



Distance Agility eBook



Thanks for being part of the OneMind Dogs Premium community! We hope you enjoy this eBook full of tips, videos and exercise on distance handling in agility.

In this eBook:

- What is distance in agility
- Video examples
- Foundation skills for distance
- Techniques important for distance
- Distance challenges
- Course maps
- Further study





What is distance in agility?

Distance in agility involves handling your dog from far away, without having to approach every obstacle. The dog is required to move through the course independently and to perform obstacles regardless of the handler's position or movement.

If you teach your dog a [solid foundation](#) and are consistent with the way you train and handle, your dog can already understand your handling from a distance, you might just not know it yet! Dogs are masters of body language, and they can read our handling just like they can read each other from far away.

Dogs have taught us more than 100 rules, that most of them naturally follow.

Throughout this eBook we will share some of the rules we have learned from dogs.



Examples of distance agility

Lazy day training - These are extreme examples of what you can do when your dog understands how to perform obstacles independently.



Lazy day agility with Tuulia

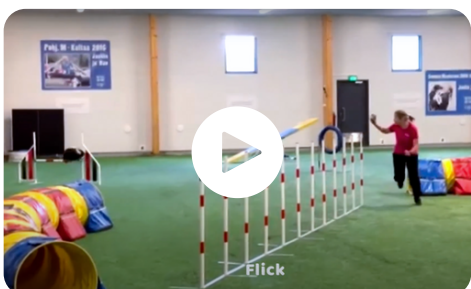
[Watch video >](#)



Lazy day agility with Jaakko

[Watch video >](#)

Practically, distance handling can be used on the course to allow you to get ahead and handle **critical points** where your dog needs more support. Watch the video below to see how OneMind Dogs handling techniques can be used at a distance:



Handling techniques at a distance

[Watch video >](#)

Foundation skills for distance agility

Solid foundation skills are the key to making distance handling easy for you and your dog!

Here are the most important exercises that you will need for distance:

Forward send

- ▶ On the flat >
- ▶ After a wing >
- ▶ On a row of jumps >
- ▶ In a sequence >

Commitment

- ▶ On the flat >
- ▶ On a wing >
- ▶ On a jump >
- ▶ Backside send >

Click the exercise to see a video!



Obstacle focus

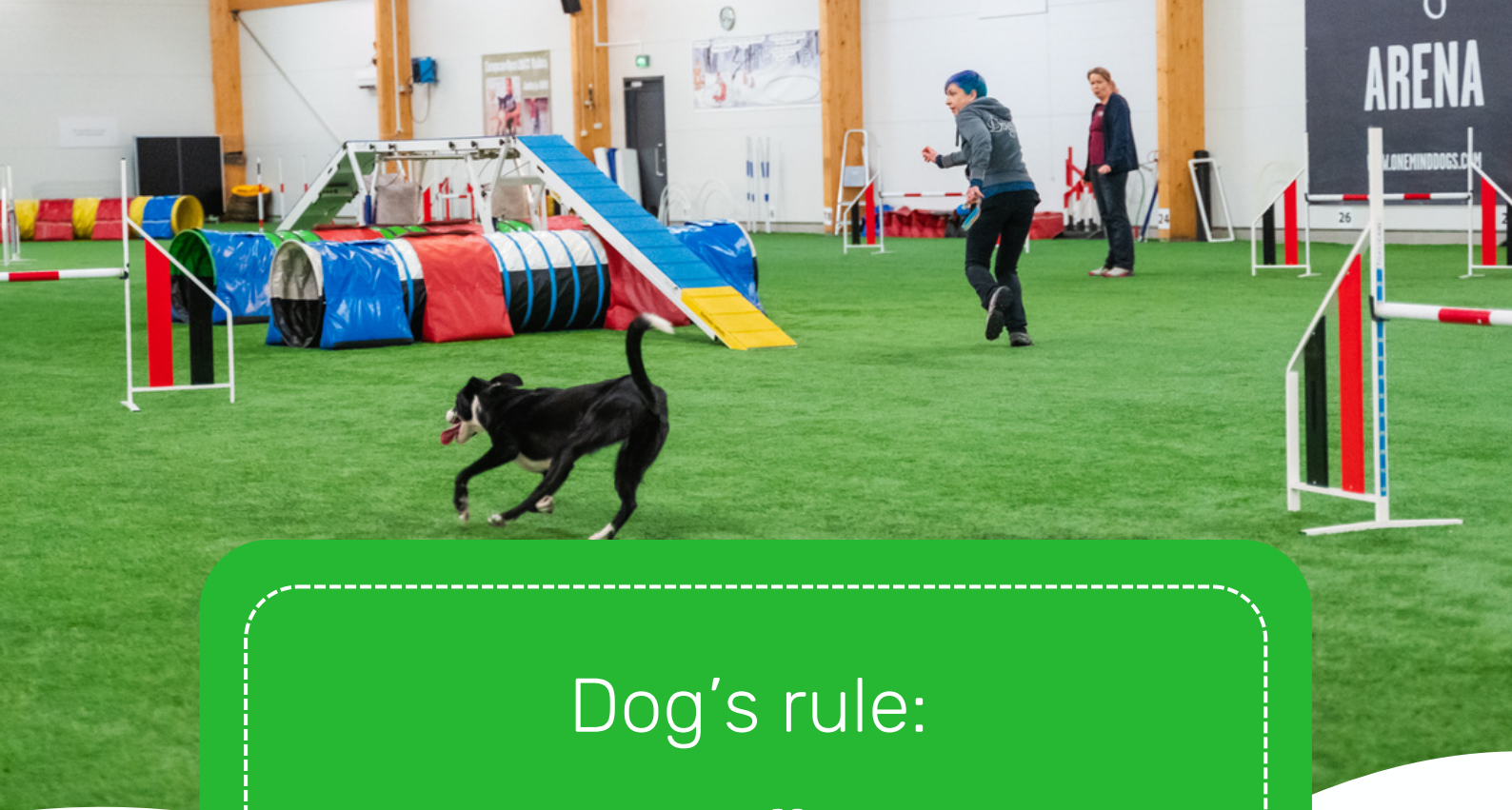
- ▶ Offering an obstacle >
- ▶ Send around a wing >
- ▶ Focus on the first jump >

