

Summer Celebration

By Kathy Keats, The Agility Coach

With summer comes the main trial season! These exercises string together longer sequences and require you to execute skills we have worked on in a simulated course setting in preparation for the big trials. The first time you run the exercise treat it as if you are running a course. Then break the exercise down and work on any problem areas. Finally, put it back together and run the whole exercise once again like a course. Go for speed! If you aren't making a few mistakes, you aren't pushing yourself enough to improve!

If you don't have a big enough area or enough equipment, break the exercises down into several smaller drills of about six obstacles and work on the individual skills within the sequence.

You will find additional challenging 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!

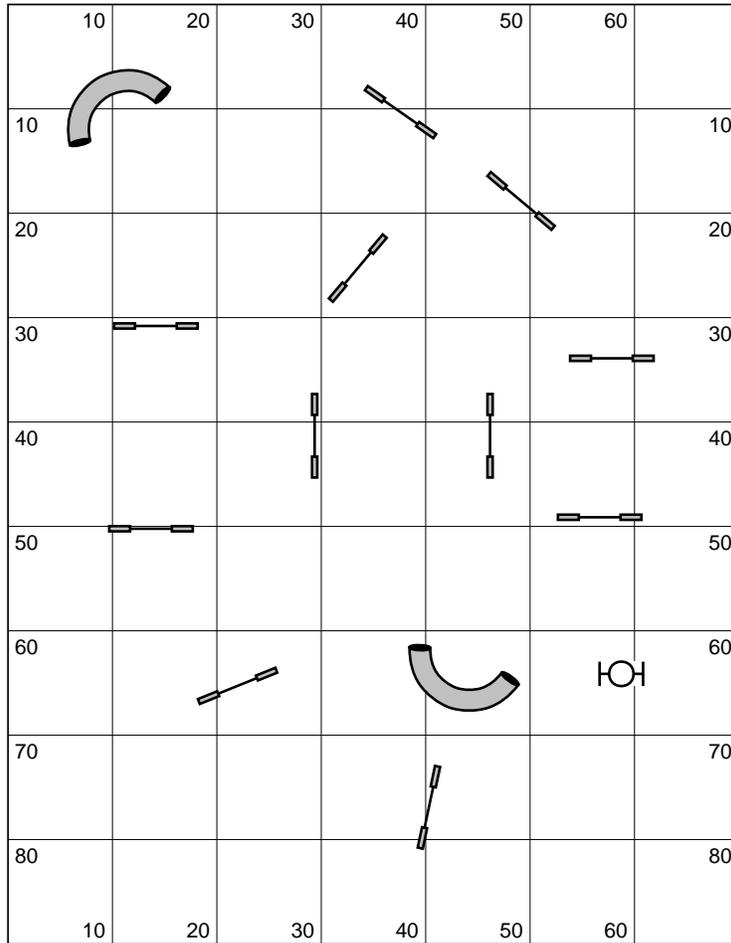
Go to www.TheAgilityCoach.ca for **FREE additional sequences of this Exercise of the Month**

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.

