





Or have you been at it a while and want to grow your skills and knowledge? This eBook captures everything you need to create an agility star and prepare you and your dog for competition.

Even if you are just in it for fun and to build an amazing relationship with your dog, and you're thinking competing isn't for you right now, we always suggest training to that level because if you reach for the stars you never know how far this crazy journey may take you!

Trust us when we say that agility is addictive!! Getting it right from the start, and laying down the right foundations of learning, will mean that if you do choose to compete one day, your dog will be ready for it!

This eBook is a bumper edition and we have packed it full of everything you need to get yourself started on your amazing agility journey! Inside you'll find:

- Top tips on growing and nurturing your future sports star from Lauren Langman
- ✓ Our top tips on walking courses
- Fitness tips and a super cool fitness planner
- Tips from the one and only Tobias Wust, a multi-time winning Agility World Champion
- A nifty skills tracker
- Skills, drills and sequencing course maps from Tobias and the amazing Martin Cavill a top UK Agility Judge.

We have everything covered, and not only that, you will be learning with champions so you really couldn't be in better company!

LET'S KICK THINGS OFF!

Introducing Lauren Langman!

Over the last 10 years, Lauren has grown and developed the largest dog training centre in the UK at her home in Devon.

She is still very much "hands on" leading and guiding her team of dedicated staff from the front and constantly innovating and pushing the boundaries of pet, sport and working dog training through games.

Lauren lives on site at the centre with her partner, and fellow agility competitor, Matt, and their daughter, Eliza, who yes, you've guessed it, also has regular lessons with two of her own dogs in the fast paced sport of agility!

Lauren has competed and has won prestigious Championship Certificates (CC's) in all three heights with her own dogs, as well as clients dogs. She has gone on to make up "Agility Champions" in all three heights, with her highest performing dog, Samsir Blinkin Brilliant at Devongem (Blink), the working Cocker Spaniel, having an amazing 16 CC's!

"

Lauren is still very much "hands on" leading and guiding her team of dedicated staff from the front





In 2013, Lauren and her Border Collie, Darleyfalls Free Flo for Devongem (Fiji), won the highlight event of the UK agility season, the Olympia Agility Finals, held at the Horse of the Year Show in London.

Competing at Crufts, Lauren has numerous placings and wins, most recently winning not one but TWO major events at Crufts 2020. Taking the British Open and Agility Championship titles with Blink. She also placed at the event in 2017 and 2019 with Blink, as well as coming runner up in the large team event also in 2019 running Darleyfalls Bright Day at Devongem (Style) alongside her partner, Matt, running Fiji.

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Lauren started competing internationally representing Great Britain at the FCI World Agility Championships in 2006

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As you will see from this selection of her accolades, Lauren has succeeded in getting dog after dog up to top flight competition level nationally, across many different competition formats and heights.

Whilst maintaining these excellent results on home soil, Lauren started competing internationally, representing Great Britain at the FCI World Agility Championships in 2006 aged only 23 years old, with her Border Collie, Harrjak Clockstopper (Popi).

More recently in 2018, she represented Great Britain at the European Open in Austria with her Border Collie, Style.

As the Small Team Captain for 2019, Lauren also trained multiple students to go compete alongside her and Blink, her working Cocker Spaniel, in Team GB. They placed 4th (individual) at the FCI World Championships and are also a core part of the squad for 2020 with very high hopes!

"To get the best out of the dogs, you have to be patient and gentle." – Lauren Langman on training

Here's Lauren's top tips on growing and nurturing your future sports star:

GROVS SKILLS FROM THE GROUND UP

Creating an agility sports star starts with phenomenal groundwork skills. In essence, these are dog training skills.

As you know we are concept trainers, and when it comes to growing a future agility star, we start by looking at the concepts a sports dog needs. We work through these concepts by playing games.

We have picked out our top concepts for growing a future sports star to share with you!

We have picked out our top concepts for growing a future sports star

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THE THREE AMIGOS!

Optimism, Confidence & Grit. These concepts nicely interlink with one another and there are lots of games that we play that feed into each of these concepts.

Optimism

Being cool with novelty. Everything about agility is novel so growing optimism is key!

Optimism is key!

Confidence

A crucial skill for any agility dog. Confidence requires the willingness to embrace novelty and find joy in trying something new.

Grit

Or in other words
resilience! Having the
ability to try and keep
trying, without there
being immediate
reinforcement, is an
absolute must for your
future agility dog.
To get you started, check
out our eBook, Optimism
Rocks, for games that you
can play that will boost
these concepts.

Desire

Do your dog's eyes sparkle when you train and play together?

Are they truly giving you everything? Are they raring to go? Are they a little chaotic, fast twitch and wild?! Good! The thing with a lot of dog training, and this includes agility, is control is put onto the dog too early in the training journey.

Before we go anywhere near impulse control games, we have got to create a true pulse first! You have to grow that fire and desire in your dog's belly! When you have real, true desire, you can then start to organize the chaos!

Calmness

Calmness? Why do we want a calm agility dog?!

When we think of agility, we think of speed, drive and passion. It is a sport of speed and accuracy. When on course a quick dog can complete a run in 35 seconds (or less depending on the type of class!). The actual action of agility is short and sweet so in between runs in a training session we want our dogs to be able to relax and

chill. Think about it this way, if your dog isn't skilled in the art of calmness and gets excited around agility, they are wasting valuable energy that they could be using in the ring or during their run in training. Your dog needs to be taught the skill of switching off when it's not their turn to run. Calmness is king!

Impulse Control

The difference between a broken start-line wait or a solid, dependable one.

The difference between hitting a contact or missing it. The difference between hitting a weave entry or missing it. The difference between knocking a bar or keeping a bar up. Impulse control feeds into every element of agility in some way.

As we have already mentioned, we don't go anywhere near impulse control games until we have a real keener of a dog. Why? Because you aren't training real-life. It is important when introducing impulse control into your dog's training, to gradually increase the expectation of impulse control as your dog's arousal heightens. Start with easy wins! Challenge your dog increasingly, building on their success.

When you go into the competition ring, it is very likely that your dog's arousal level will kick up to an all new level. Prepare your dog by training at the level you will need your dog to be successful in the ring. This takes time, patience, and layering games, but you're gritty, and so is your dog.

"

Challenge your dog increasingly, building on their success.



MAKE YOUR DOG BELIEVE THEY AREA CHAMPION

Your hair looks nice today!

How did that make you feel? Good, right?! To grow the ultimate agility super star you need to make your dog feel like a rock star. Big them up, make them feel great, don't knock their imperfections. Don't knock them when they tried and they didn't get it quite right. Make them feel like a hero, a true winner! Remember, confidence is everything in agility.

"

To grow the ultimate agility super star you need to make your dog feel like a rock star

DON'T BE INARUSH

Dogs can start competing in agility at 18 months.

That's a young age and this can put a ton of pressure on your dog's body and brain, as well as pressure on you, if this age becomes somewhat of a marker. Don't rush!

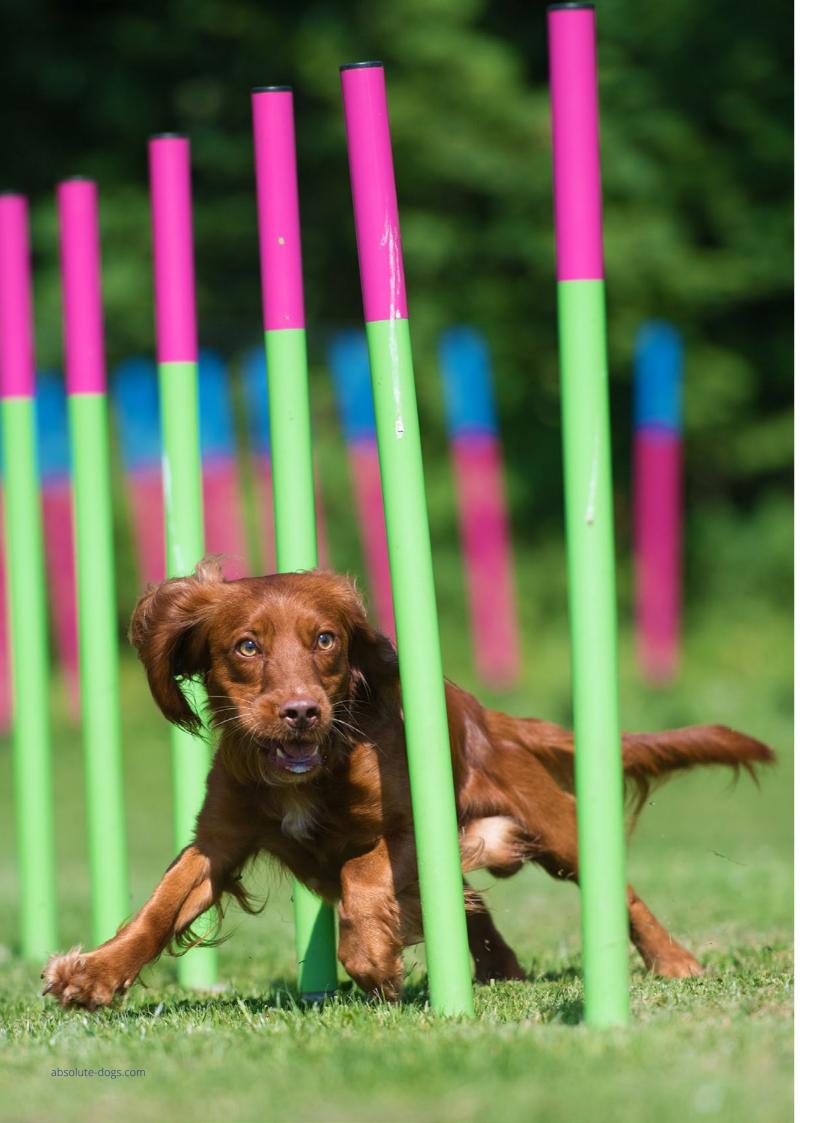
Start competing when you and your dog are ready. Absolutely have training goals. Without goals you won't get anywhere!

Work out what works for you and your dog and go from there.

You will never regret spending more time on the foundations.

You will never regret spending more time on foundations





TRAINTHE DOG IN FRONT OF YOU

Every dog is different. What works for one dog doesn't necessarily work for another.

There is more than one way to train an agility skill, so don't get stuck thinking things must be done a certain way. It is all about you getting creative. We may be fixed on the outcome, but we need to be more than flexible in our approach.

Advocate for your dog. If you find yourself in a training situation where you are being asked to do something you know your dog either won't like

or be successful at, be brave and say no! You know your dog best. It is so very important to advocate for you and your dog's success and sometimes that means saying no to things that are not for you or your dog.

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It is all about you getting creative

DON'T PUT THE PRESSURE ON

Oh golly! It can be so very easy to pile on the pressure when it comes to training and competing in agility.

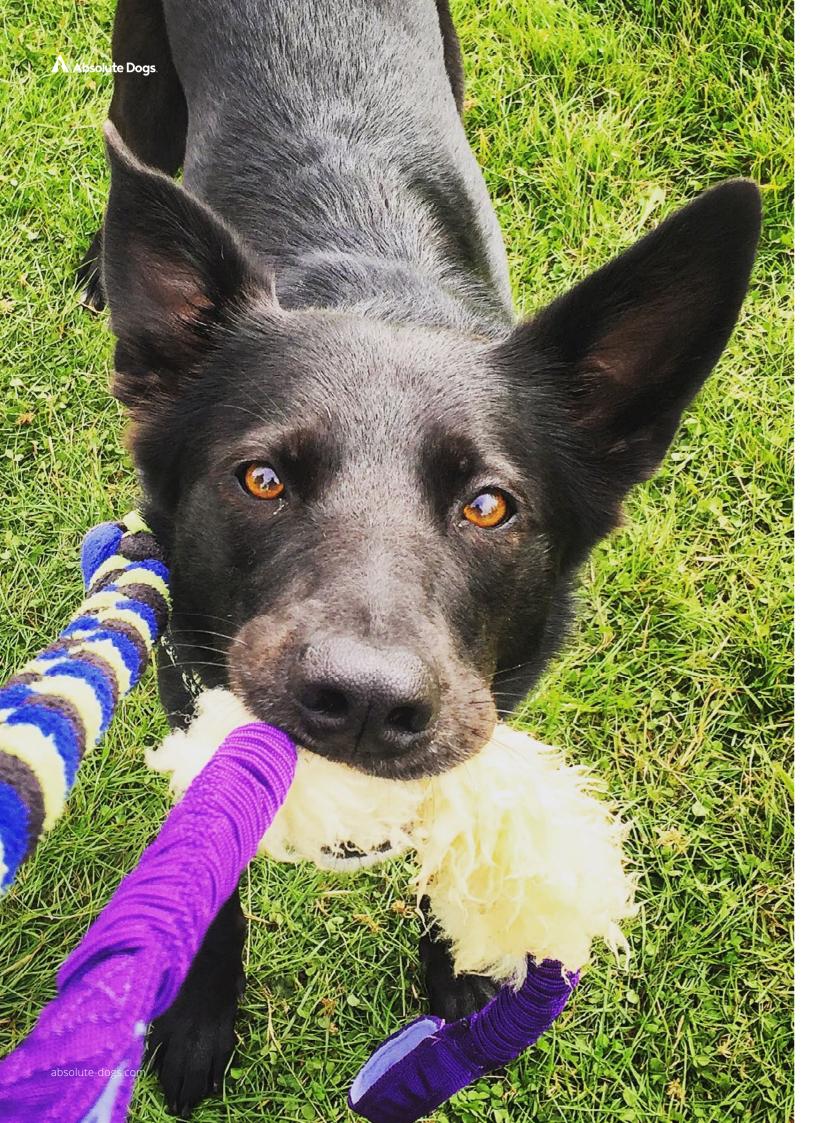
It can be easy to look around and worry that your dog isn't at the same level as a classmate or litter mate. Let that go! It is your own unique journey with your dog. Savour every special moment. Enjoy the ride! Enjoy your dog and always remember the point is to have fun!

