

BONUS TRAINING EXERCISE

Two Workbooks. One Training Space. Two Different Challenges.

Over the last few weeks, I've released two workbooks that approach agility training from slightly different directions.

The **Agility Workbook** is built around problem solving, handling choices and developing skills within sequences. It gives you exercises to train, analyse and revisit, with different challenges created from the same equipment setup.

The **Young Dog Workbook** takes that same practical approach but looks at training through the eyes of the developing dog.

Rather than simply asking, *"Can my dog complete this sequence?"*, we look at the individual skills inside it. Where should we reward? Where can we break the exercise down? When should we make it easier? And importantly, **when is the dog ready to progress?**

The two books have different roles, but they sit very naturally alongside each other.

So for this bonus exercise, I thought we'd combine the two.

One setup. Two exercises.

The first is designed with the **Young Dog Workbook** philosophy in mind: simple equipment, progressive training and plenty of opportunities to reward individual skills.

The second uses almost exactly the same setup, but adds weave poles and increases the technical and handling challenge in true **Agility Workbook** style.

Set it up, take your time and enjoy the training.

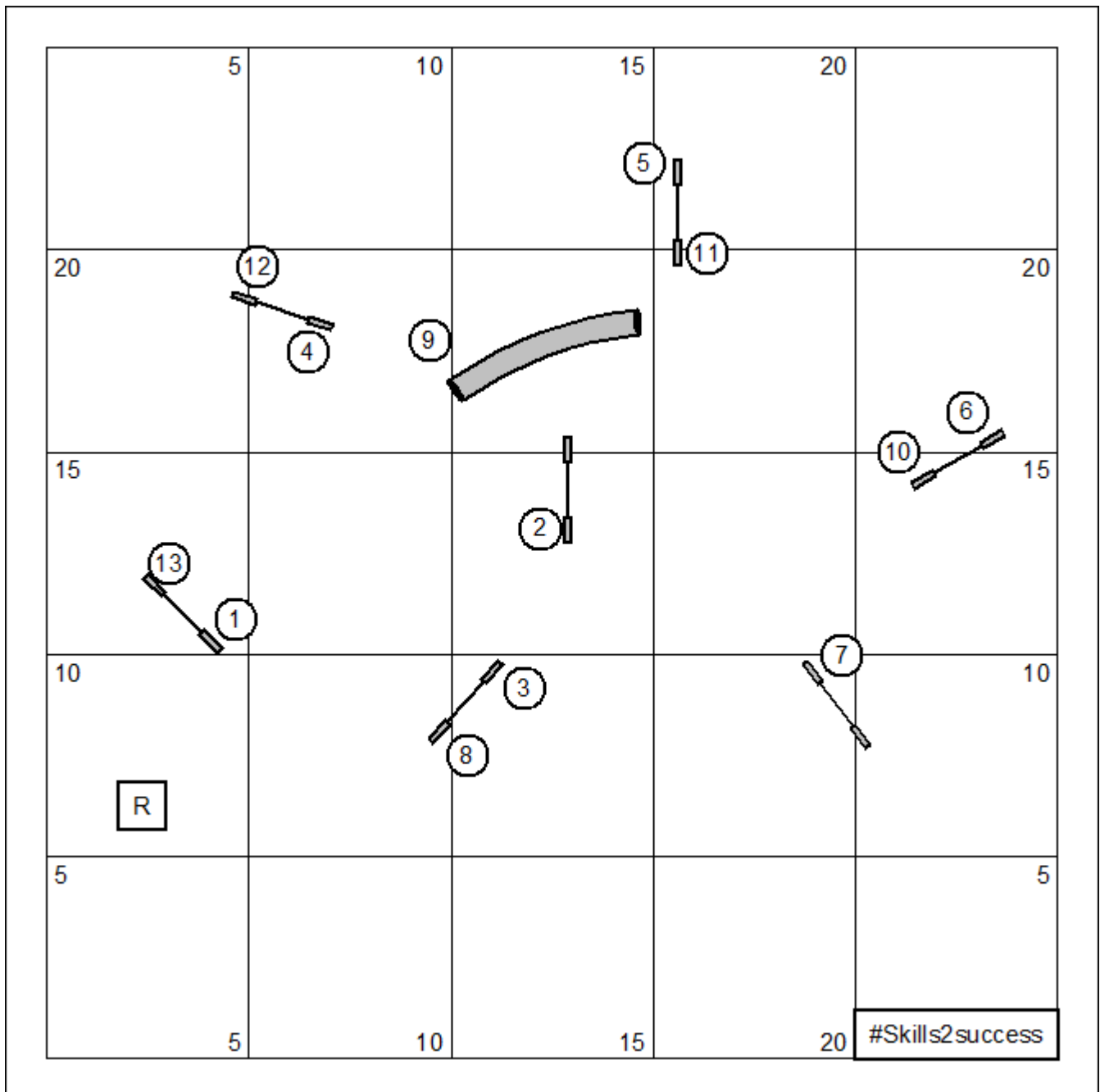
Lee

Young Dog Exercise

Overview

This exercise combines wraps, forward drive, tunnel commitment and simple layering opportunities within a flowing young dog sequence.

