

Stretch vs. Snap Zone: A Quick Self-Check Guide

STRETCH ZONE



**Engaged
& Curious**

1. Challenge feels hard but doable
2. Mistakes = feedback
3. You stay engaged, adapt, reflect
4. You adjust to find small wins
5. You end thinking, "That was hard, but good."

SNAP ZONE



**Hesitating
or Avoiding**

1. You or your dog feel stuck or frustrated
2. Mistakes = failure
3. You shut down or abandon the drill
4. You spiral or avoid similar setups
5. You end thinking, "That was awful."

Not sure where you are in your session? Ask yourself:






- Am I learning something here?
- Can I simplify this without giving up?
- What would a small win look like right now?

ARE YOU IN THE SNAP ZONE?

Try these quick strategies to stay in the stretch zone

Challenge Adjustment Cheat Sheet

Ways to modify the level of difficulty for you and your dog:

-  Backchain the tough spots – Start with the last 2–3 obstacles and work backward
-  Cut the sequence – Train it in chunks (5–10 obstacles at a time)
-  Focus on one skill – Ignore the full sequence and isolate the skill you need
-  Adjust reward placement – Reward earlier or in a key decision zone
-  Use patterned reps – Run the same line twice with small changes

Mindset Shifts: Try Saying This Instead

Change your internal dialogue to support growth:



Post-Training Reflection Prompts

Take a few moments after your session to reflect on:

- What challenged me today?
- What surprised me?
- What worked better than expected?
- What's one thing I'd try differently next time?
- Did I finish in the stretch zone—or the snap zone?

“
Stretching is
how we grow.
Failing is how
we learn.”

Progress starts when we
stop trying to protect
perfection.

— KC, Canines in Motion