Turning away

- ▶ Lap Turn on flat >
- ▶ Lead changes >
- ▶ Flick on flat >
- ▶ Tandem on flat >
- ▶ Towards and away >



VIDEO: Tips for training alone >



Dog's rule:

Dogs naturally move on parallel lines with us

Whenever possible, choose a running line that is parallel with the line you want your dog to take. This means planning your own running lines on a course as straight lines, that support your dog's commitment to obstacles.

The distance between your running line and your dog's running line can vary: you can support your dog's movement on the course also from further away, just choosing your direction of motion according to the line you want your dog to take.

[Learn more >](#)

Techniques that are useful for distance handling

OneMind Dogs currently uses more than 30 handling techniques so that we can cater for dogs and handlers of different speeds and abilities.

**The most useful handling techniques
when handling from a distance are...**

[Lap Turn >](#)

[Double Lap Turn >](#)

[Tandem Turn >](#)

[Whisky >](#)

[Lateral push >](#)

[Layering >](#)

Tip:

Many techniques require an independent backside send when handling at a distance.

**Learn how to teach
[that here >](#)**





Distance challenges

Try these fun challenges to test your distance skills!

- [▶ Challenge 1 - Weaves >](#)
- [▶ Challenge 4 - Forward send >](#)
- [▶ Challenge 8 - Tunnels >](#)
- [▶ Challenge 12 - Lead changes >](#)
- [▶ Challenge 15 - Handling from behind >](#)



VIDEO: How to reward for better distance >



Dog's rule:

The handler can help the dog to do lead changes by handling

Whenever there is a conflict between two of the facts dictating the choice of the lead leg (the side where the handler is, the obstacle the dog performs or the curve he is turning), or if the dog needs to make fast back-to-back leading leg changes, choosing the correct lead is more challenging for the dog.

If the dog is not able to commit to an obstacle early enough to make the lead leg changes himself or if he is struggling with the lead leg changes, the handler can help him choose the correct lead by handling.

[Learn more >](#)