Although the full sequence is 13 obstacles, the aim is not to run everything immediately. Break the exercise into smaller sections, reward the individual skills, and gradually begin to put the sequence together.



Training Focus

- Wrap Jump #1 in either direction. Turning right creates the neater line into Jump #2.
- Work the 270° turn from Jump #2 to #3 before driving forward towards Jump #4.
- Build forward commitment through Jumps #4 and #5, progressing towards a simple layering exercise with the handler remaining on the near side of the tunnel.
- Drive forward through Jumps #6, #7 and #8 before using your verbal cue and chest rotation to send the dog into the tunnel.
- From Jump #10, experiment with both turning directions before sending forward through Jumps #11, #12 and #13.

Break It Down

Use the reward placements to build the exercise progressively:

- **Start → #4:** Reward after Jump #4.
- **#3 → #7:** Develop forward drive and the layering opportunity through Jumps #4 and #5.
- **#8 → #10:** Isolate the tunnel send and turn onto Jump #10.
- **#9 → #13:** Develop the final turn and forward send.
- Gradually connect the sections as your dog becomes confident.

Coaches Eye

Turning right at Jump #1 creates the cleaner approach into Jump #2, although both directions are worth practising.

As you approach Jump #4, **keep driving forward**. If you begin turning towards the tunnel too early, your dog may read that movement and cut across your line rather than continuing forward to the jump.

Once your dog understands Jumps #4 and #5, challenge their independence by remaining on the near side of the tunnel while they complete the two jumps.

At Jump #10, explore your handling options. Turning left may require a rear cross or blind cross, while turning right creates a sharper angle and tests your ability to step in, use your chest clearly and then send your dog forward again.

Ready to Progress

Your dog is ready to begin connecting larger sections when:

- They can maintain forward commitment through Jumps #4 and #5 without being pulled towards the tunnel by your movement.
- They can commit independently to the tunnel while you begin moving into position for the next section.
- They can respond confidently to the different turning options at Jump #10 while maintaining a clear line towards the final jumps.

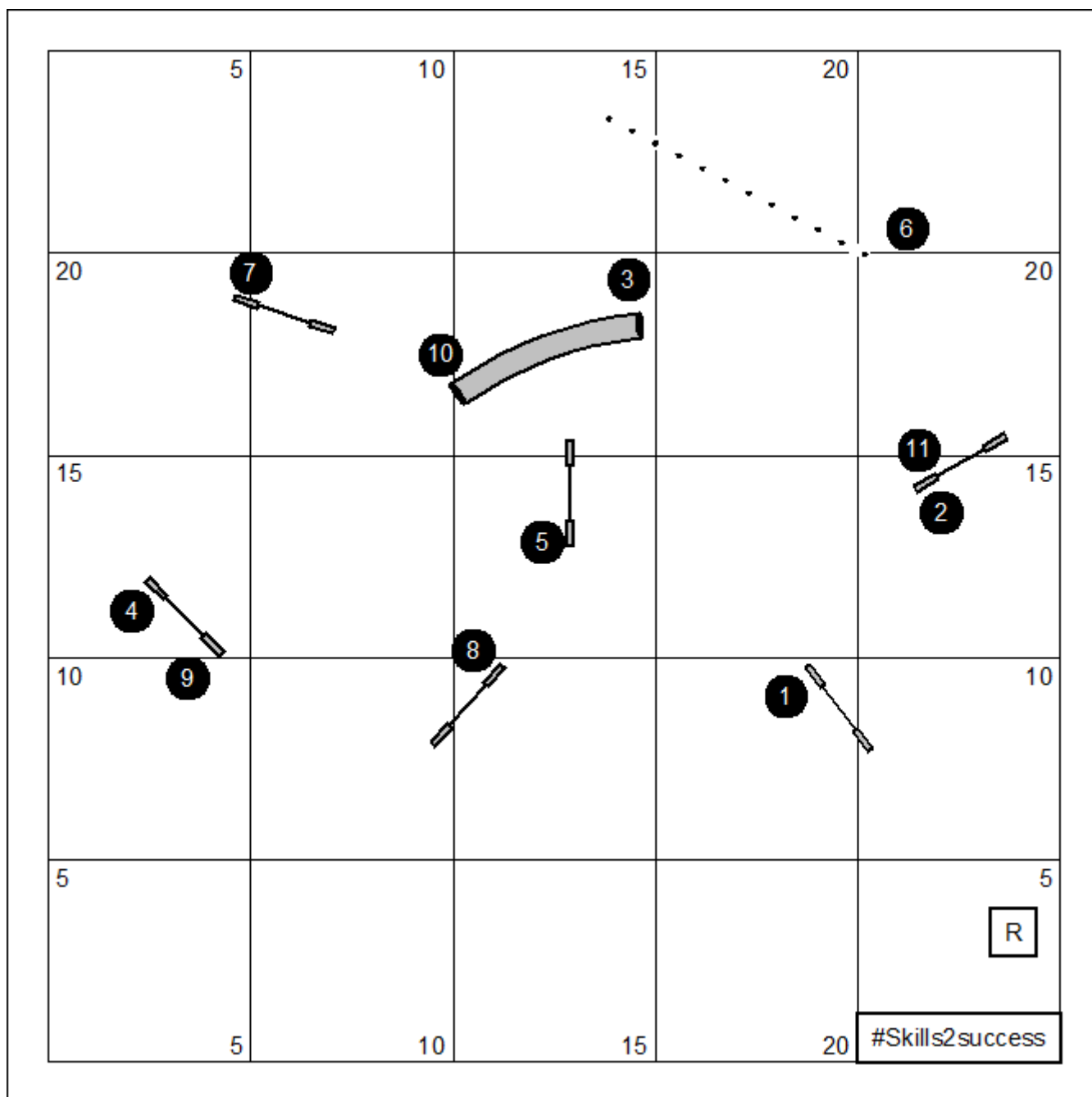
The goal isn't simply to complete the sequence. Build the individual pieces, reward them well, and only then start putting the full exercise together.

