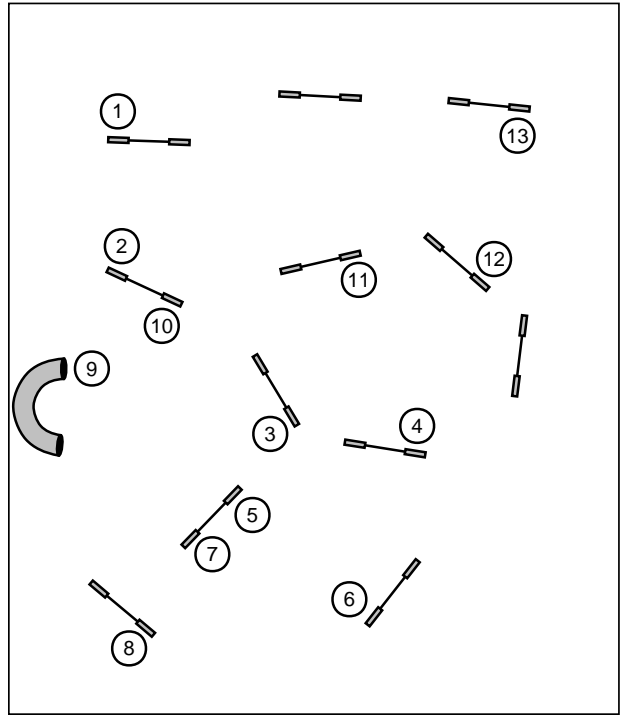
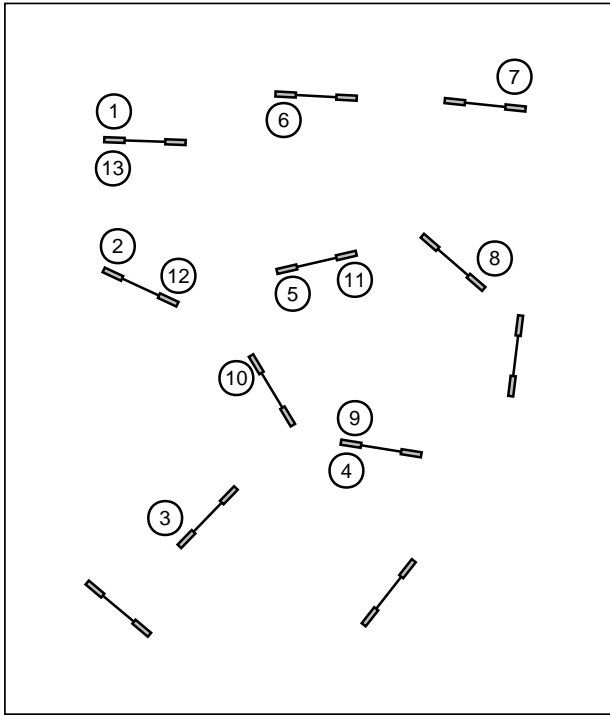
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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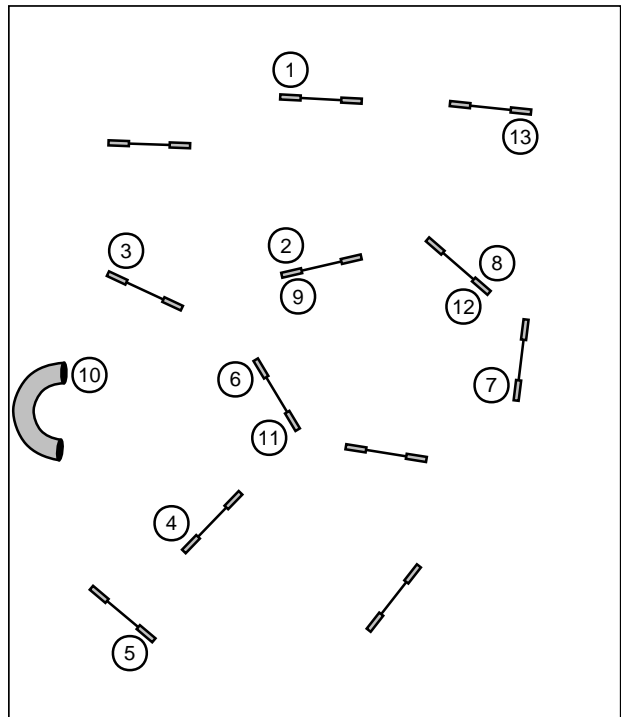
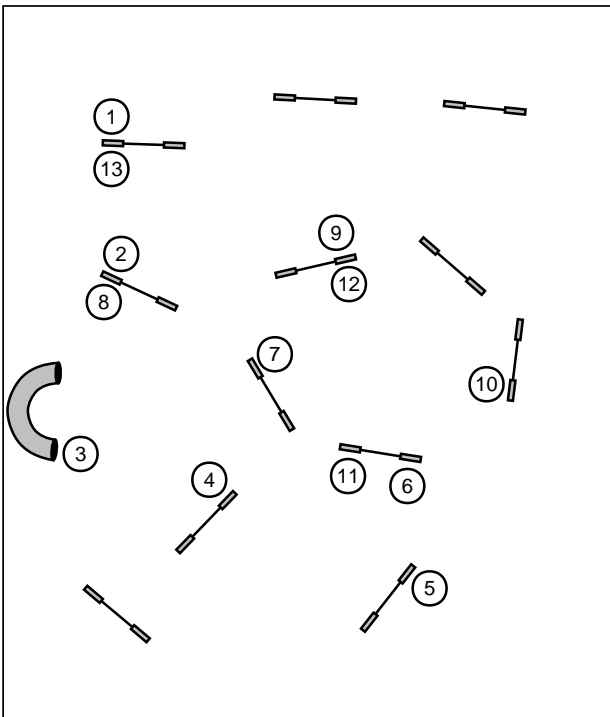
## Setup



