

BEGINNERS AGILITY INITIAL 8 WEEKS CLASS CONTENT

VIDEO 1 - PREPARATION SKILLS - INTRODUCTION TO VERBAL AND PHYSICAL
AGILITY **CUES**

VIDEO 2 - PRACTICAL PREWORK - **SEND** TO TARGET

VIDEO 3 - BUILDING A **START LINE WAIT** (INCLUDING AN OBSTACLE
BETWEEN YOU AND YOUR DOG)

VIDEO 4 - HOW TO **MOCK UP AN AGILITY JUMP** WITH HOUSEHOLD
EQUIPMENT

VIDEO 5 - **FOUNDATION FOR DOG WALK (PLANK) FRONT FOOT TARGETING**

VIDEO 6 - BRIEFING VIDEO FOR **INTRODUCTION TO A FRAME AND SEESAW**

VIDEO 7 - INTRODUCING **WRAPS (TIGHT TURNS)**

VIDEO 8 - INTRODUCING **FRONT CROSSES** (CHANGE OF SIDE DURING
TIGHT TURNS).

VIDEO 9 - **EXTENSION VERSUS COLLECTION** FLATWORK

VIDEO 10 - WEEK 4 - **LOOSE TURNS 1 - MODERATE**

VIDEO 11 - **LOOSE TURNS II - WIDE.**

VIDEO 12 - **FOCUS GAMES**

VIDEO 13 - **END ON JUMPS** AND BUILDING DISTANCE HANDLING

VIDEO 14 - **TUNNEL THREADLE OR "OFF TUNNEL"** (WITHOUT A TUNNEL!!!).

VIDEO 15 - **COURSE READING**, HANDLER'S LINE AND DOG'S LINE.

VIDEO 16 - **BLIND CROSSES** ("BLINDS" / BLIND SWITCH).

VIDEO 17 – **FORWARD FOCUS**

VIDEO 18 – **BUILDING DISTANCE**, INTRODUCING **FRONT AND BACKSIDE WRAPS**,
TURNING AWAY FROM YOU – **VITO GAME!**

VIDEO 19 – **BACK FOOT TARGETING** FOR SEESAW AND DOG WALK – ESSENTIAL
FOUNDATION SKILLS

VIDEO 20 – **KETSCHKERS** – TIGHT PIVOTS USING DECEL AND TURN CUES