Remember to enjoy your dog first, the sport second.

"

Savour every special moment. Enjoy the ride!





If you've heard us mention the stress bucket before, you'll know that positive and negative events pay into the bucket.

And don't forget, training should be a fun time, not a long time!

5,

Be mindful of how much agility training you are doing and don't over train. Aside from the fact that it will pay into the stress bucket, agility is tough on your dog's body. Think of it like mileage on a car, the more miles, the more likely it is the car will breakdown.

This goes for your budding agility star, as well. And don't forget, training should be a fun time, not a long time!

If you are new to the stress bucket, hit the link below to watch a FREE Facebook live all about this and growing calmness.

YOUR MINDSET

Top sports ladies and gents know just how crucial mindset is when it comes to achieving their competition goals.

You don't have to be anywhere near the dizzying heights of a professional athlete to benefit from boosting your mindset in a positive way in your agility training goals.

Agility is a spectator sport, and whether you are in a class or at a competition, it can be very easy to feel judged by your peers as they watch.

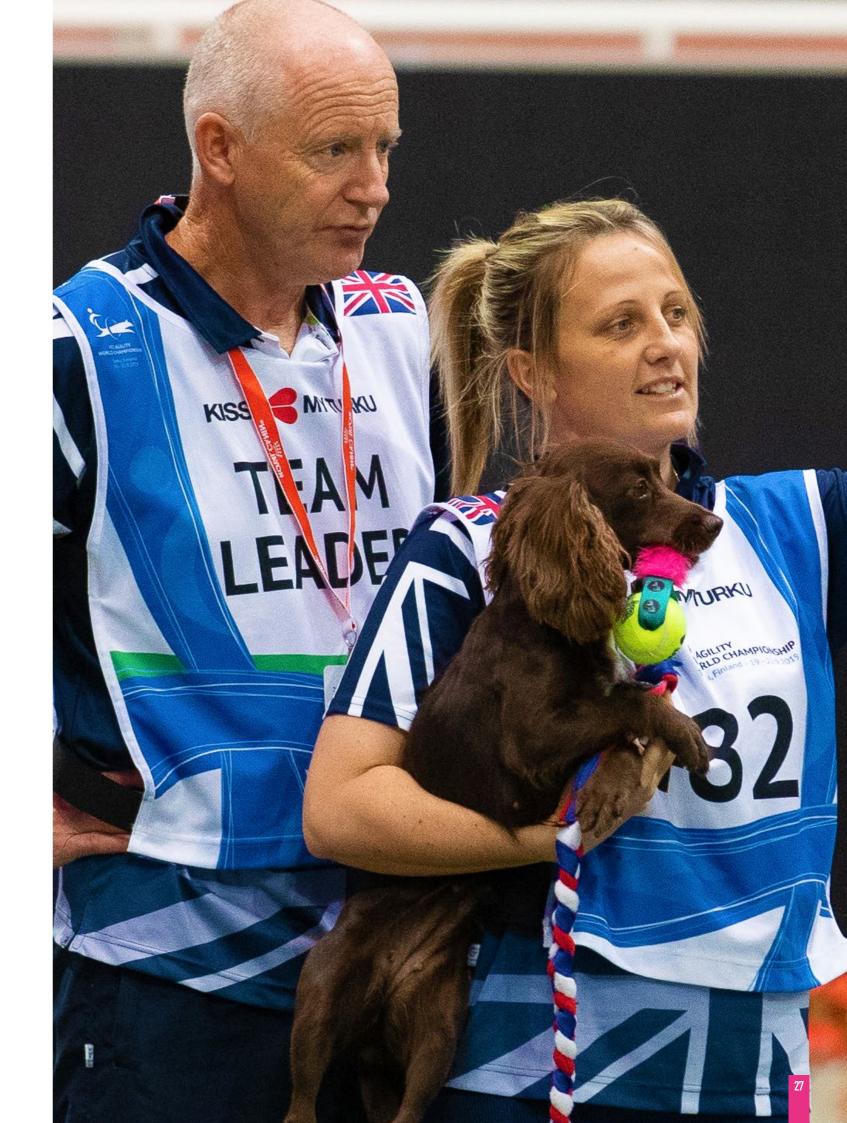
This is when those gremlins in your head come out and you start having negative thoughts about yourself

and your abilities, which in turn become self-fulfilling prophecies.

What you think tends to be what happens. The cool thing is you can flip that around and re-train your brain to only think in a positive way. This takes daily practice, so start now!

"

This is when those gremlins in your head come out and you start having negative thoughts about yourself and your abilities





VARMUP & COOL DOWN

Whether you are training or at a competition, a mental and physical warm up is crucial for your dog (don't forget about you too!)

One of the best physical and mental warm ups for your dog is Figure of 8 walking.

The pattern enables you to warm your dog's body up on both sides in a gentle way.

Always ensure your '8' pattern is large enough that your dog is loosely turning. The action in itself is calming and enables your dog to lower their arousal, enabling them to get into a learning and listening head space.

Like with a warm up, a cool down after a training session or competitive run is really important for your dog (and you!!)

Allow your dog the opportunity to unwind and let them decompress.

One calming activity we like to utilise as part of our agility cool downs is scatter feeding. Sniffing for the food is calming, and a gentle mooch around to find the food enables your dog to cool down their body at the same time.

WHYSO SERIOUS?!?!

Agility is a competitive sport and it can be quite easy to fall into the trap of taking things just that little bit too seriously!

If you have dreams of competing one day know that you'll have plenty of runs that will be unlucky and almostnearlys! It's the way the sport is! A lot has to go right to get a clean run which is why it's important to always take away something positive from each run no matter what happens.

Always know that your dog is trying their best and they are doing it for you. Don't lose the joy, always have fun, smile and laugh at yourself and remember ...it's just agility!



...it's important to always take away something positive from each run no matter what happens

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WALK THS WAY

Walking courses can feel overwhelming, we get it! There's lots to try and remember and can be quite a daunting aspect of agility to a new handler.

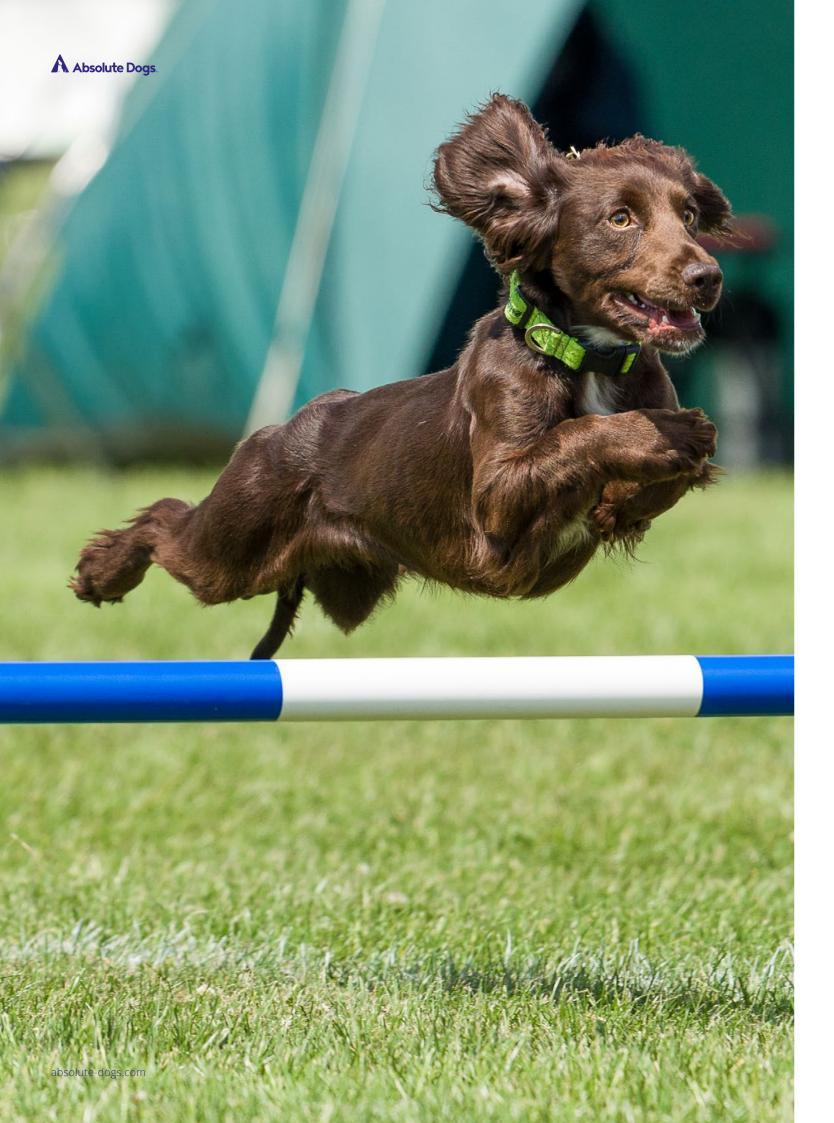
Being skilled in the art of course walking is all part of your agility journey. To help we have put together some top tips for you so that course walking becomes something that excites you, rather than something you dread!

- Before thinking about how you are going to handle the course, find all the numbers first, simply walk to locate, it is the best way to feel more comfortable!
- their path will give you a view of what they'll see before and after they take each obstacle. This will open up potential off course traps. What do they see when they come out of the tunnel? What other obstacles are opened up into their line of sight if they were to take a wider than expected turn? Consider these things when walking your dog's line.
- Consider your line to ensure you don't inadvertently converge onto your dog's line. Think of you and your dog as if you are running on parallel train tracks and stay out of their way!
- If you are running a full course, chunk the course down into 3-4 mini sequences, this will help you to look for lines and patterns, rather than trying to remember the numbers. Sometimes using contact equipment to break up the course into sections can be super helpful!

- Practise more than one way to handle a certain obstacle, then settle on the one that feels most comfortable for you and your dog.
 Don't always train the easy options.
- Don't watch how other people are walking the course! Walk it for you.
- Once you are out of the ring, close your eyes and visualise you and your dog running the course. Do this multiple times before you run.
- Time the best lines, walk them, pace them out, and consider the fastest and the safest routes. Think about where the dog is coming from, think about where the dog is heading to, and think about the dog's individual skills, as well as your ability to be in perfect position for handling.







FINESS READY . Star for Constitution of the start of the

Agility dogs are essentially athletes due to the very nature of what agility entails.

Your dog must be fit for the task of running at top speed, jumping, running up and over contacts and weaving.

This is tough on their body! So, with that in mind, there is the need to consider a fitness programme for your dog.

Like with anything we do, when it comes to fitness there is a foundation layer and so we suggest starting here when it comes to introducing your dog to fitness. Foundation fitness are things like:

- Standing still on a platform for duration
- Sitting still on a platform for duration
- Being still in a down on a platform for duration
- the word 'still'. Stillness in each position is your aim, even if that means the duration is only a few seconds to begin with. Practise what you want the picture to look like from the beginning and gradually building duration over multiple sessions.]
- Position changes on a platform –
 gently and slowly moving between
 a stand to a sit, to a down and so
 forth. Slowness is key so lure with
 food so that you can control the
 speed that your dog moves from
 position to position.

YOUR FITNESS PLANNER

As we are so passionate about fitness for all dogs it led us to develop our own Triple F Fitness formula.

To really geek out about Triple F and what it encompasses **click here** for the Triple F DVD.

Below we have included a handy fitness planner for you which considers each element of Triple F - FAST, FIT AND FLEX - so that you can write in exercises which help to develop and grow each of these targeted areas.







FOUNDATION









DOGS NAME:			
WEEK COMMENCING:			
	FAST EXERCISES	FIT EXERCISES	FLEX EXERCISES
Monday	E.G. STATIC		E.G. STATIC LURING
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

NOTES



Our Agility Dogs Are Powered By...

SUPPORTS RECOVERY

GUT, BRAIN & BEHAVIOUR

SUPPORTS WELLNESS







MOBILITY & JOINTS



a-ok9.com







BONUS SKILLS TRACKER!

Using the table below we have listed a few skills for you with a progress tracker so you can tick off when you have worked on each layer. We have also left you some space to add on your own!

SKILL	FOUNDATION LAYER	SKILL BUILDING LAYER	PROOFING LAYER	MINI SEQUENCING LAYER	FULL COURSE LAYER
Jump Performance					
Skills					
Go cue					
Decel cue					
Lateral distance cue					
Tight turn cue					
Soft turn cue					
Backside of jumo cue					
Threadle Cue					
Rear Cross Cue					
Tunnel Skills					
Dog Walk					
A Frame					
Seesaw					
Weaves					
Tyre					
Wall					
Long Jump					
Table					
Independent Equipment Skills					

AREYOU READY TO PUSH THOSE SKILLS ON?

We are extremely excited to share skills and drills course maps designed by top international handler, Tobias Wust and Martin Cavill, who is a top UK Judge. How cool is this?! You really are in good hands!

Tobias has been working with dogs for around 20 years and is part of the head coaching team at HSZ, a large purpose designed dog training centre based in Germany. He has a pure passion for the sport of Dog Agility and has regularly competed up to international level for over 10 years.



Tobias Wust

Tobias and his sheltie Dorte (Excited Blackbean with Eager to Work) are currently the reigning European Open and FCI World Champions.

