

Bonus Exercise 21

One More Challenge...

When I was putting the finishing touches to the Young Agility Dog Workbook, I ended up with one more exercise that I really liked.

Rather than making the workbook longer, I decided to keep this one separate.

It combines many of the skills developed throughout the workbook, including wraps, body rotation, flowing lines, commitment and forward focus, before introducing a simple layering progression.

Whether you're already working through the workbook or simply looking for a new training idea, I hope you enjoy adding this exercise to your sessions.

Happy training,

Lee Gibson



Bonus Exercise 21 – Building Speed, Lines & Layering

Objective

This exercise combines flowing lines with controlled turning, helping your dog develop confidence while introducing more advanced handling concepts.

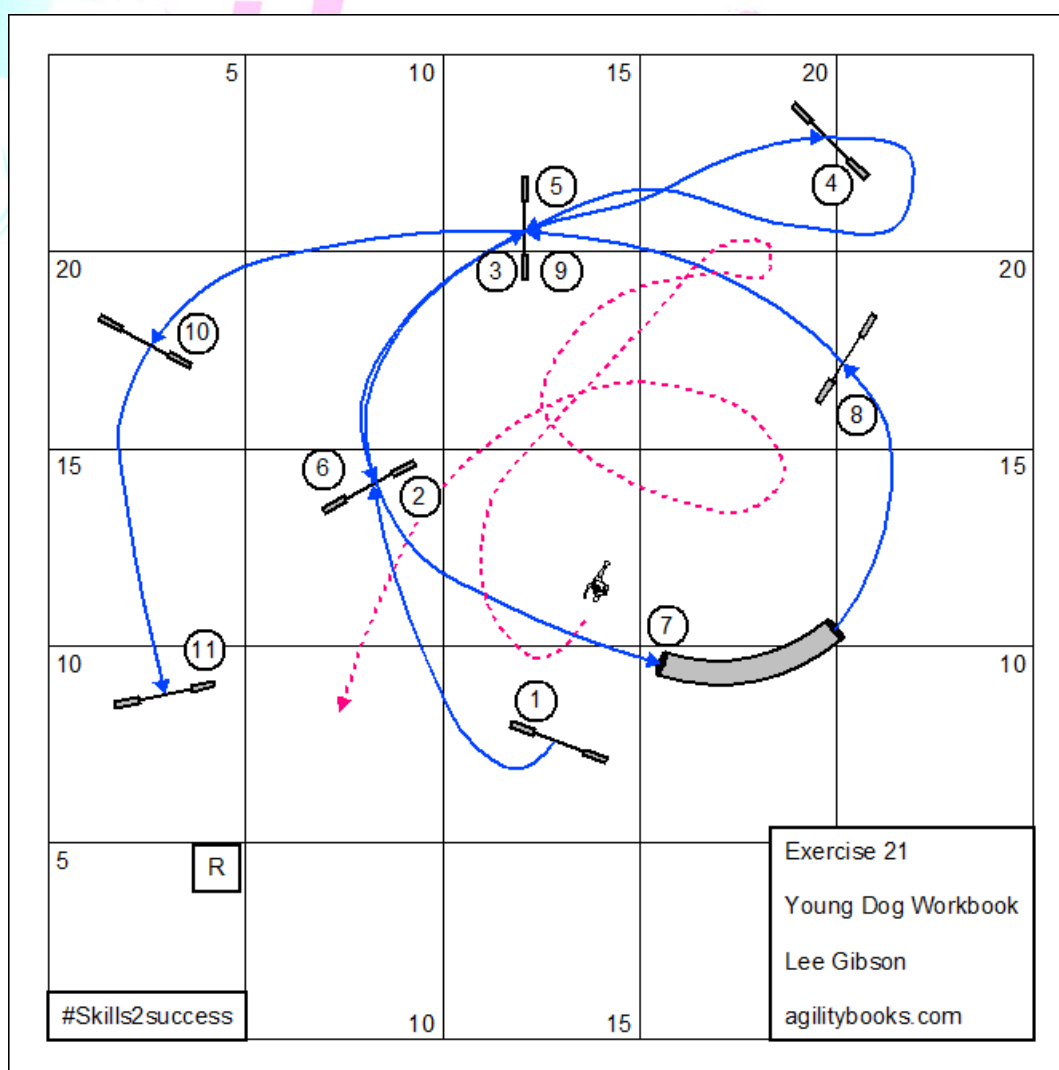
The opening sequence encourages commitment through a wrap, loose shoulder rotation and a controlled line before gradually building into a fast, flowing finish. As your dog's understanding develops, the exercise naturally progresses into a simple layering challenge while maintaining speed and obstacle commitment.

Set Up

- 7 jumps
- 1 tunnel

Throughout this workbook, **R** on the course map indicates the suggested reward location.

The pink handler line represents the final progression. To begin with, simply run with your dog before gradually increasing independence and distance.



The Exercise

Begin with a right-hand wrap around **Jump #1** before using loose shoulder rotation to guide your dog over **Jumps #2, #3 and #4**.

The slightly offset line to **Jump #4** encourages your dog to stay committed before driving on. If needed, this opening section can be trained independently, rewarding after **Jump #4** until your dog understands the line confidently.

From **Jump #4**, ask for a right-wing wrap before performing a front cross to turn your dog back around the circle. Continue over **Jumps #6 and #7**, rotating your chest towards the tunnel to establish a smooth, committed line while preventing your dog from looking towards the off-course **Jump #1**.

As your dog exits the tunnel, continue rotating your chest and shoulders to the left, guiding them smoothly over **Jumps #8, #9 and #10** before finishing over **Jump #11**.

Initially, run the final section with your dog, supporting the line all the way to the reward. As confidence develops, begin following the pink handler line, encouraging your dog to remain committed ahead of you while you introduce a small layer through the final sequence.

Key Focus

- Developing commitment through wraps and flowing lines.
- Building smooth shoulder rotation and body awareness.
- Encouraging forward focus while maintaining control.
- Introducing a simple front cross within a flowing sequence.
- Developing independence through a small layering progression.
- Building confidence, speed and obstacle commitment.

Coach's Eye

Although the final progression introduces a layer, resist the temptation to teach this too early.

The priority is creating confident understanding of the line. In the beginning, simply run with your dog through **Jumps #8, #9, #10 and #11**, rewarding generously for maintaining speed and commitment.

Only introduce the pink handler line once your dog is confidently driving ahead without hesitation. Your chest and shoulders should continue steering the line, allowing your dog to work independently while remaining connected to your handling.

The deceleration into **Jump #4** is equally important. Encourage your dog to collect, commit to the line and then immediately accelerate back into forward motion. This change of pace teaches valuable balance without reducing enthusiasm.

Remember, the goal isn't simply to complete the sequence. The goal is to create a confident dog that understands when to collect, when to drive ahead and when to work independently.

Ready to Progress

Your dog is ready to progress when they can:

- Complete the opening sequence with confidence and commitment.
- Perform the wrap and front cross without losing rhythm.
- Drive confidently through the tunnel while staying on the intended line.
- Hold the final line while you gradually introduce the small layer.
- Finish the entire sequence with speed, confidence and enthusiasm.

Date:

Training Session / Exercise(s):

What Worked Well?

What Will I Try Next Time?

Handling Notes & Route Choices

Enjoyed this bonus exercise?

The complete **Young Agility Dog Workbook** contains **20 progressive training exercises** following the same practical format.

Available now at

AgilityBooks.com