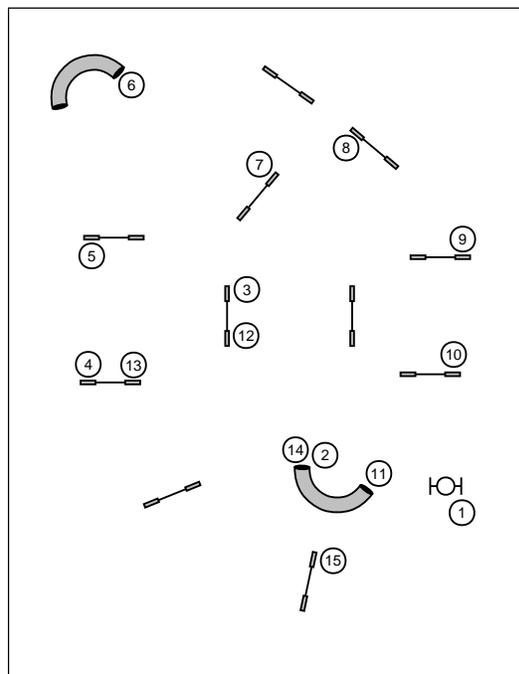
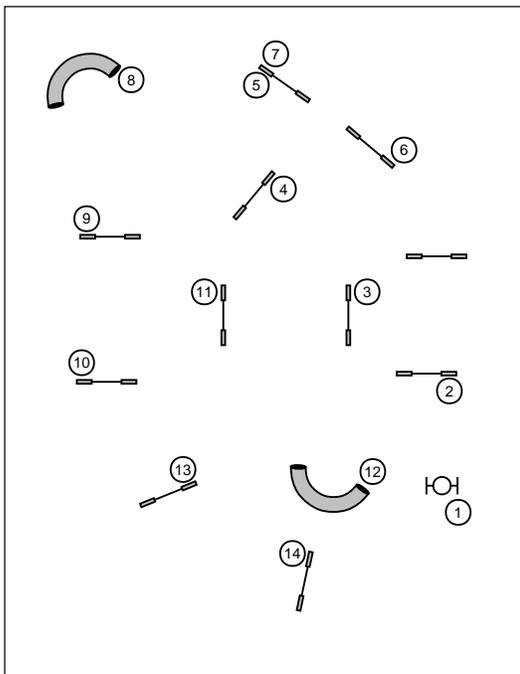
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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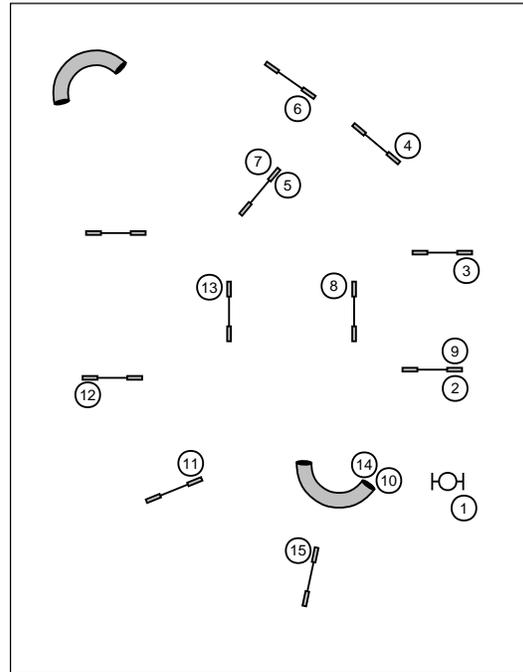
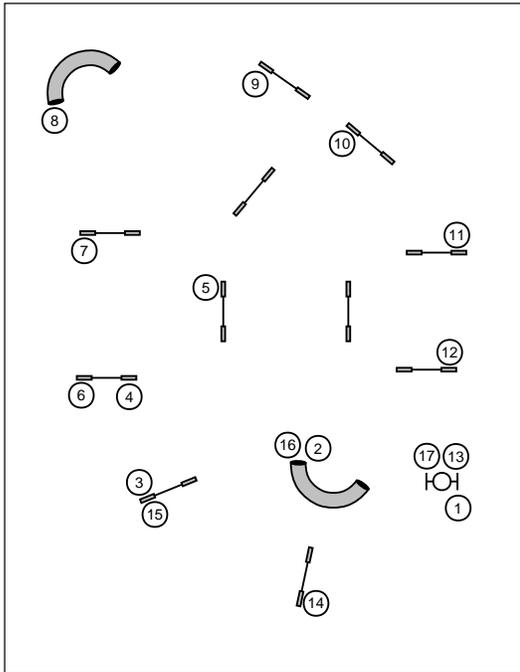
Setup



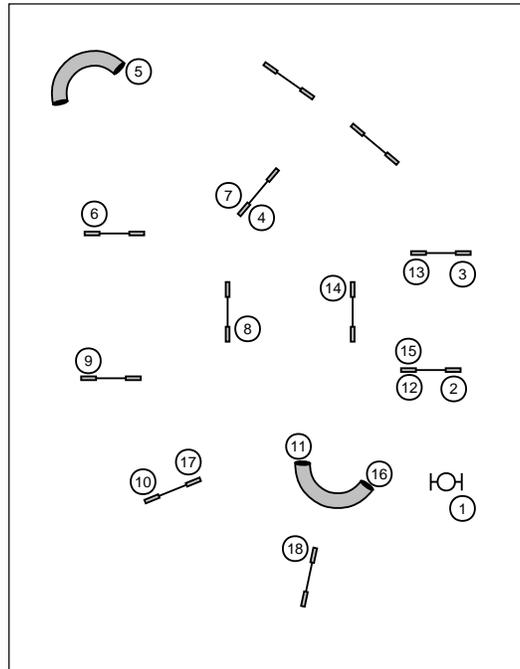
Exercises 1 & 2



Exercises 3 & 4



Exercise 5



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