Speaking in the run up to the 2019 FCI Agility World Championships, Tobias described his EO win as "a key goal" and "perfect", which is just fabulous to hear. His other achievements in regional, national, European and International competition span pages and include many of the "major" events on the FCI calendar!

Watching the teamwork between Tobias and his dogs is truly inspiring and anyone who thinks running a small dog is the easy option would be quickly silenced by the many awe inspiring runs available to watch on YouTube!

He describes one of his biggest goals of the moment as pushing

for consistent speed from his dogs. This is achieved by training easier exercises to build speed. In addition to this, Tobias watches their food and overall health, committing to regular training as a "must" at least 1-2 times a week, and also using alternative therapies such as hydrotherapy underwater treadmill. Dörte, and his other dogs, are family dogs who live in the home with Tobias and his family. They go on holidays, to the beach, play, laze in the sun and do regular dog things much of the time!

"Together, stronger than ever before" – Tobias on Dörte





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TOP TIPS FROM TOBIAS

> Hear some wise words from Tobias! Here are his 5 top tips that he has picked out specially to share with you!

- **1.** Your relationship with your dog is everything! It's not all about agility, ensure your dog lives a balanced life. Take them for walks, enjoy them for simply being a dog. Your dog is your pet first, agility dog second.
- 2. From early on work on growing your dog's value in food and toys so that you have multiple ways to reinforce them in your training. This gives you greater flexibility when choosing what reward to use and how it is delivered.
- **3.** Work hard with the dog that you have. When I first got my dog Dorte, she wasn't immediately what I would consider a 'world level' dog. I didn't lose heart. I worked with her and grew her

- skills, and guess what? We reached the goal of becoming world champions!
- **4.** I often get asked; what makes an agility champion? Here's what I think:
- Consistency in your training
- A phenomenal relationship, which leads in to;
- Having 'that' feeling with your dog, you'll know it when you have this!
 You are so bonded, you have become the ultimate team.
- **5.** Similar to my first tip, agility isn't everything in my life and it shouldn't be in yours either. Make sure you have balance in your life and enjoy things outside of agility with family and friends.

Martin Cavill

Martin lives and works in South Wales, United Kingdom with his wife Rosie who also competes in agility and their seven dogs. Martin competes with both working cocker spaniels and border collies.

In 2007, with a growing interest in the sport, he began his judging career with the UK Kennel Club as a way to give back to the sport and has now judged almost every UK major final including the prestigious Olympia Agility Finals.

Martin was approved as a "Championship" level judge in 2015 and has awarded the top level of

course maps and the choice of them is yours! You can either enjoy having a go at the full course or you can break them down and work on elements creating mini sequences to work on very specific skills.

Have fun upping your and your dog's development with these course maps and the choice with them is yours!



When thinking about course design, Martin very much considers the dog and handler as a team.

His courses give the handler options on the way they navigate a sequence while also allows them to maintain control and contact working very much as a partnership.

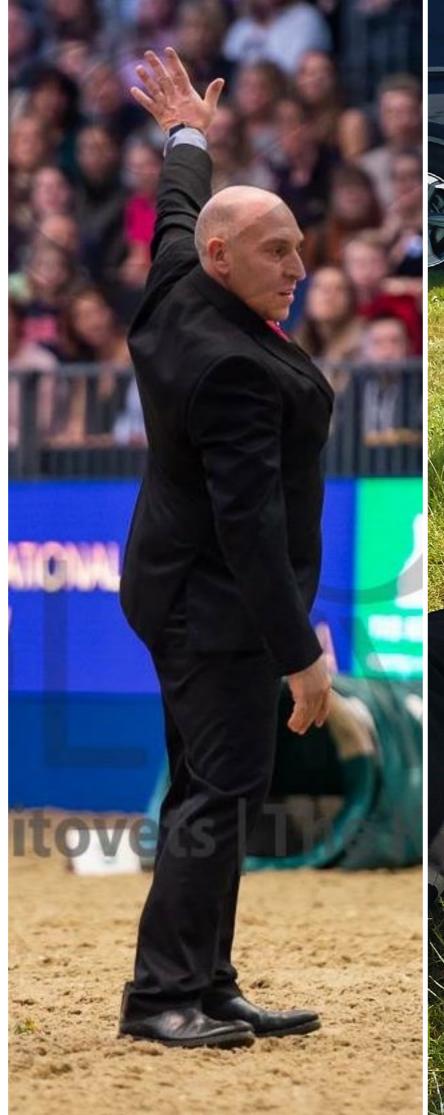
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...his influence on all aspects of judging comes from observing agility across different countries.

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Although agility was first developed in the UK, much of his influence on all aspects of judging, comes from observing agility across different countries.

He has been involved with international team selections for England, Wales, Ireland and Italy.





NAVIGATING THE ROUTE TO AGILITY & SUCCESS

Here's a selection of curated agility courses for you to try.

Have fun upping yours and your dog's development with these course maps and the choice with them is yours!

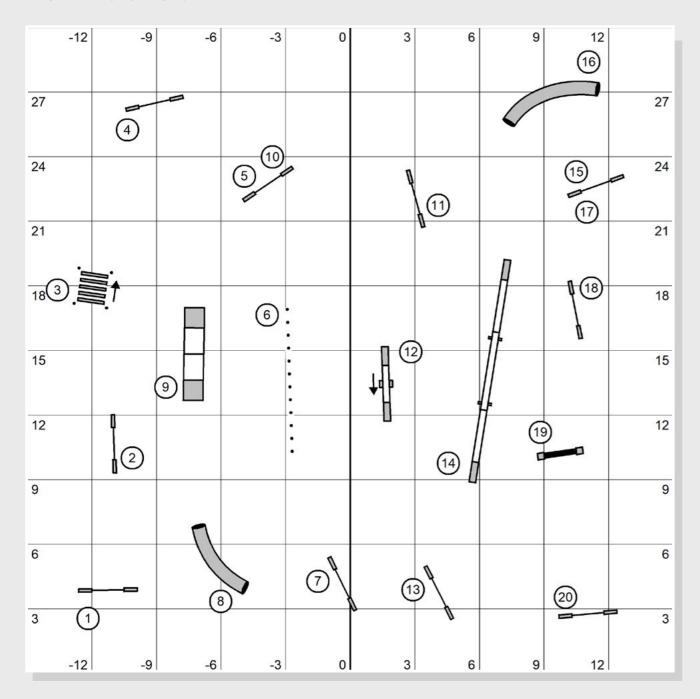
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Absolute Dogs.

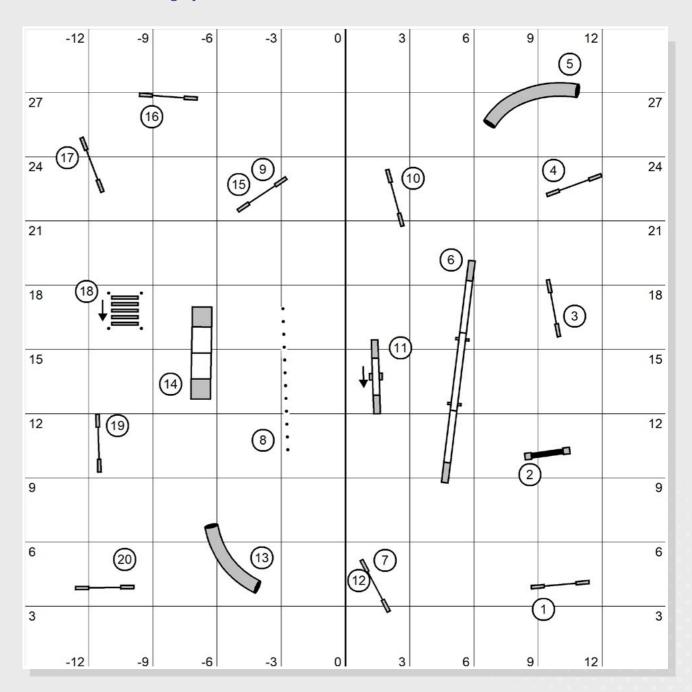
KERNOW AGILITY CLUB 2019

Large C6-7 Olympia Agility



KERNOW AGILITY CLUB 2019

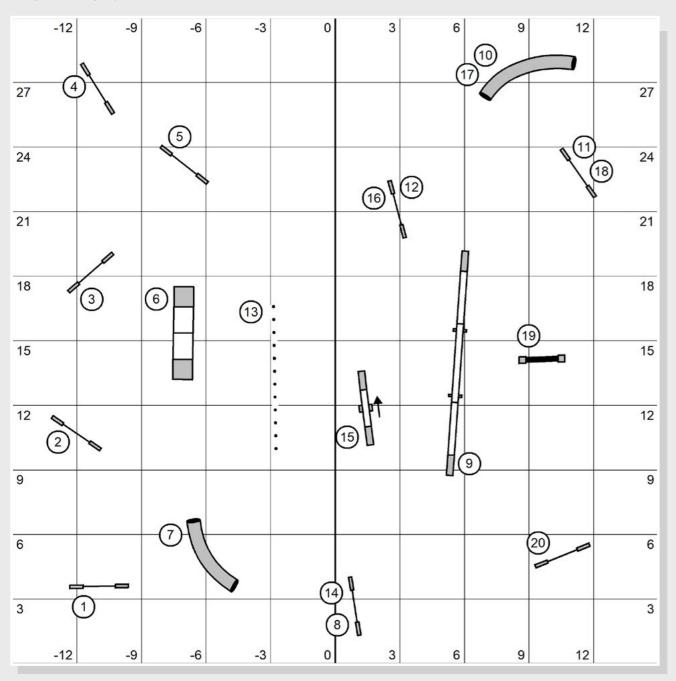
Small & Medium C6-7 Agility



Absolute Dogs.

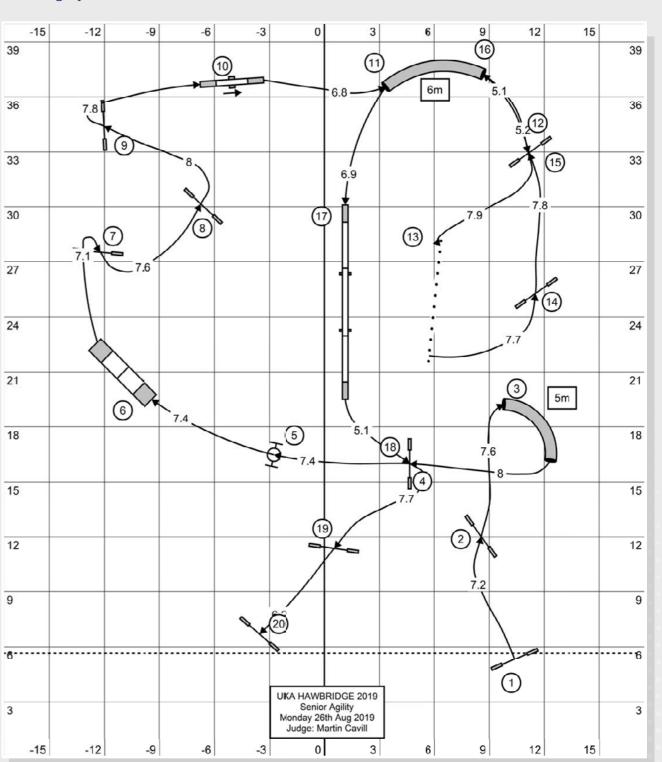
KERNOW AGILITY CLUB

Large G1-3 Agility



UKA HAWBRIDGE 2019

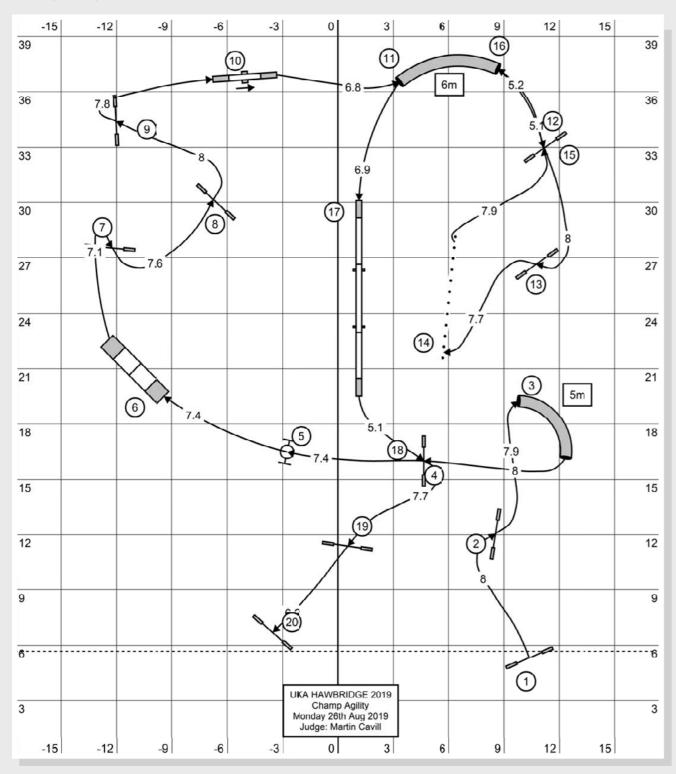
Senior Agility



A Absolute Dogs.