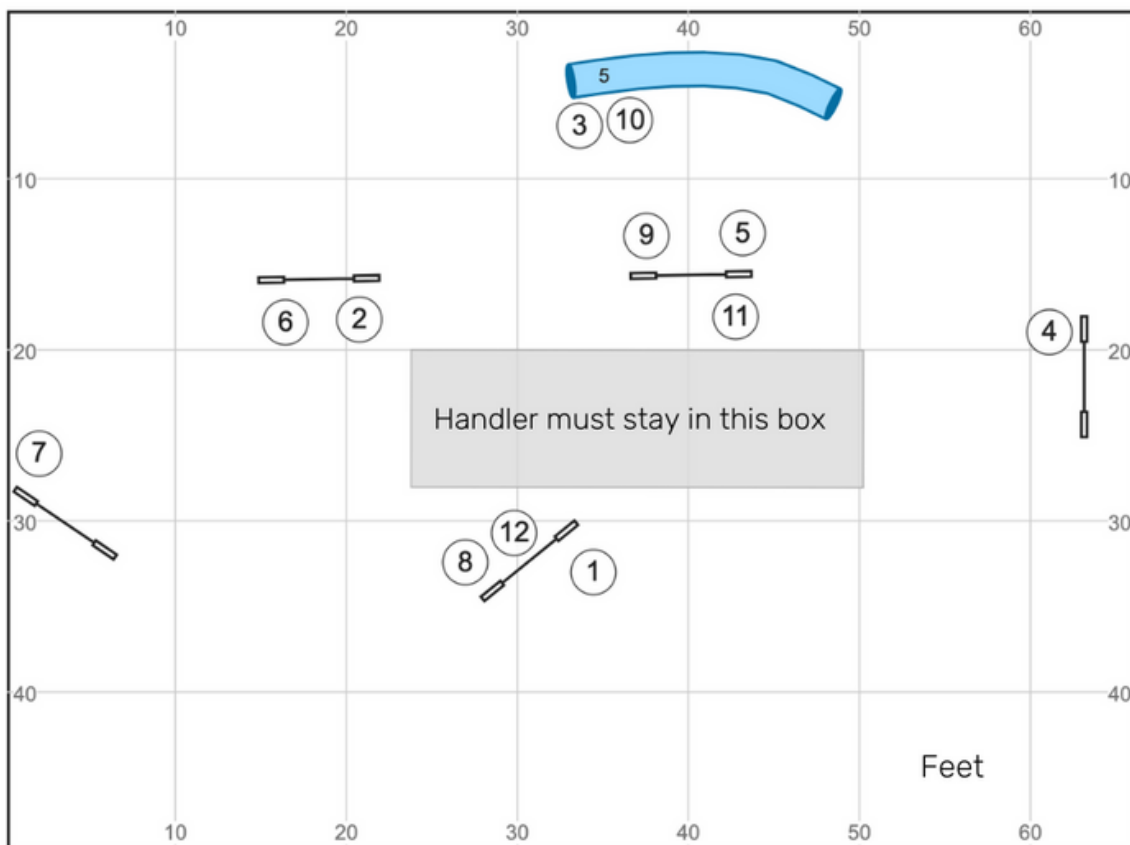


Course maps for distance training

Course maps for distance training

Distance sequence 1:

Can you handle this sequence without leaving the box?