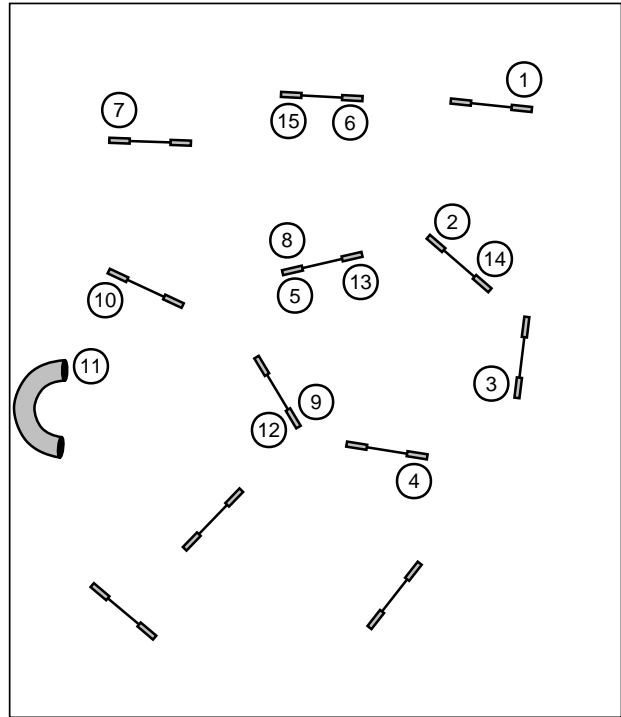
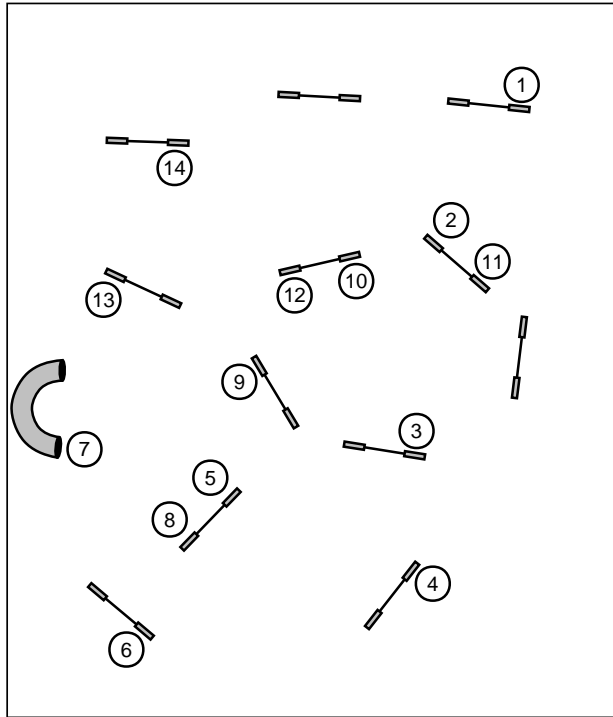
### Exercises 1 & 2



### Exercises 3 & 4



## Exercises 5 & 6



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