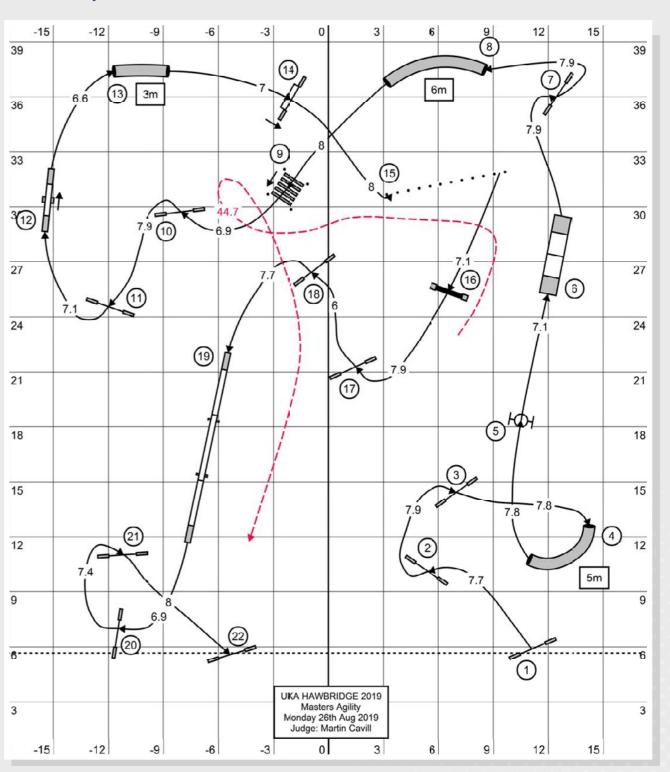
UKA HAWBRIDGE 2019

Champ Ability



UKA HAWBRIDGE 2019

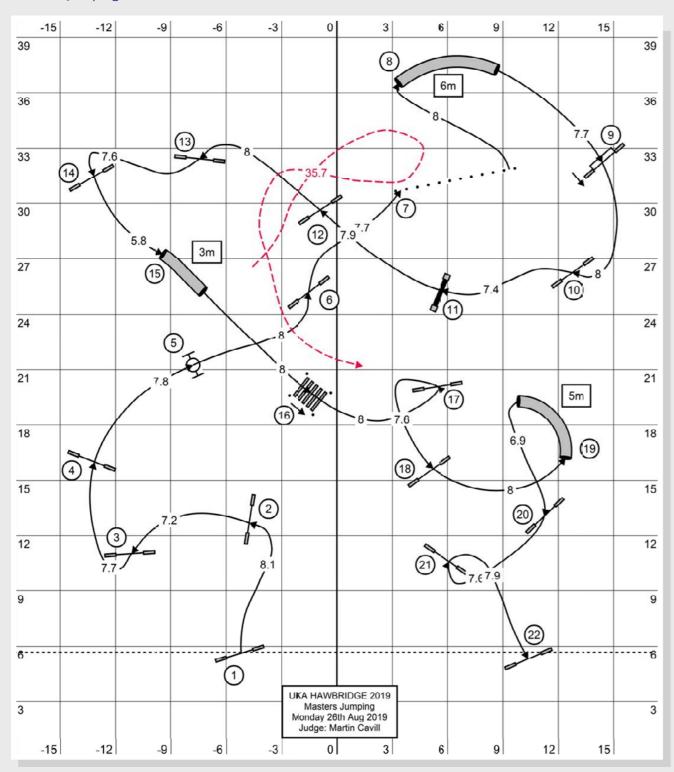
Masters Ability



A Absolute Dogs.

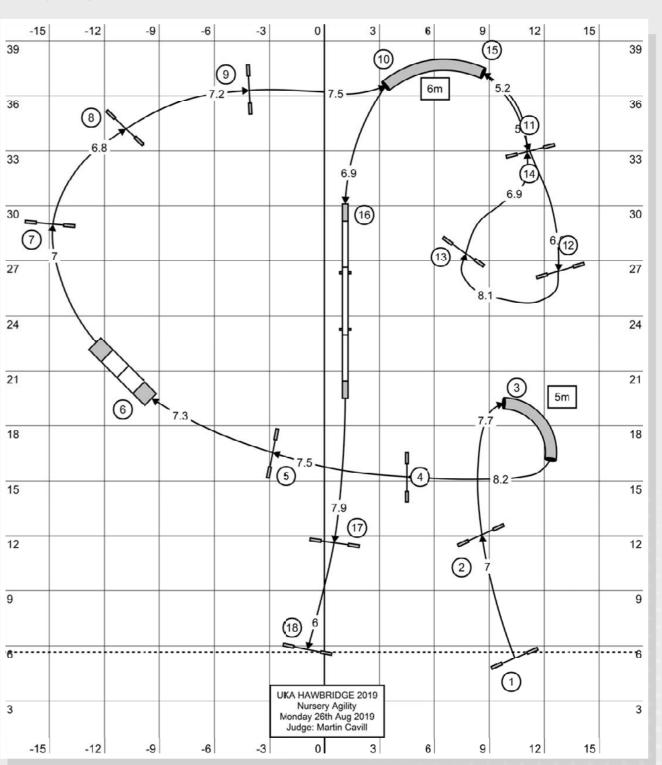
UKA HAWBRIDGE 2019

Masters Jumping



UKA HAWBRIDGE 2019

Nursery Ability

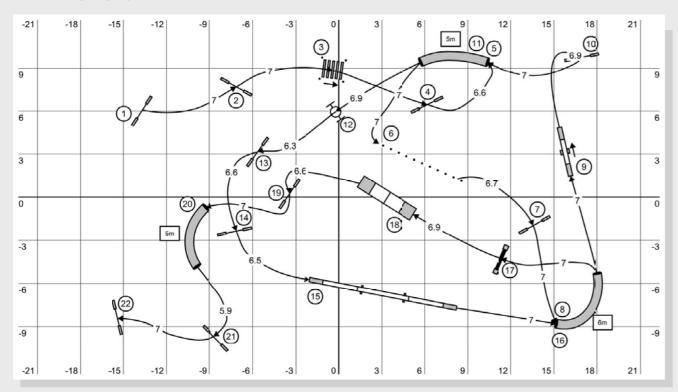


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Absolute Dogs.

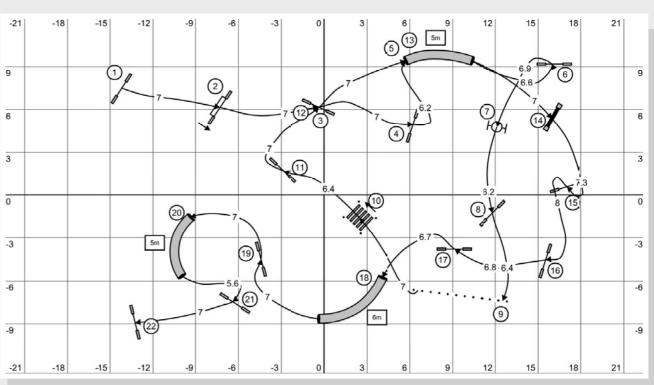
TEAM GB INTERNATIONAL TOUR 2019

FCI A3 Large Agility



TEAM GB INTERNATIONAL TOUR 2019

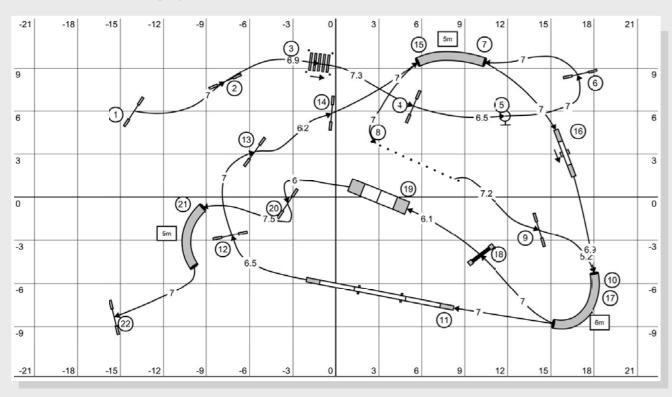
FCI A3 Large Jumping





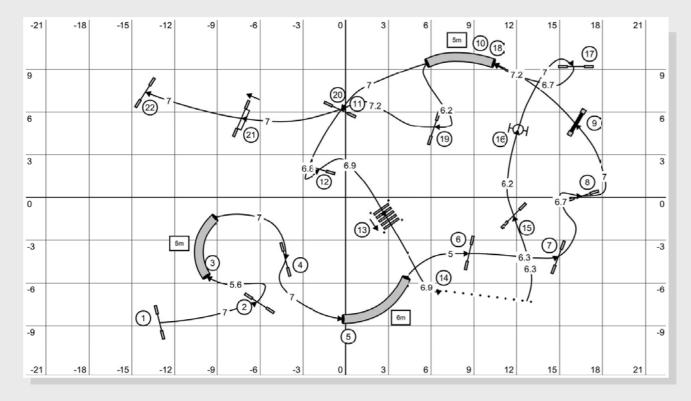
TEAM GB INTERNATIONAL TOUR 2019

FCI A3 Small Medium Agility



TEAM GB INTERNATIONAL TOUR 2019

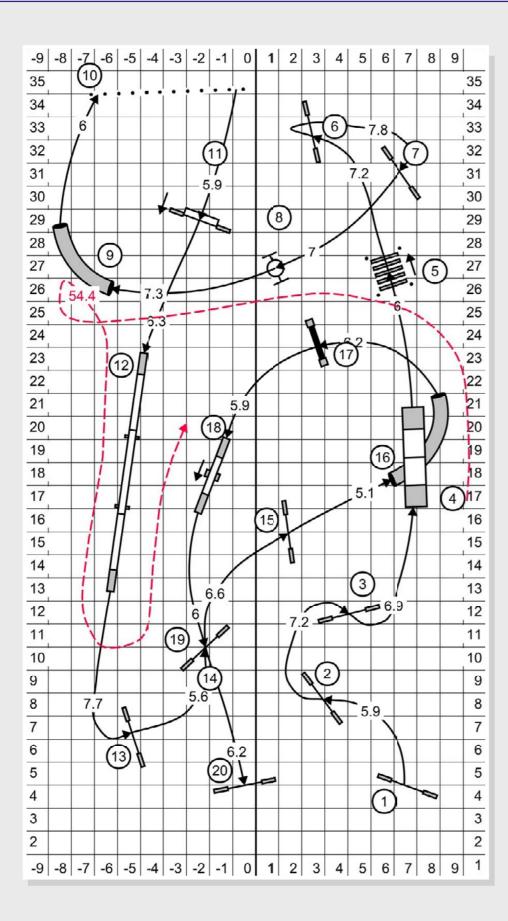
FCI A3 Small Medium Jumping



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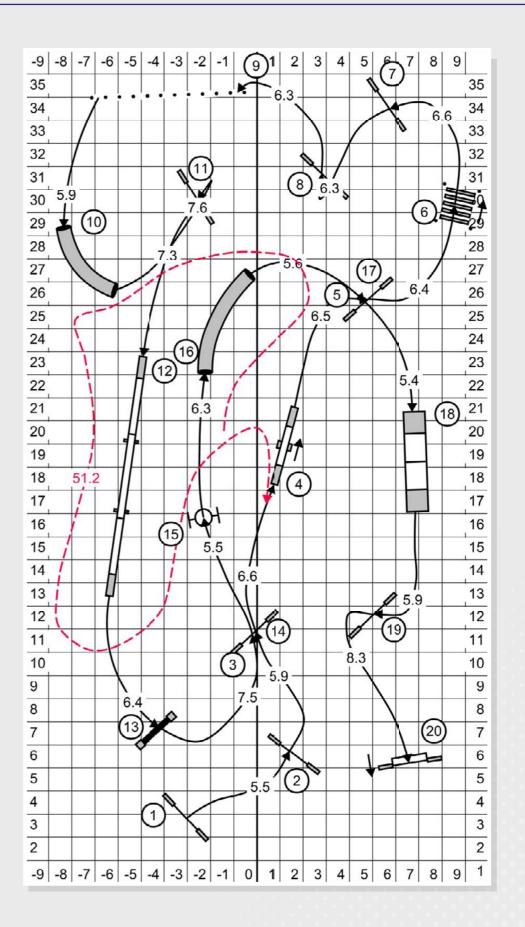
AGILITY

