



Agility Pride

By Kathy Keats, The Agility Coach

July is a month where there is a lot going on. The agility season is ramping up, and it's time to get trial ready for bigger events!

These sequences feature some tricky technical turns and world-class challenges, working on wraps and sliding between and behind obstacles. Practice sending your dog and leaving once you know he is committed. If you babysit your dog, you won't make it to the next handling position!

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!

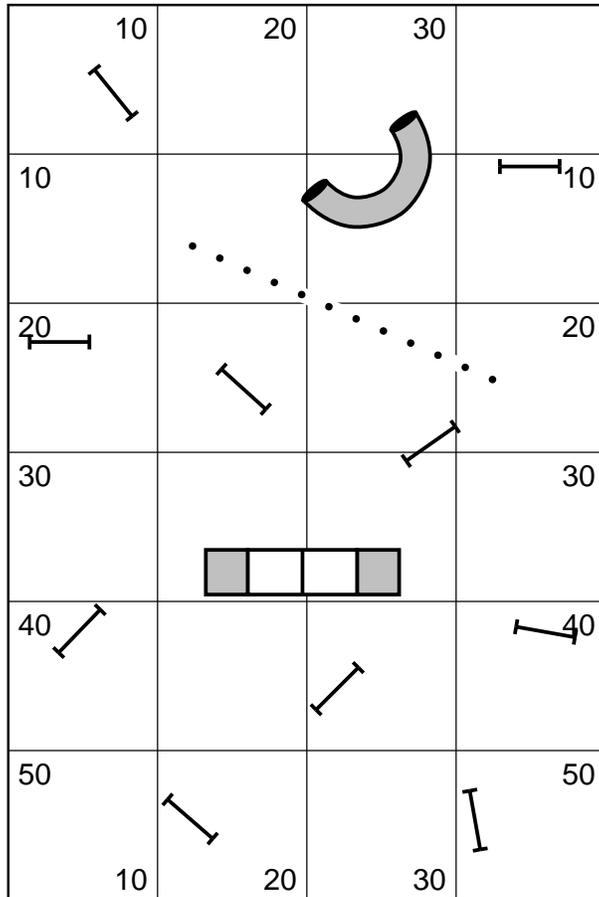
Go to www.TheAgilityCoach.ca for **FREE** additional sequences of this Exercise of the Month

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.

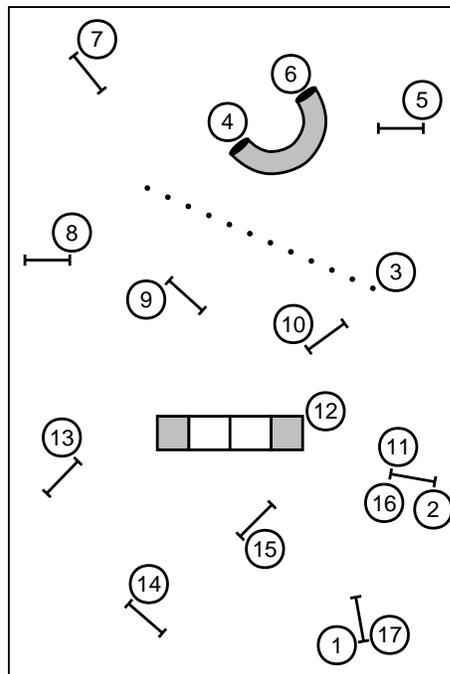
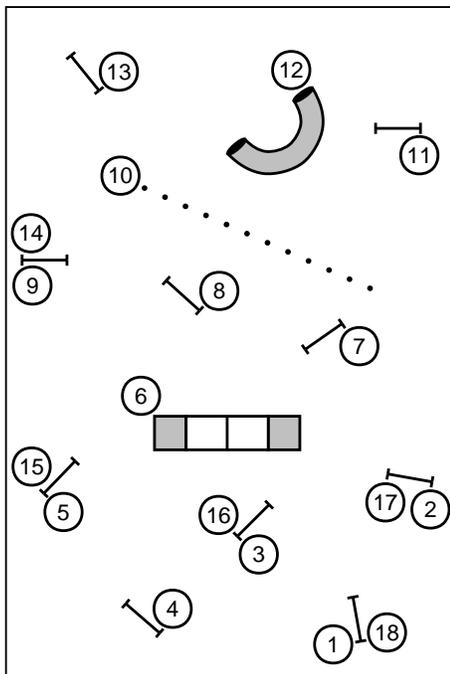
Kathy Keats is The Agility Coach. She knows what it takes to be successful. Kathy has participated in and won major national and world class events in dog agility and basketball, and competes at the Open level in sheepdog trials. Kathy graduated from the National Coaching Institute and since then has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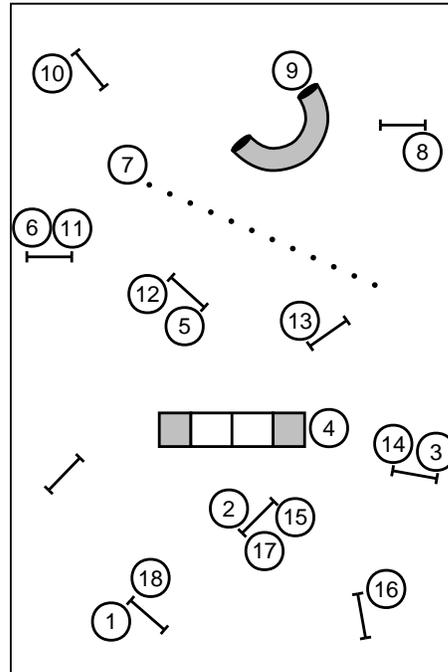
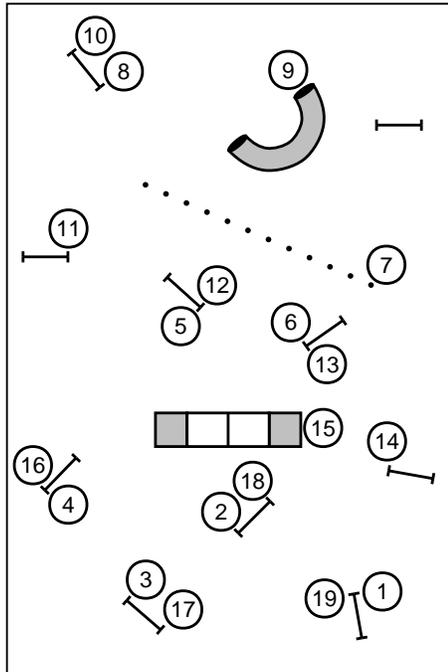
Setup



Exercises 1 & 2

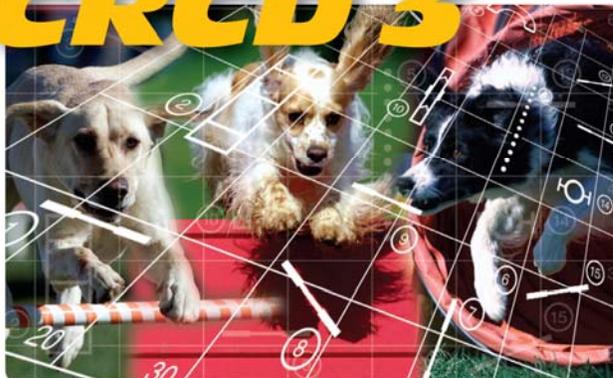


Exercises 3 & 4



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