

The Agility Goddess

By Kathy Keats, The Agility Coach

May is named after the Roman goddess, Maia, who is identified as a good goddess or a goddess of spring. After a long winter, it seems like we should be thanking the goddess of spring for some great agility weather!

These sequences work on collection into the weave poles. Imagine doing a threadle and that will give you the correct imagery for the type of collection you are looking for as your dog does the jumps leading to the weave pole entrance.

There are several opportunities to practice by-passing tunnel entrances and to work on your wraps.

You will find additional sequences for this exercise setup at www.theagilitycoach.ca under Free Downloads!

Enjoy! The Agility Coach

The Agility Coach

Your guide to success.

NEW! Check out The Agility Coach Notebooks weekly for new sets and challenges!

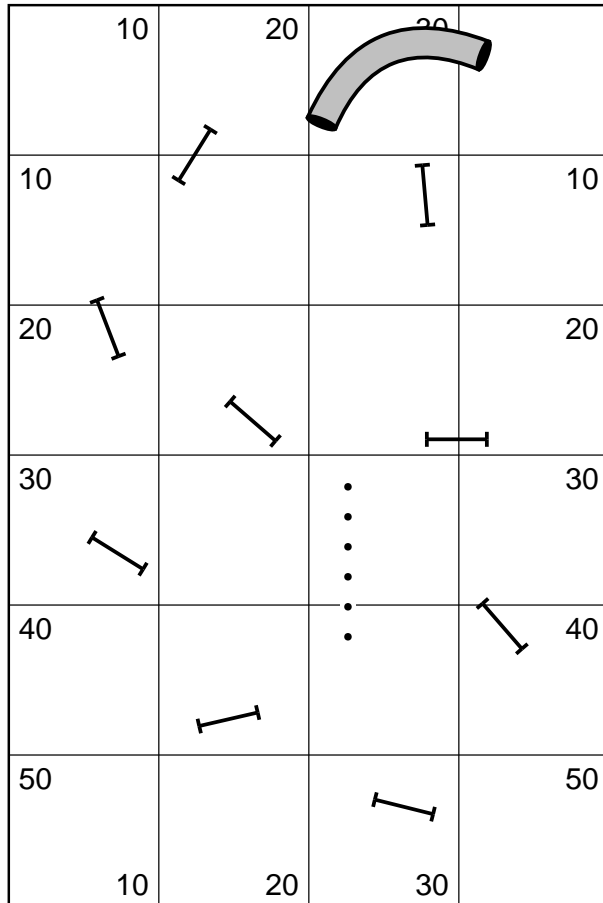
Go to www.TheAgilityCoach.ca for **FREE additional sequences of this Exercise of the Month**

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.

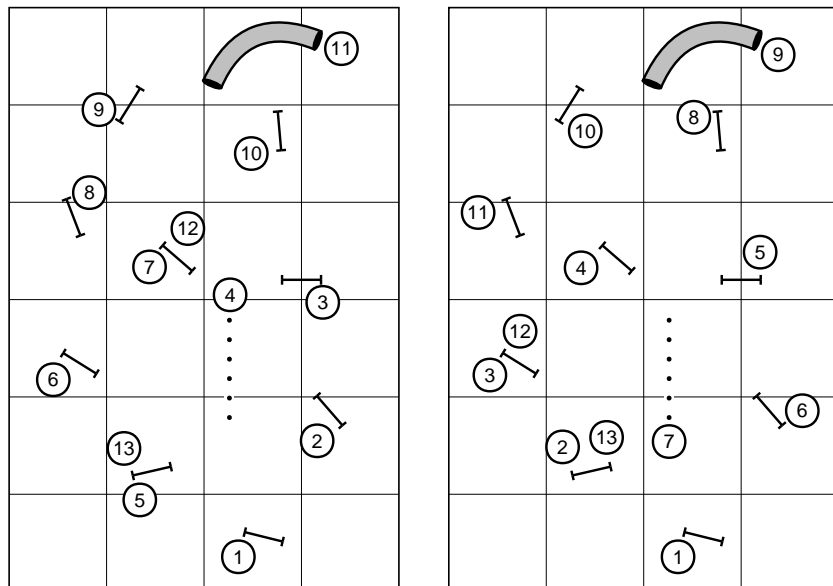
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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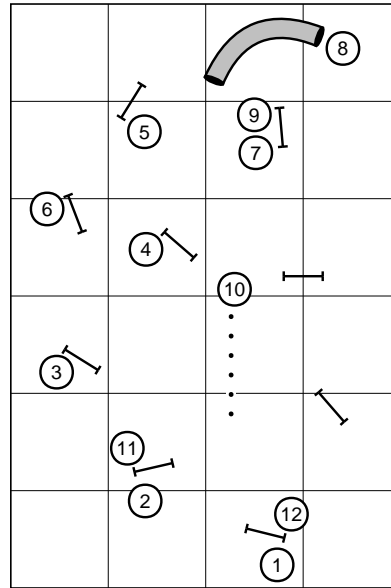
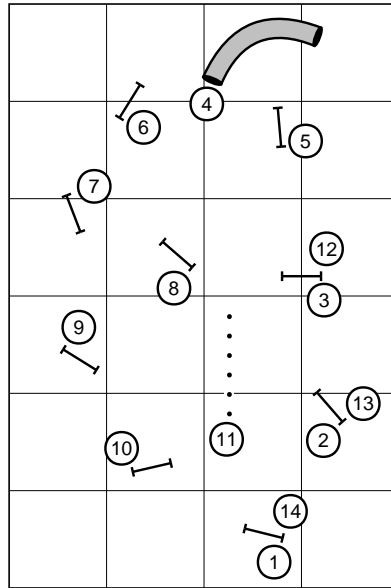
Setup



Exercises 1 & 2



Exercises 3 & 4



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