Heat



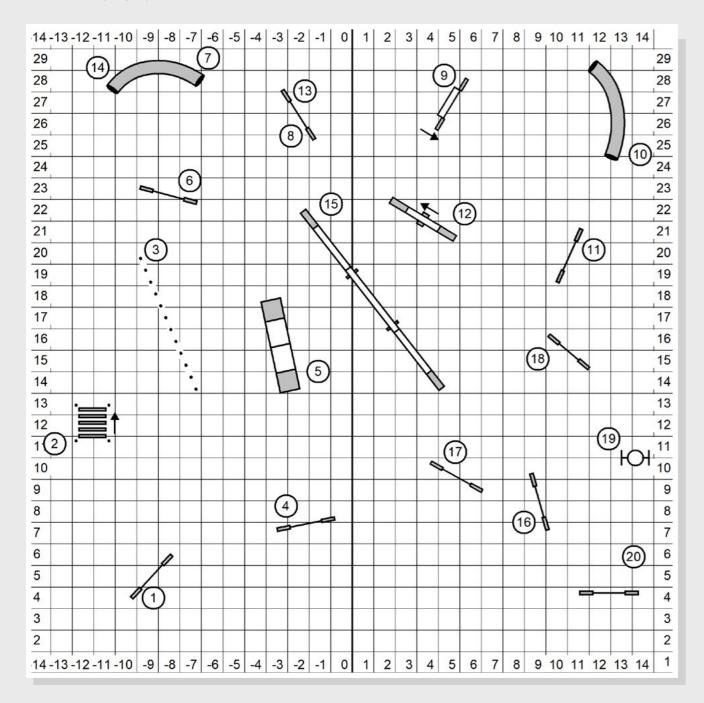
AGILITY

Final



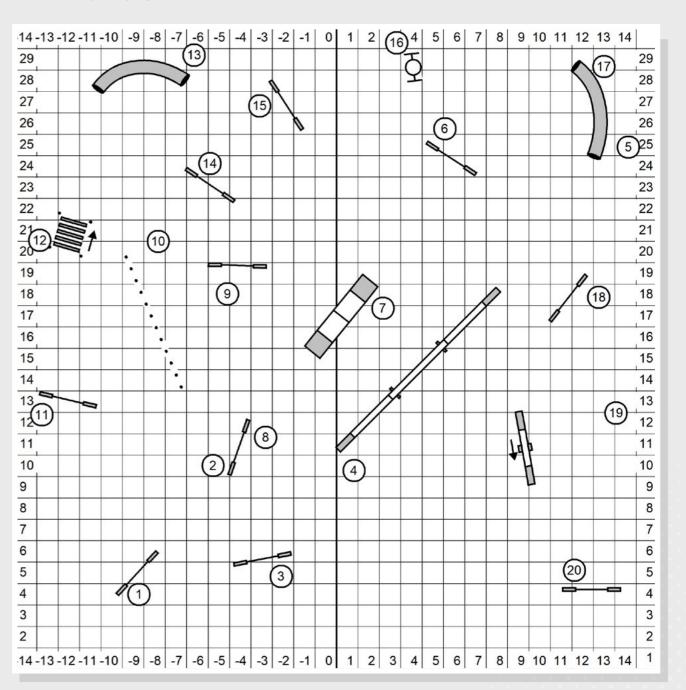
CHIPPENHAM AGILITY CLUB 2019

Small Champ Agility



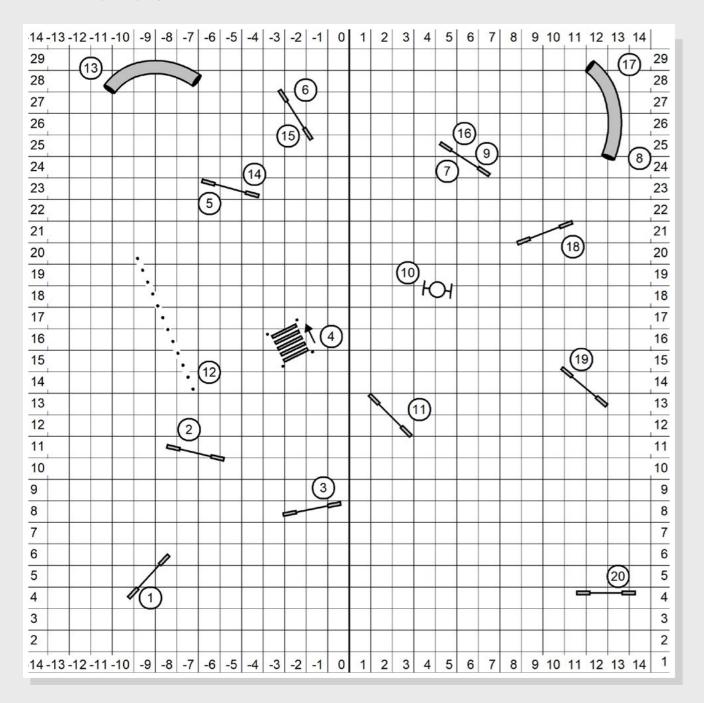
CHIPPENHAM AGILITY CLUB 2019

Small Champ Jumping

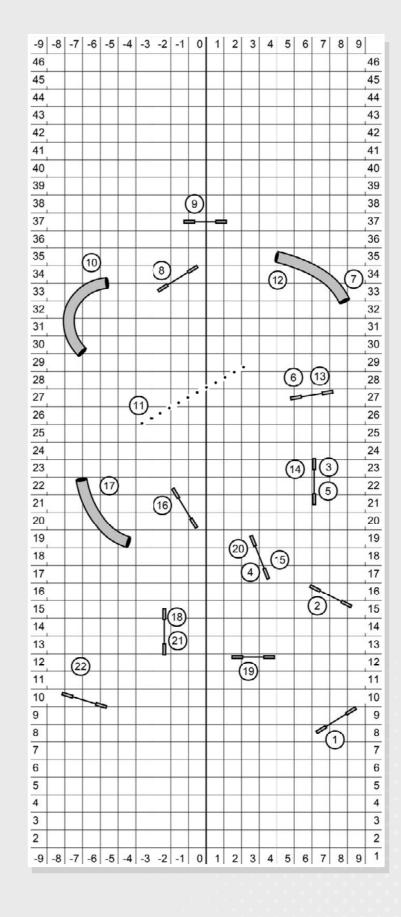


CHIPPENHAM AGILITY CLUB 2019

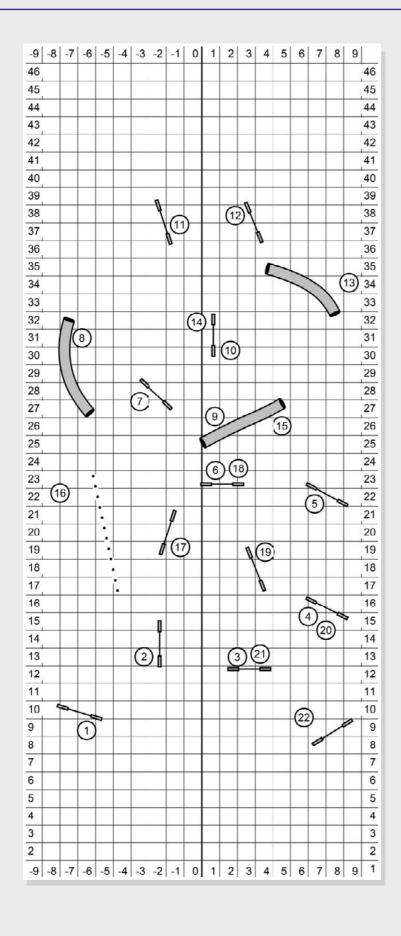
Small Champ Jumping

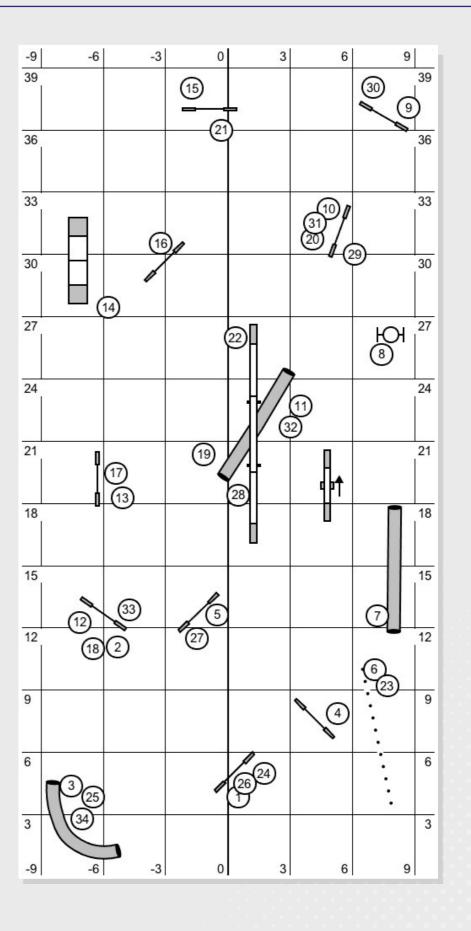


Practice Course 12



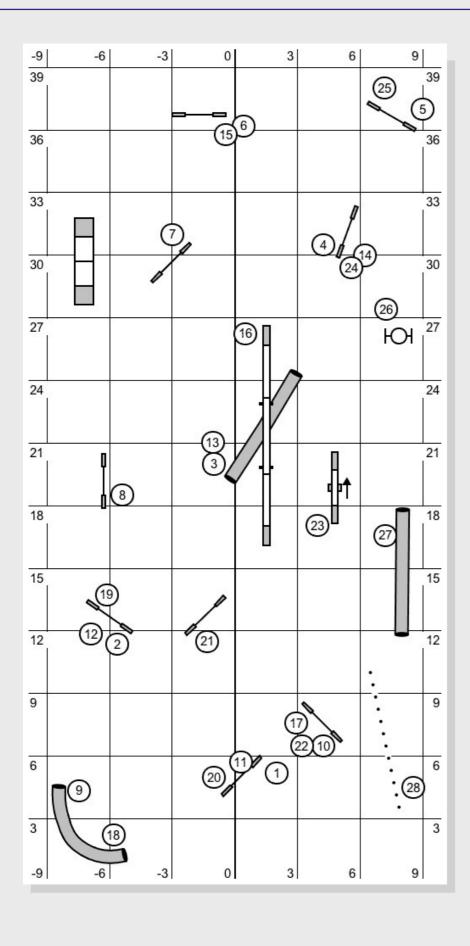
Practice Course

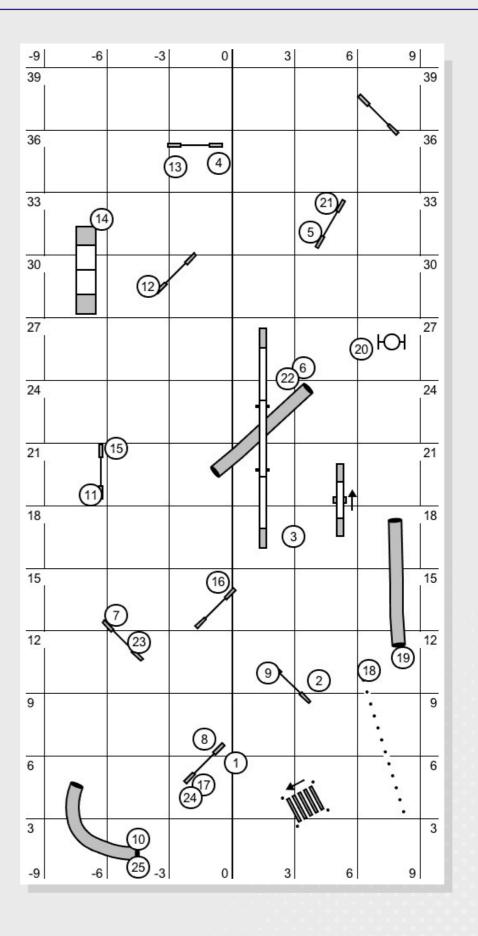




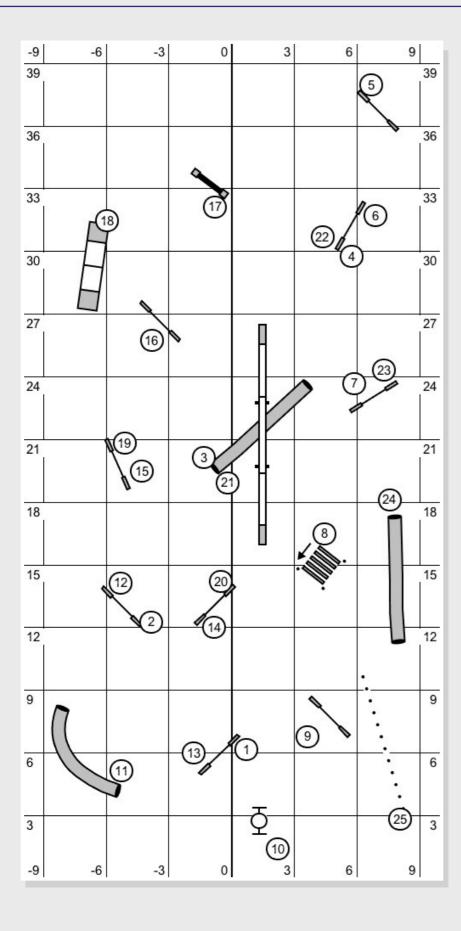


Practice Course

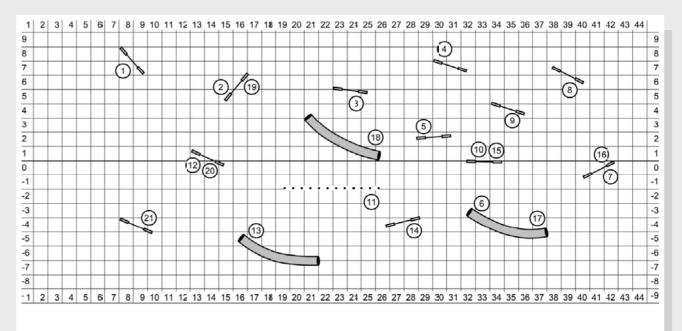




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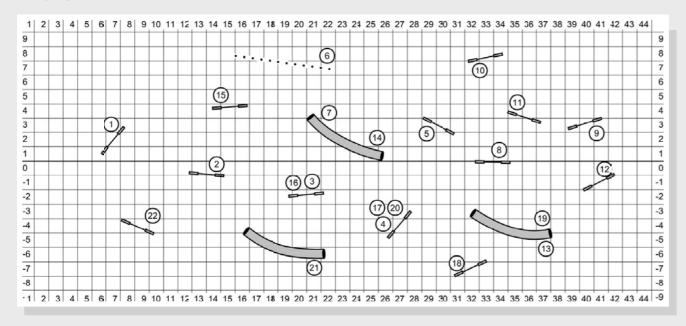


