



ARFF: 6-16-21: Speed Circles



Set up as many of these speed circles as you like. Run them as fast as you can, multiple times. If your dog loves toys, toss them ahead of him at various points on the course to encourage his forward movement. If he's food motivated, you can encourage his racing ahead with strategically placed bait plates. As your dog becomes patterned, he is likely to move more confidently ahead. Watch that contact/weave performance doesn't deteriorate; initially reward after the contact/weaves, before moving on to the connector jumps in the circle.

