

LOVE²PLAY

Dog Training

Beginner Recreational Agility Lesson 3

BASIC OBEDIENCE

Last week your challenge was to move 3 steps behind the dog, walk up to it, stop, and then move on. If you didn't try it...do it this week.

Challenge: Can you walk with your dog beside you and say sit and have them sit? Can you do it with a down? If not, this is a great thing to train. Remember that walking beside you may not be part of the picture for 'sit' for the dog and they may not understand it in this context. Teach it by pausing as long as necessary (don't repeat the word, just take another couple of steps and try again with a longer pause next time). Gradually over time, reward only for the faster sits.

Continue to work on your sit. You need to be able to know that your dog is going to stay sitting in front of a jump so you can walk away.

BODY AWARENESS

Continue to find things that wobble that your dog can stand on (a half ball, a wobble board). Feed for the dog staying on the wobbly thing but make sure you don't push the dog farther than it is comfortable with.

AROUSAL / CONTROL PRACTICE

Agility is all about the dog being aroused (for example, running over jumps) and then having to control themselves (on the table, on the contacts, entering weaves). You can practice this a bit by interspersing play with control. Play with your dog, ask for a sit; as soon as the dog's bum hits the ground, release and say your 'take the toy' word, and start playing again.

JUMPING

3 jumps

Work the same progression with 3 jumps as you did with 2:

1. Walk beside
2. Run beside
3. Send to a target/toy
4. Call over

Remember to ALWAYS reward your dog EVERY time it takes the jump at this point. We want a strong history of reinforcement for jumping.

WEAVE POLES

Continue to lure your dog through the weave poles with food on a chopstick. Work with your dog on your left and right. DO NOT use your hand...we want YOU out of the picture!

TABLE

Continue to practice your 'table' in different locations.

Continue to reward fast responses to your sit or down cue (using only a verbal or hand signal)

Work towards an automatic response to 'table' so the behaviour in response to "table" is 'get up and sit / lie down'.

DOGWALK (lowered)

Encourage the dog over the dog walk....feed frequently for each step if necessary. Have target at bottom and feed for maintaining target behaviour.

TEETER

Teeter to a high table, feed the pivot point.

CHUTE

Continue to have your dog push through things. We are going to practice with the fabric on the chute but slightly open.

CONTACTS

Continue at home to work on stairs or an angled plank.

With the dog on leash, have it go up the stairs (or better, hop it up from the side) and then hold the collar so it cannot descend. Let go of the dog, say your word for 'touch the contact zone'. Wait a moment after the dog has eaten the treat and then release it using your release word. DON'T let it eat the treat and then move on its own.

Remember: your contact word means 'go and find that place'. It does not mean 'stop now' so we want to use it while the dog is in motion.

OUT and ABOUT

Continue to explore the world with an eye to what new and different things can your dog safely explore. DON'T PUSH your dog to do anything that it is afraid of, but instead build on its confidence.....