Practice Course



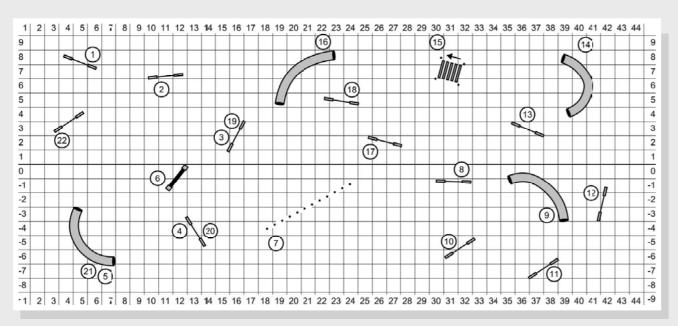
Practice Course

Jumping

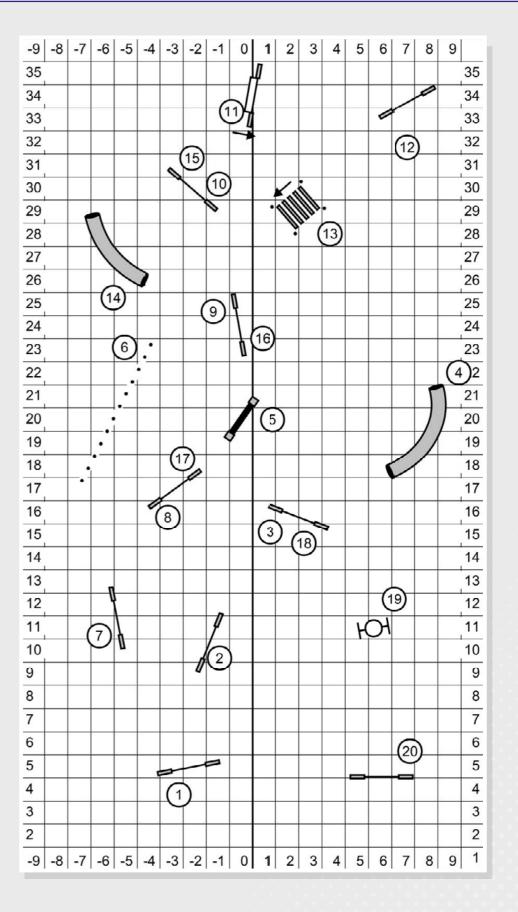


Practice Course

Jumping

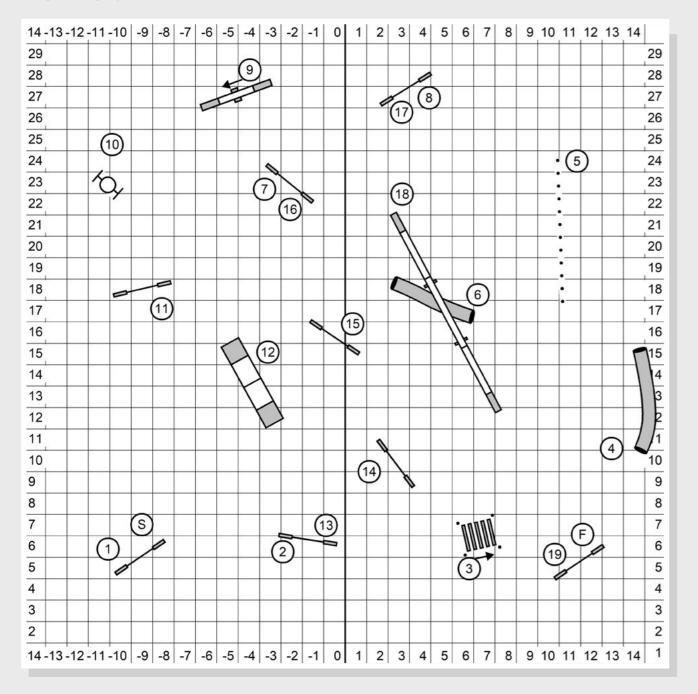


Practice Course



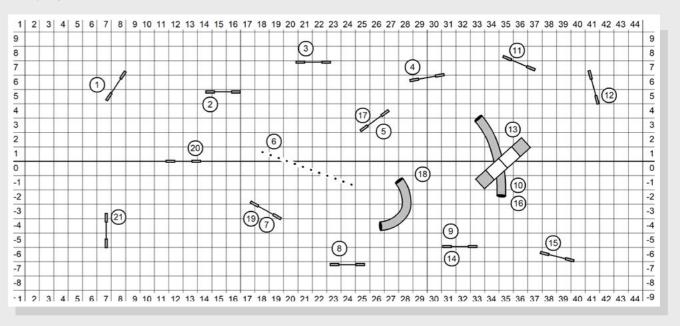
NOTTINGHAM AGILITY CLUB 2019

Large 6-7 Agility

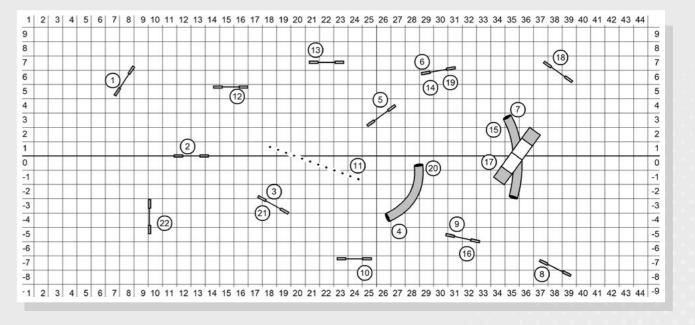


DEVON DOGS 2019

Jumping 1

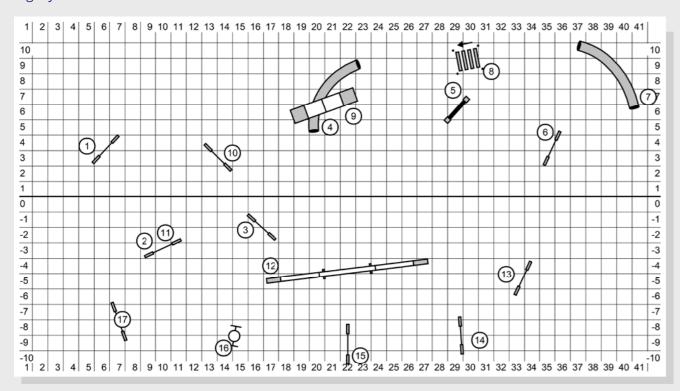


DEVON DOGS 2019



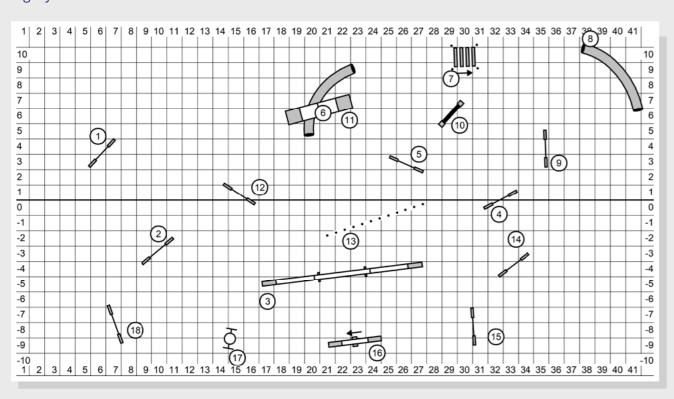
HUNDESPORTZENTRUM NRW – GERMANY 2019

Agility 1



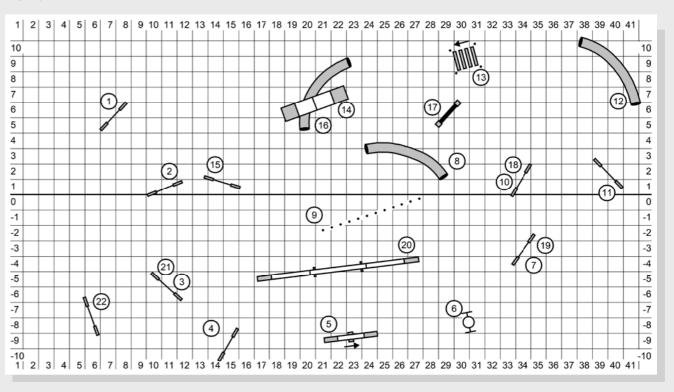
HUNDESPORTZENTRUM NRW – GERMANY 2019

Agility 2

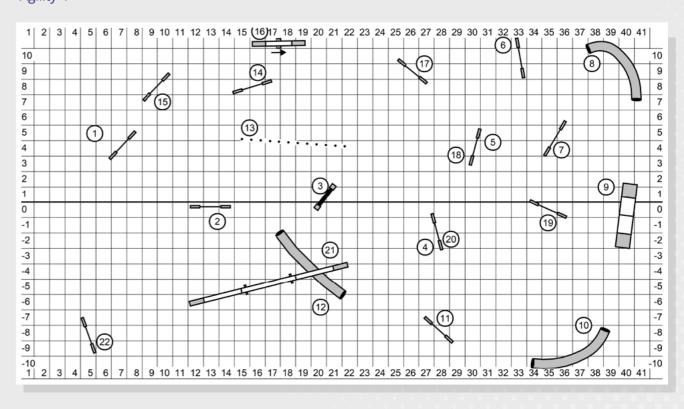


HUNDESPORTZENTRUM NRW - GERMANY 2019

Agility 3



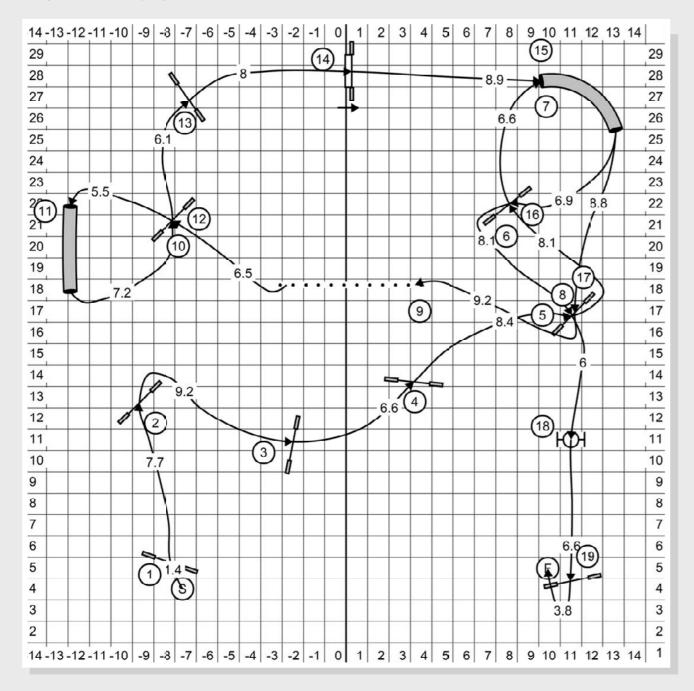
HUNDESPORTZENTRUM NRW - GERMANY 2019





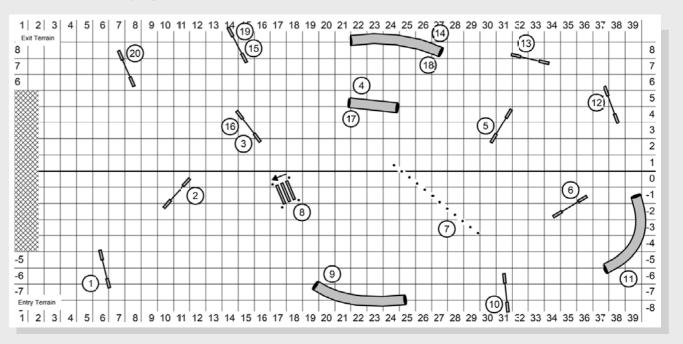
WYE VALLEY DTC 2019

Large Grade 3 Jumping



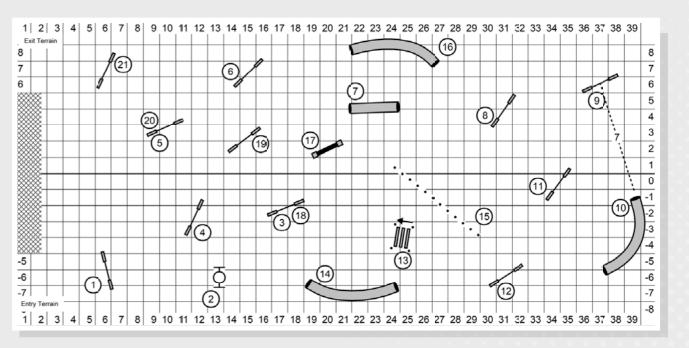
