



5 Cone Multitasking Game





This ebook is a companion to Video Two of our newest online agility workshop entitled "How to Solve The Training Plan Puzzle." It has been prepared to bring clarity and success to your agility training at home. Please feel free to share this resource with your agility-loving friends however, please remember, in order to maximize the effectiveness of this document, it is critical to first watch "Setting Goals," the introductory video in our online workshop. Together these two resources represent the exact steps I take when goal setting with each of my own dogs. We are offering this workshop for a limited time you can find it at **HERE!**

Sending you my best wishes for these tools to bring out the best in your dogs...as they have helped me to do with mine.

Lots of hearts for you and your dog!

Susan

Susan Garrett

P.S. Here is our link one more time...

click or copy and paste this link to join us in the free workshop.

<http://handling360.com/freeworkshop-ebook>

Let's Get Started: 5 Cone Multitasking Game

Recently during a class I had my students try this drill. The game was developed from a basic human sprint work exercise and my students found this exercise useful in helping them multitask the key components of agility handling, staying connected and executing handling maneuvers. Let me expand on the three skill sets this game will help you with.

Key Components:

1. Foot Speed

Sprint exercises are the simplest forms of speed training. This exercise increases agility and speed in movement and focuses on your foot speed. Focusing on both acceleration and deceleration into and out of turns and straight running in agility.

2. Teamwork Connection

Peripheral vision is a part of our vision that occurs outside the very centre of gaze. You learn to run watching your dog but utilizing peripheral vision to move forward through the course.

3. Handler Mechanics

Front Cross mechanics will be improved by rehearsing the correct footwork during the 5 Cone Game.



Combining all three key components of the 5 Cone Multitasking Game allows you to use this model without your dog to work on foot speed, keeping your eye on your imaginary dog, and handling maneuvers.

Physically working through these key agility concepts will increase your confidence and improve fluidity in your handling.

Set Up:

Position 5 traffic cones as shown below. The distance between the cones depends on the challenge you wish to create for the level of handler you are presently, or the handler you are working with. You can start with 15 feet (5 meters) between cones.

You can do this exercise with a friend or on your own. Advanced set up would be utilizing smaller cones at greater distances from each other.



Training:

Start at one of the outside cones. Send your imaginary dog (or training partner) around the outside of the cone. Head towards the middle cone and front cross to a new outside cone. Continue on till you have utilized each and every cone.

As you move through the exercise you will keep your eye on your dog but look to the new cone with your peripheral vision. What you are looking for is to move fluidly through the course cone to cone without taking your eyes off your imaginary dog. It is in my experience that when people look to where they are going and disconnect from their dog that the dog makes choices that the handler does not always want.

Remember to video your training so you may watch for moments of disconnect and for times you are fluidly moving through the course. You can progress the behaviour to be more challenging by increasing the distance between the cones, or by moving at a quicker pace through the exercise by jogging or running.

Transfer the Skill:

Once you have mastered this drill with keeping your eyes peripherally on the equipment and your focused attention on your dog, you will then switch. Switching to practicing keeping your peripheral vision on the dog and your focus on the equipment. We start with the dog as it is easier to stay focused on the task, but it is important to master the skill on both so you are connected throughout your agility course both on your dog and where you are going.

Ultimate Use:

This game will help you pattern train the focus needed to "connect" with your dog while moving through an agility course. Using this model will help you for trialling (training) walk-throughs.





Record Keeping Sheet

Video Notes



Training Notes





www.handling360.com



www.puppypeaks.com



Follow Susan on Facebook



And Twitter!



SHOP! The Clickerdogs Store



Be part of the conversation! Susan's Blog