

Roasting on an Open Fire

By Kathy Keats, The Agility Coach, and Lynda Caughlin

Don't get burned this holiday season by a judge who likes to set up the push-through (also called a push-behind) as a challenge! This challenge has been a popular one with world championship judges and is becoming more common at local agility trials.

Usually a push-behind is executed by the handler stepping toward the wing of a jump with her dog on her outside hand (furthest from the jump). The handler then "throws" her dog around the wing to the backside of the jump without physically going behind the jump herself. Many handlers like to add a verbal cue like "around" or "push" to help the dog differentiate when he should be going around to the back of the jump instead of taking the jump from the front. The further from the jump you are, the more useful the verbal cue becomes.

These drills have several opportunities to work on this skill, along with some wraps and pull-throughs tossed in for a festive twist!

As a free gift from me, check out www.theagilitycoach.ca for more variations on this exercise!

Have fun and Merry Christmas!!

The Agility Coach

The Agility Coach

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Check out [The Agility Coach Notebooks](#) weekly for new sets and challenges!

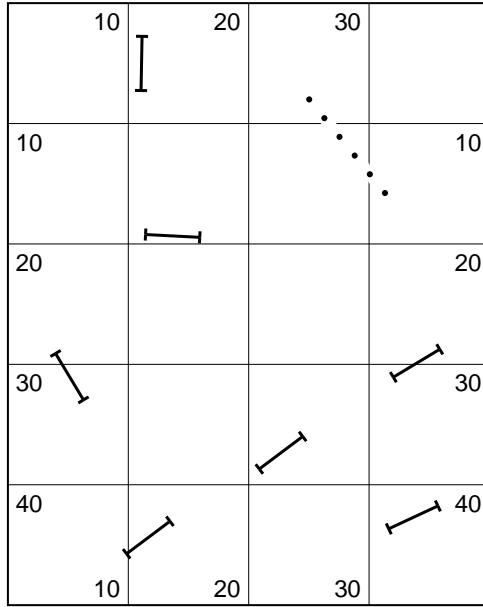
Go to www.TheAgilityCoach.ca for **FREE** additional sequences of this Exercise of the Month

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.

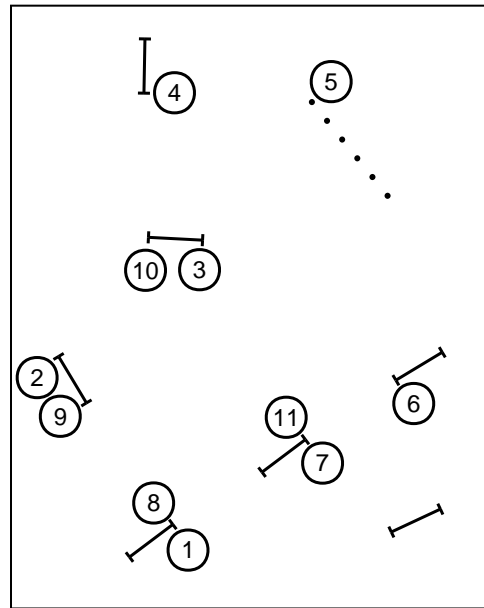
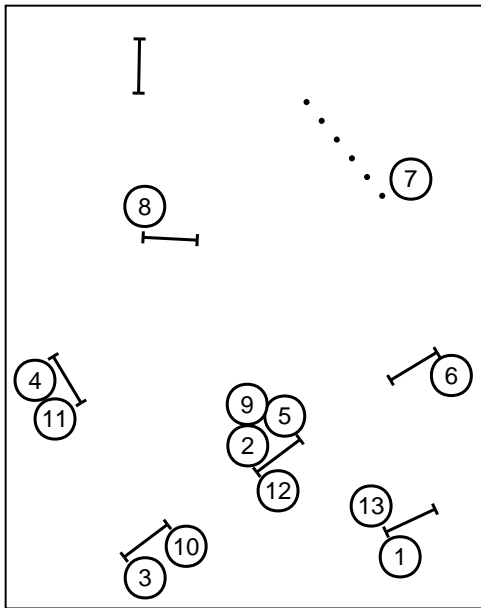
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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

kathy@theagilitycoach.ca

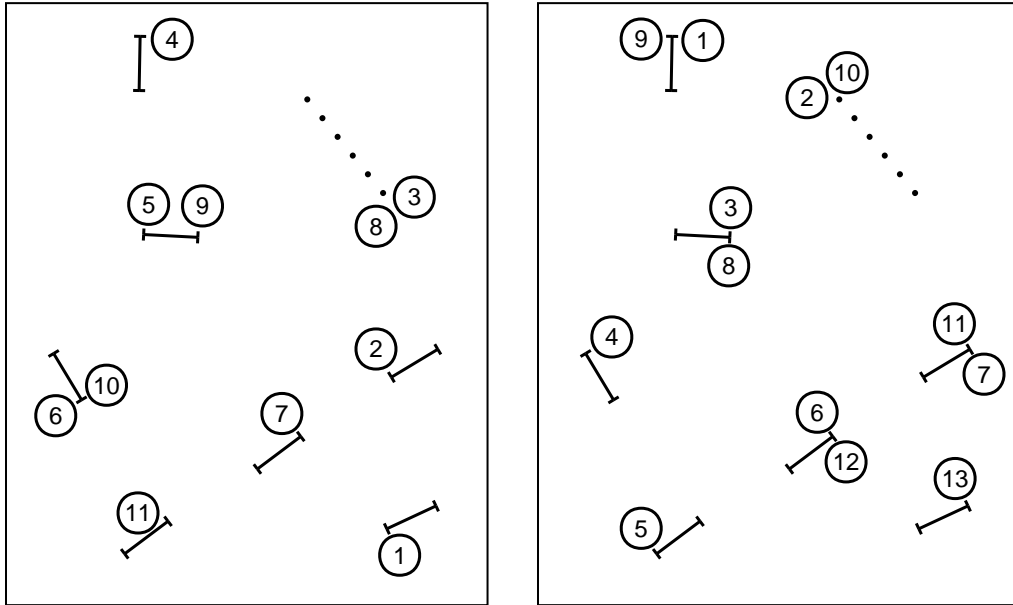
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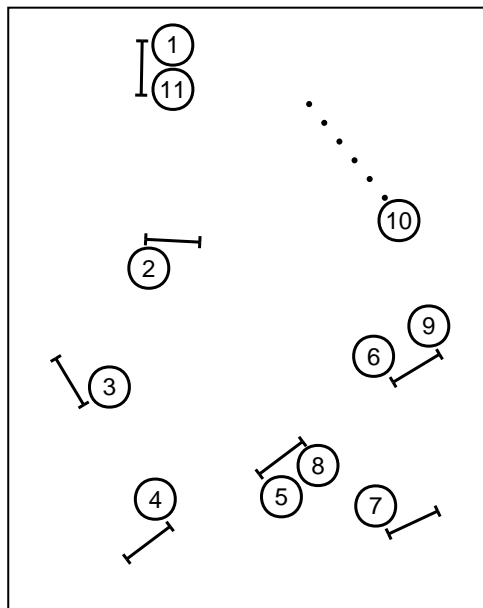
Exercises 1 & 2



Exercises 3 & 4



Exercises 5



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