LUX WINTER CUP 2020

Small/Medium Jumping 1



LUX WINTER CUP 2020

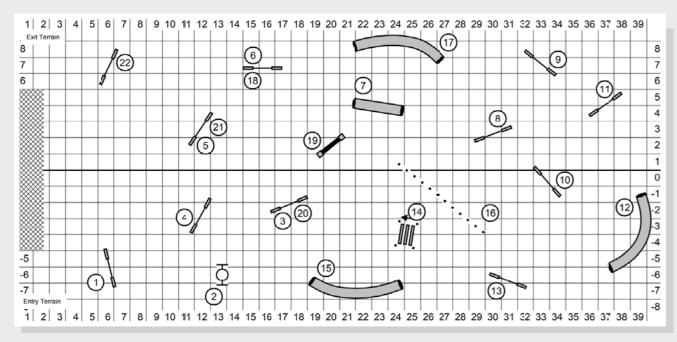
Small/Medium Jumping 2



absolute-dogs.com

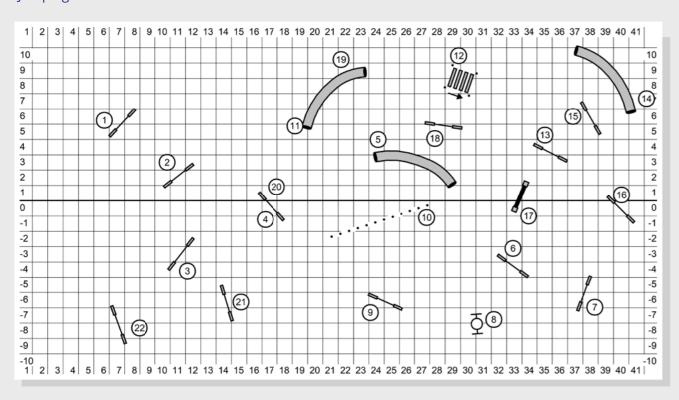
LUX WINTER CUP 2020

Small/Medium Jumping 3



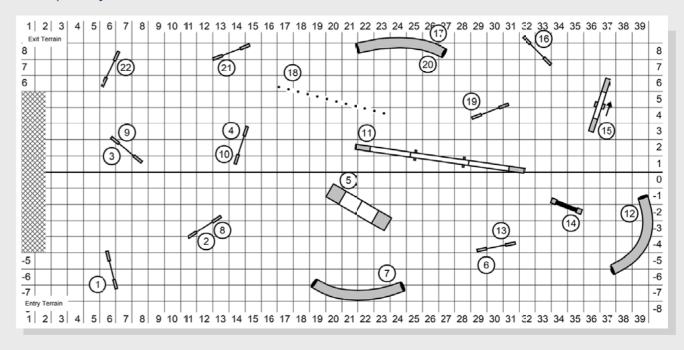
HUNDESPORTZENTRUM NRW - GERMANY 2019

Jumping



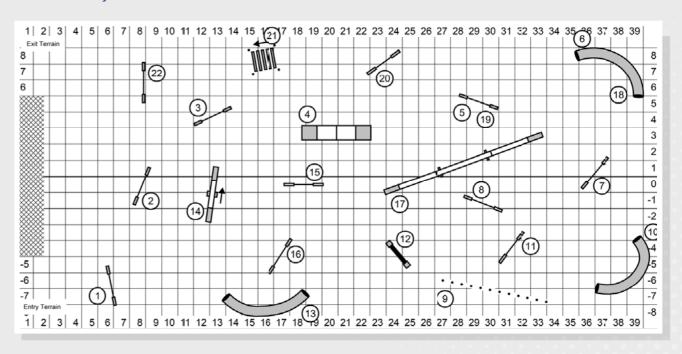
UKA HAWBRIDGE 2019

Champ Ability



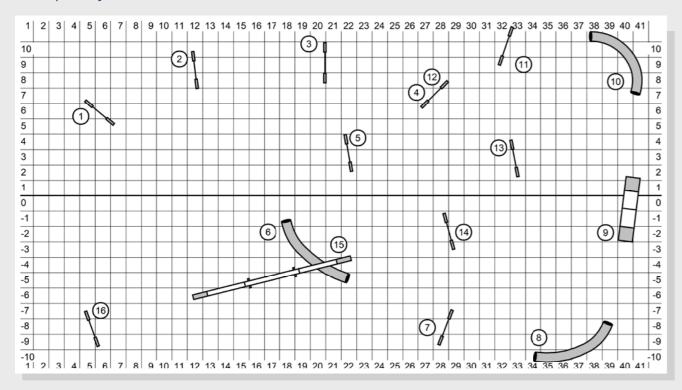
UKA HAWBRIDGE 2019

Masters Ability



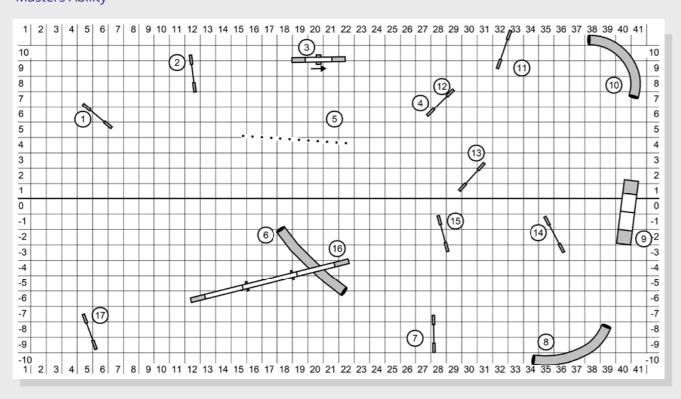
UKA HAWBRIDGE 2019

Champ Ability



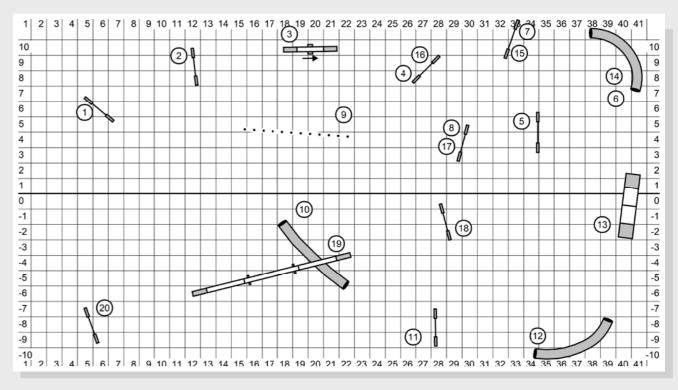
UKA HAWBRIDGE 2019

Masters Ability

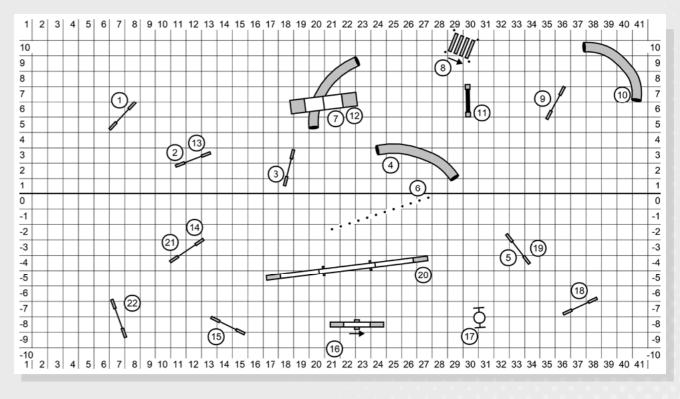


HUNDESPORTZENTRUM NRW - GERMANY 2019

Agility

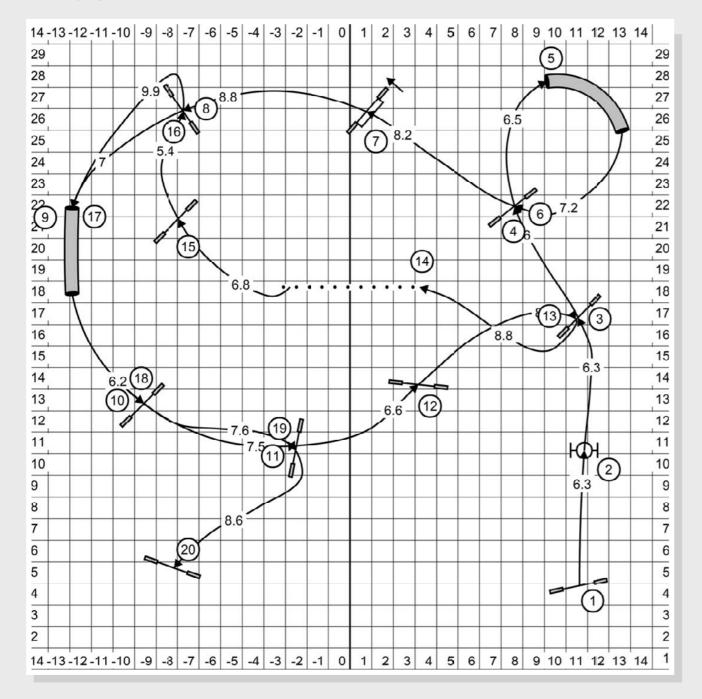


HUNDESPORTZENTRUM NRW – GERMANY 2019



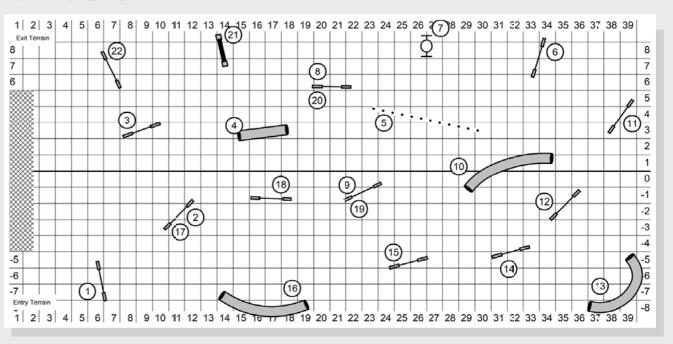
WYE VALLEY DTC 2019

1-2 Jumping

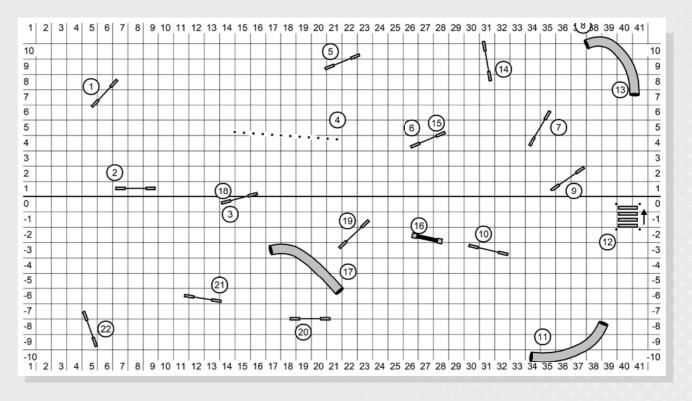


LUX WINTER CUP 2020