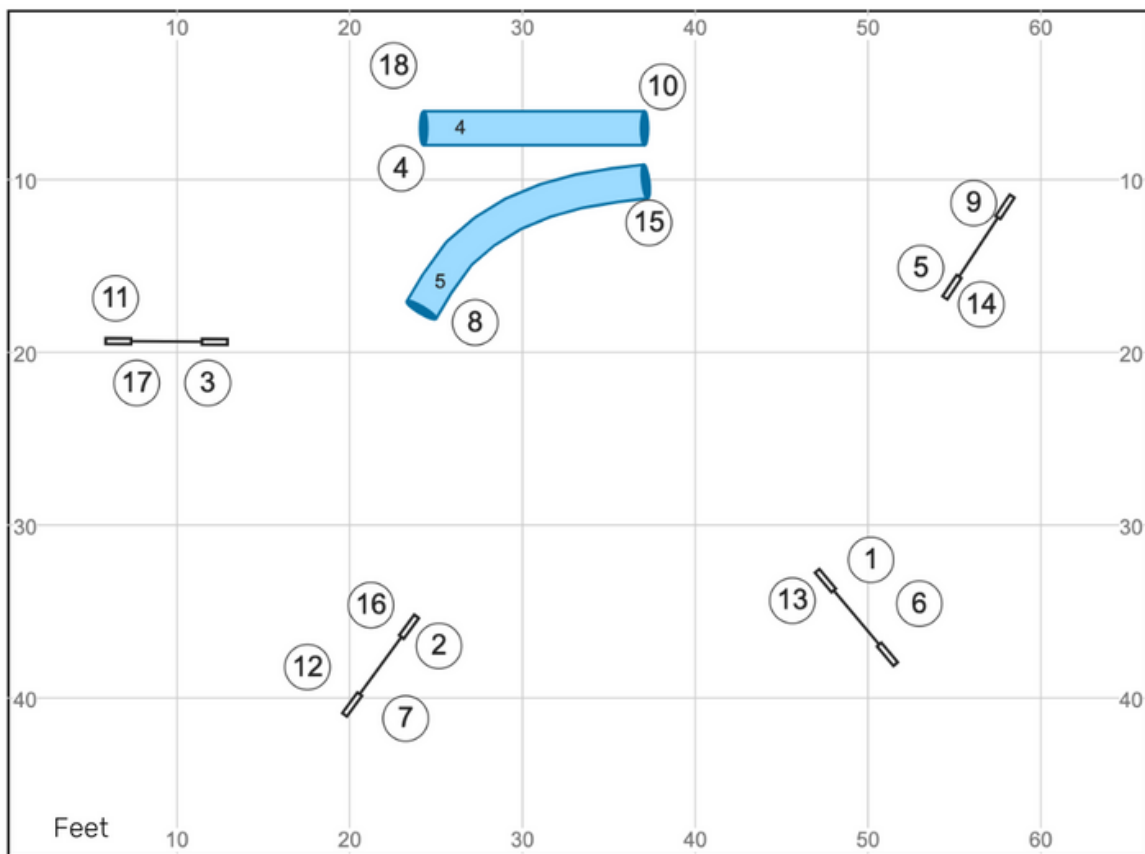


[Get tips and submit a video >](#)



Course maps for distance training

Distance sequence 2:
2 tunnels, 4 jumps – Layering
and Either-Or fun



[Get tips and submit a video >](#)

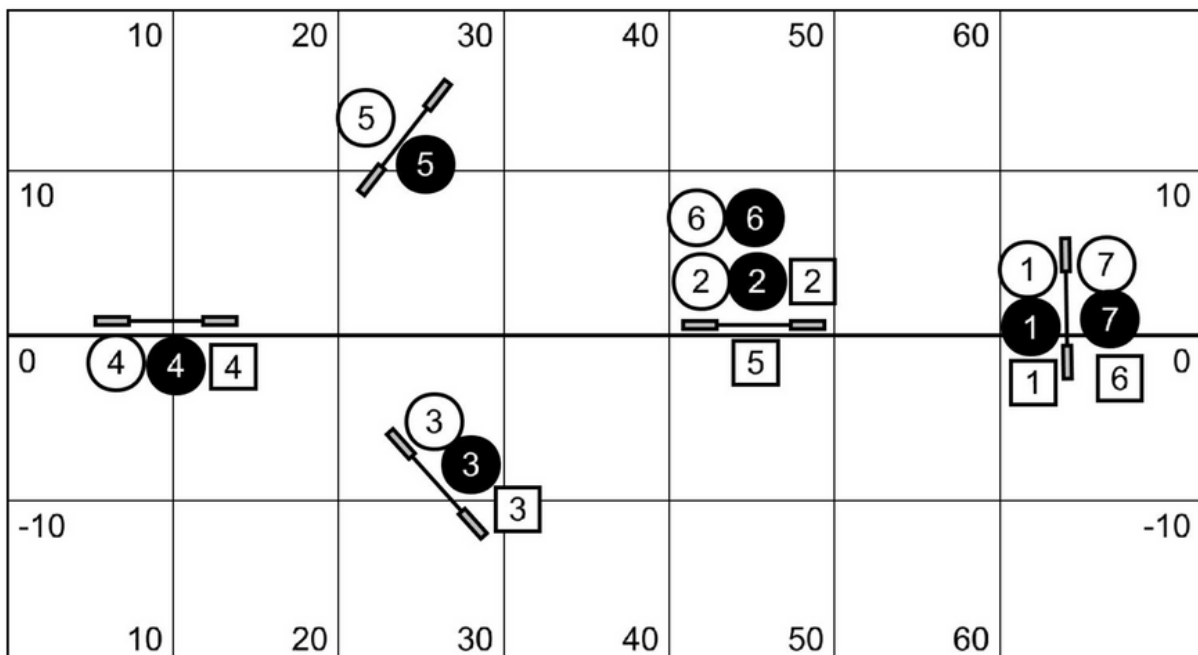


Course maps for distance training

In our “Get Skilled, Chilled And Thrilled in Your Backyard!” training theme, the exercises are all shown with options for handling from a distance.