Advanced Exercise

Overview

Now we use almost exactly the same setup (swapping one jump for a set of weave poles) but increase the technical challenge.

This exercise combines a backside, a demanding weave entry, layering and a well-timed side change. The real challenge is not simply completing the obstacles but using your position and body language to create the most efficient line while trusting the dog to complete independent skills.



Handling Focus

- Build speed through Jumps #1 and #2 before sending forward into Tunnel #3.
- Push for the backside of Jump #4 and use your chest to establish the line through Jump #5 towards the weave poles.
- Test an independent weave entry and the dog's ability to pick out the poles despite the surrounding tunnel and off course jump.
- Layer the tunnel while the dog completes the weave poles, allowing the handler to move towards Jump #7.
- Mark Jump #7 clearly before completing the side change and controlling the line into Jump #8.
- Use the 270° turn from Jump #8 to #9 before sending back to the tunnel and finishing over Jump #11.

The Exercise

Start with a fast, flowing line through Jumps #1 and #2 before sending the dog into Tunnel #3.

On the tunnel exit, push for the **backside of Jump #4**. Taking the upper wing allows the dog to maintain more extension. It is possible to blind cross and work around the lower wing, but this creates a longer line.

From the backside, use your chest and movement to establish the line over Jump #5 and towards the weave poles.

The weave entry is one of the key tests in this exercise. A lead change is required, and the dog must identify the weave poles amongst the nearby tunnel and Jump #11.

You can initially move with the dog to support the entry. As confidence develops, look for greater independence: allow the dog to complete the weave poles while you **layer the tunnel** and move into position for Jump #7.

Mark Jump #7 before completing your side change and moving towards Jump #8. From there, rotate your shoulders to establish the correct line and avoid accidentally sending the dog over the backside (or creating too much extension) of Jump #9.

Complete the 270° turn from Jump #8 to #9, send forward into Tunnel #10 and finish over Jump #11.

Coaches Eye

The top wing of Jump #4 is likely to create the most efficient line because it allows the dog to remain in extension. Going around the lower wing is possible but adds distance.

Don't let the nearby obstacles affect your handling at the weave entry. Judges will often use discrimination tests around weave entries but it's very important you maintain the line to the obstacle you want to send the dog to. Your chest and movement should establish a clear line towards the poles, then give the dog responsibility for finding and completing them.

The **layer from the weave poles to Jump #7** is an excellent test of independence. Build towards it rather than immediately demanding maximum lateral distance.

At Jump #7, **mark the jump before moving across the dog's line**. If using a blind cross, look forward towards Jump #8 as you cross and then control the momentum into the turn.

A blind cross is likely to be the most efficient option here. A front cross can make it more difficult to maintain the intended line (you take away momentum) and may increase the risk of drawing the dog towards the tunnel or Jump #5.

Training Challenge

Once you can run the sequence successfully, don't just keep repeating it.

Ask yourself:

- Can the dog find the weave entry with less handler support?
- Can you increase your lateral distance while the dog completes the weave poles?
- Can you layer the tunnel completely and arrive early enough to clearly mark Jump #7?
- Can you complete the blind cross while still controlling the dog's line and momentum into Jump #8?

As you build commitment, this will enable you to maintain momentum and keep moving through the exercise. This is important and will stop you feeling like the dog is getting too far ahead.

Enjoyed the Training?

If you enjoyed these exercises, both the **Young Agility Dog Workbook** and **Agility Workbook** take these ideas much further.

The **Young Agility Dog Workbook** is designed to help you build skills progressively, break exercises into manageable pieces and recognise when your dog is ready for the next challenge. The **Agility Workbook** takes things further with more advanced sequences, handling choices and exercises designed to develop independence, decision-making and confidence.

Both are designed with the same simple aim: **to give you great exercises to train, but more importantly, to help you think about how you train them.**

You can find both workbooks, along with my other training books, downloads and free resources, at **AgilityBooks.com**

And if you enjoyed this free exercise, please feel free to **share it with your training friends, club or agility community**. If you train it, I'd also love to see your videos - tag **Skills2Success** on social media so I can see how you get on.

Have fun training!

Lee