Open Jumping Large

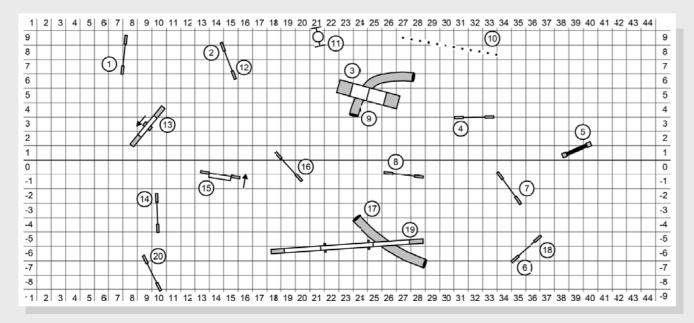


HUNDESPORTZENTRUM NRW – GERMANY 2019



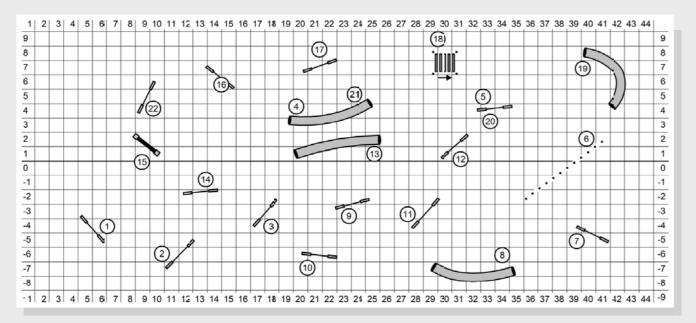
DEVON DOGS 2019

Agility



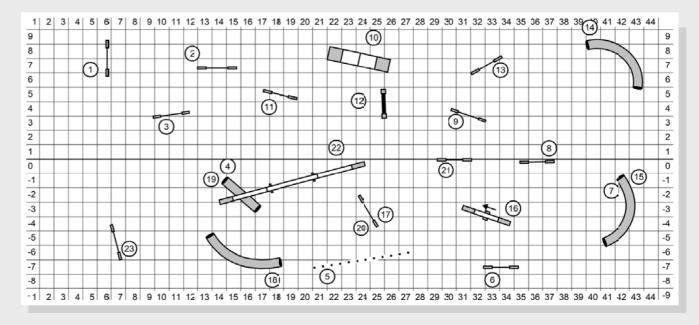
DEVON DOGS 2019

Agility

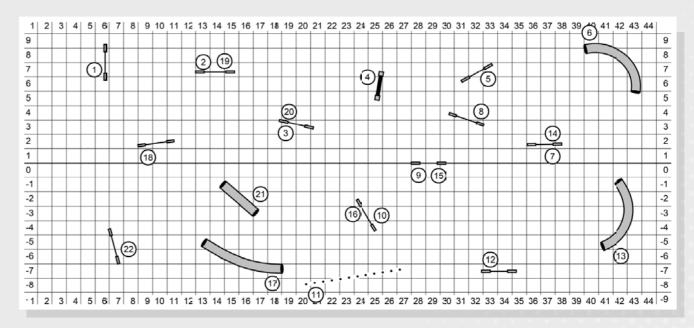


DEVON DOGS 2019

Agility

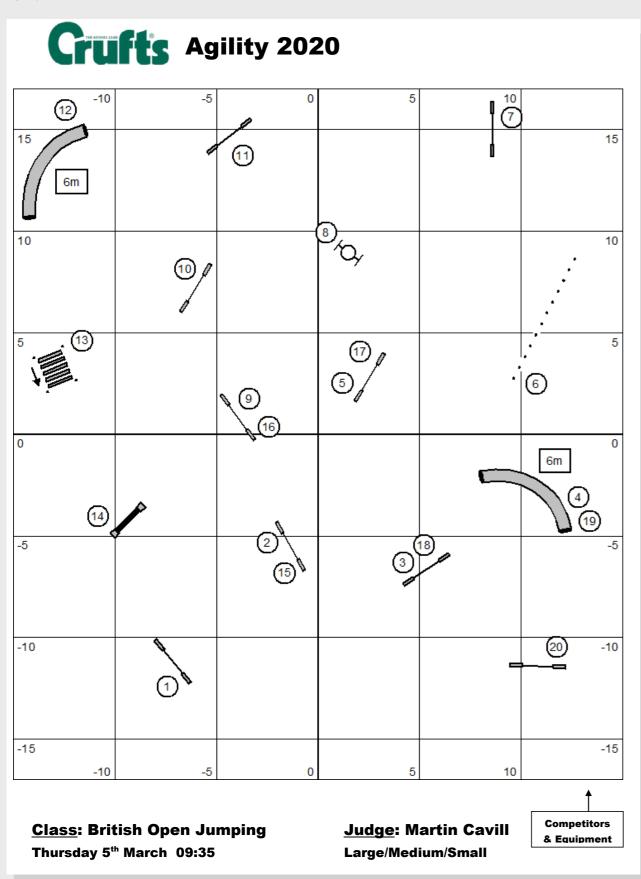


DEVON DOGS 2019

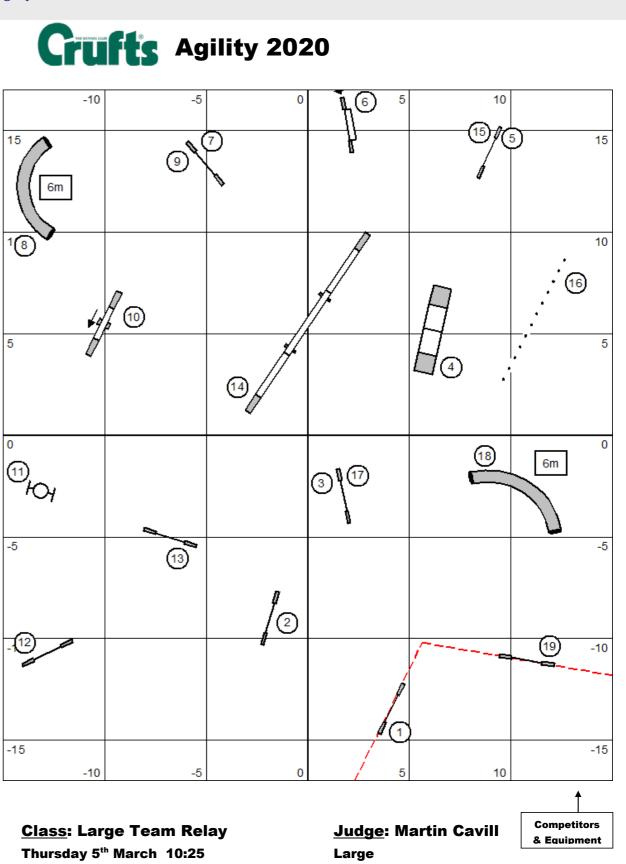




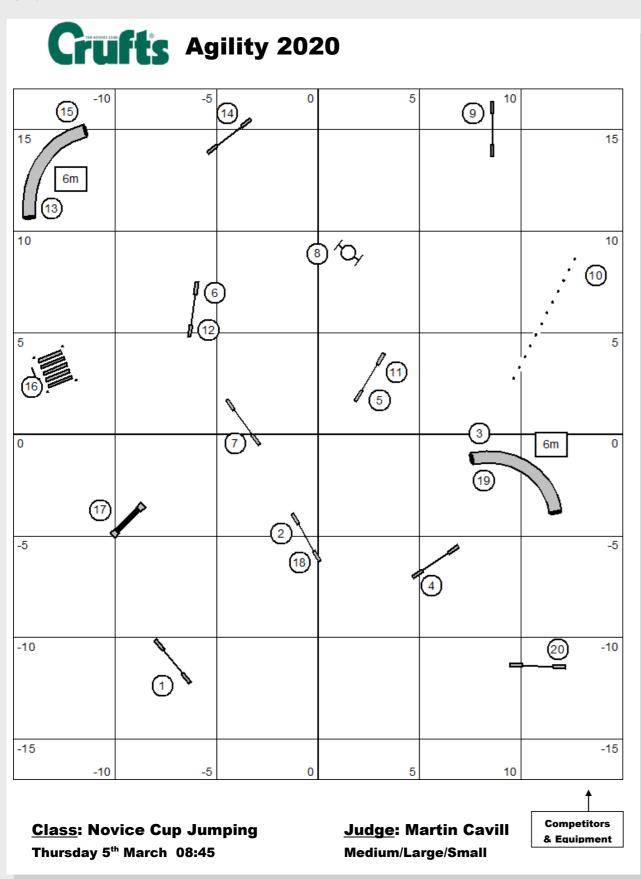
Agility



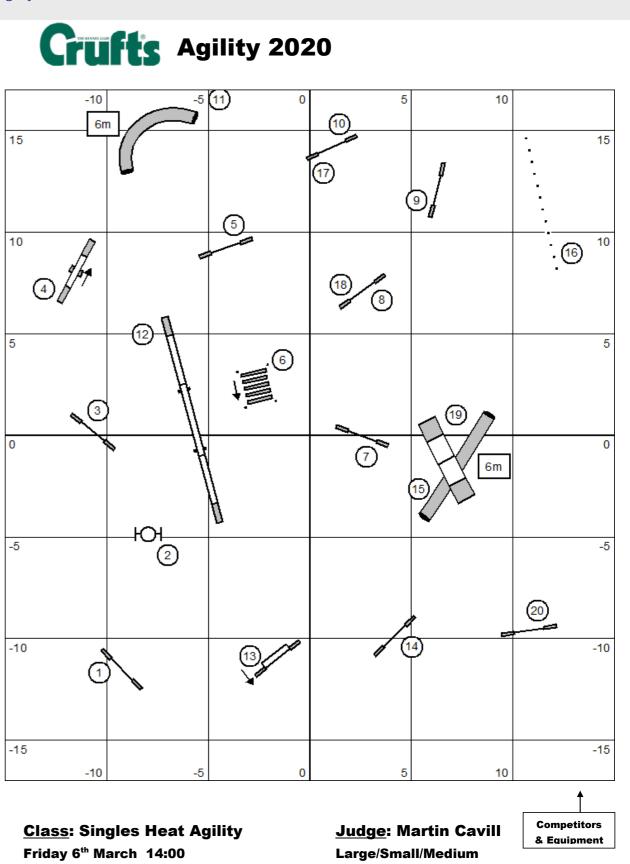
CRUFFTS



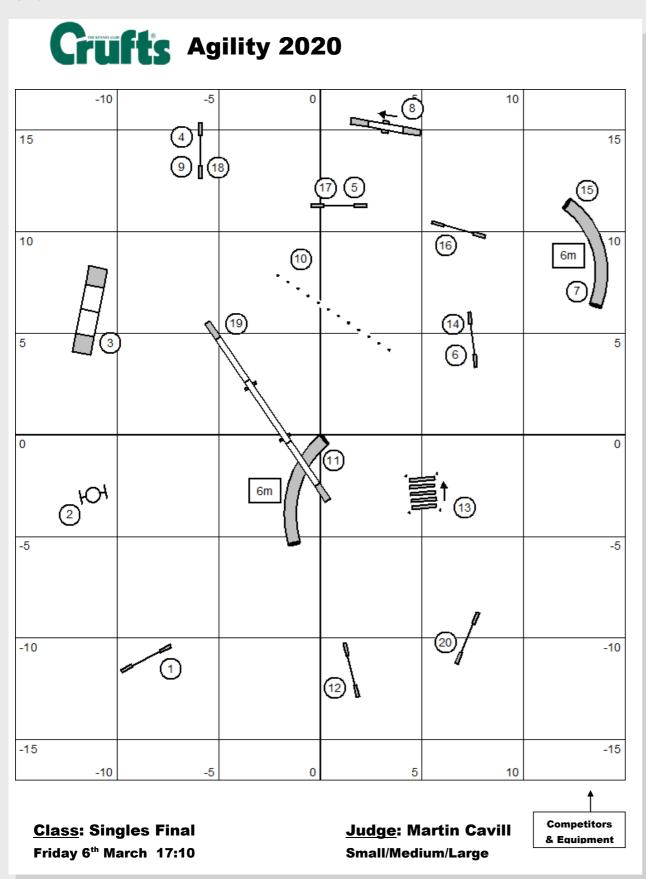
Agility



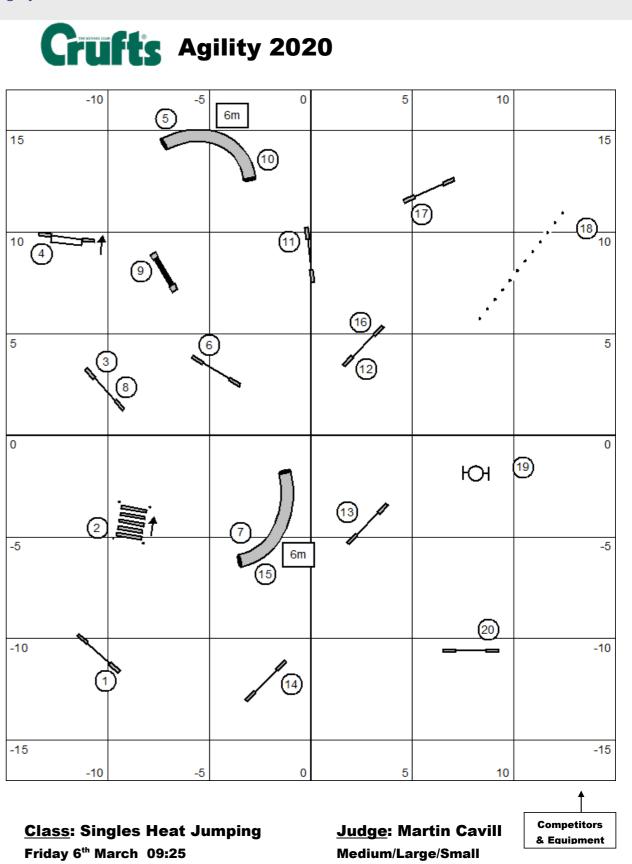
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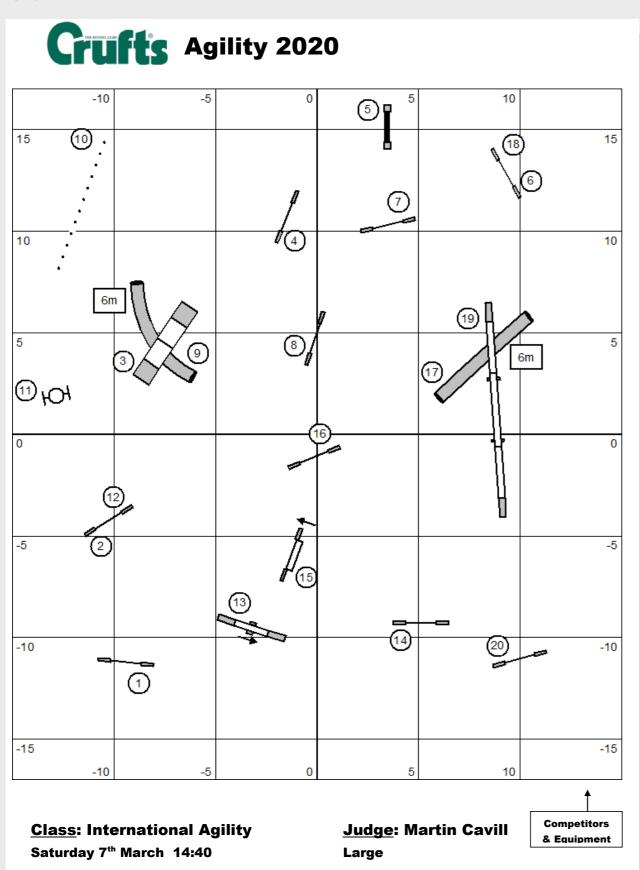
Agility



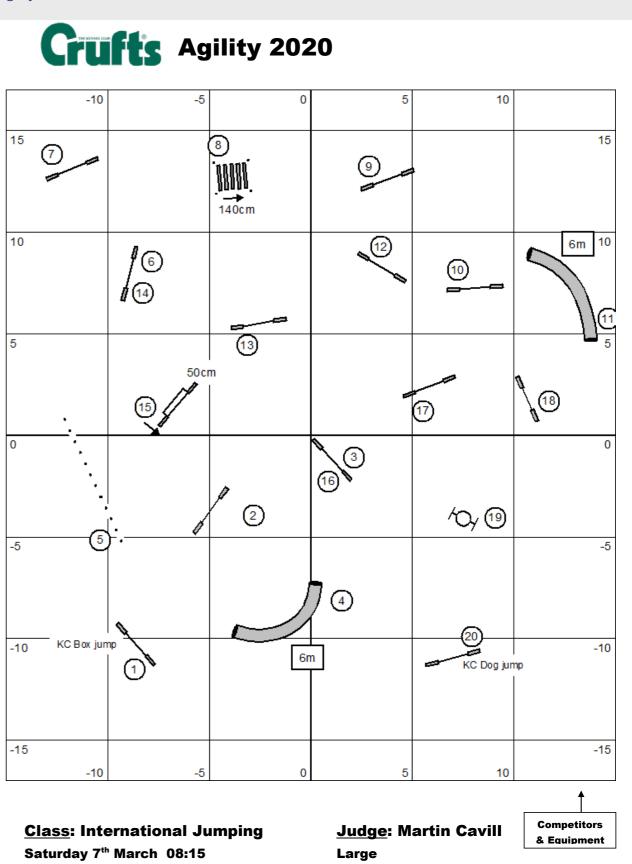
CRUFFTS



Agility



CRUFFTS





TO THE GAME PLAYERS, THE FUN MAKERS

A Absolute Dogs.

DOG TRAINING STRUGGLE?





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