Here is one example:

Distance sequence 3: Pinwheels at a distance

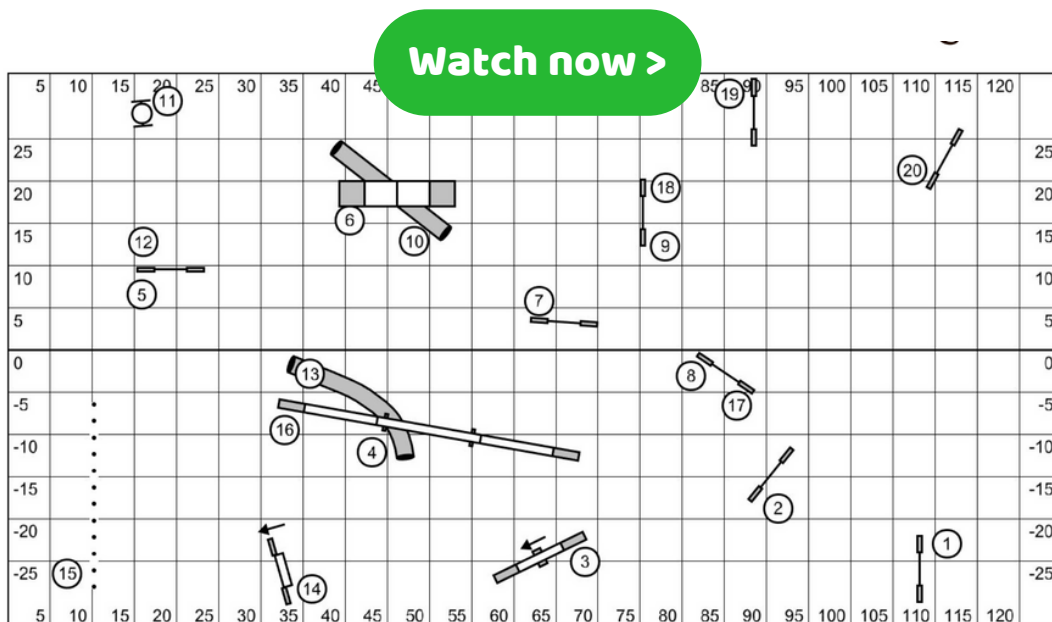


[Watch a VIDEO of this exercise >](#)

Course maps for distance training

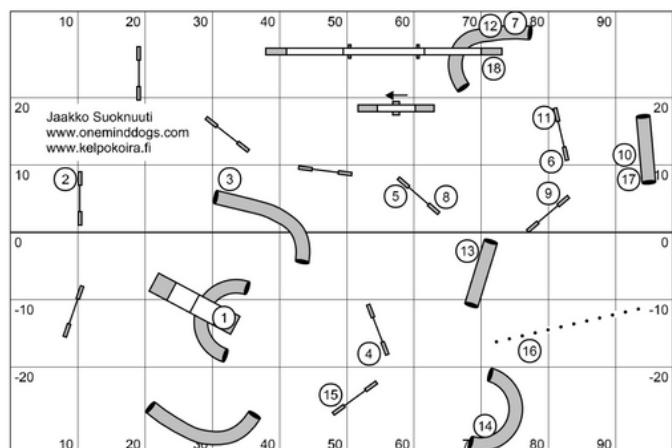
Full courses for distance training:

Distance handling with Janita has four full courses including tips and videos on how to handle them using distance handling.



This International Training Week **Course and episode** has some great distance handling options too

[Watch now >](#)





Dog's rule:

**If you use verbal cues,
talk to your dog (not the
obstacle)**

When you tell your dog to "sit", "be quiet" or "come here" at home, you'll watch your dog and talk to him. Do the same in agility: anything you say or do, say or do it for your dog by watching him and being connected with him.

If the dog needs to follow verbal cues, he should hear them approximately 7 m / 20 ft before performing an obstacle.

While it's natural for dogs to follow motion, it's actually easier for them to listen to verbal cues when the handler is standing still, walking or moving slowly so the movement doesn't distract the dog.

[Learn more >](#)



Did you know,
you can save up to 147,80 €
per year by switching to
Agility Premium Yearly?

Email
support@oneminddogs.com
to switch





Continue learning!

Here are some resources to continue learning about distance handling in agility

BLOG:
Mastering distance handling >

WEBINAR:
5 Steps to Super Distance Skills >

THEME:
Distance handling with Janita >

THEME:
Distance exercises >

THEME:
Get skilled, chilled and thrilled in your backyard >

THEME:
Focus and commitment >

We hope you enjoyed
this eBook.

**Happy
training!**

