

- **Overview**

- **Goals**

- Learn Basic Footwork
- Learn Fundamentals (e.g. come up sit, recall, sit and down stays)
- Progressive Class – may need several classes to move to another class.
- Teaches basics for obedience competition
- Make it fun and you will strengthen your bond with your dog

- **Class Schedule**

- 1st 10 minutes Footwork without Dogs
- 30 - 40 minutes - work on fundamentals
- 5 minutes - Sits and Down Stays

- **Equipment Needed**

- T-shirt with pocket. Dog watches your face when treated.
- Variety of Treats – both low and high value, treats easily seen on mats. 1/2x4” Strips
- Gizmo – Directions to Make Online, platform, or carpet/PVC
- 24”- 30” Traffic Lead
- 26’ Flexi or long line
- 6’ Lead
- Gutters
- Toys

- **Homework:** Minimum 20 minutes 4 days a week. Time can be divided

- **WEEK 1**

- **Without Dogs:** Teach: Start, Straight line heeling, Release – no halt yet

- **With Dogs**

- **Silence is Golden:** Explain
- **Settle:** Put dog in relaxed down position. Only time to be physical with your dog. Very important.
- **Wrist Flick = Silent Set Up:**
 - Tells dog place where treats are dispensed. “Disneyland”
 - Heel position – explain
 - Face dog. Treat in palm. Turn wrist. Dog must rotate completely.
 - Treat dispensed when dog in heel position on pant leg looking up.
 - Next step: Stand over dog, do wrist flick both directions. Adds pressure.
- **Voluntary Attention:** 10 treats
 - Dog in heel position
 - Be quiet: When dog looks at you “yes” and treat on pant leg
- **Moving Attention:**
 - Correct position: “Disneyland” for treats
 - Head up. Goal 10 steps.
 - **Use Hand Tunnel** L hand positioned with treat between first two fingers. Hand should be near pant seam so dog muzzle fits between dog and pant. Dog’s head should be up

- Make dog successful. “Yes”, stop and treat before head drops.
- Randomize number of steps before treating
- **Circle of Control:** Teaches heel position
 - 6’ leash, high value treats. Heel briskly. Circle always to right. Dog follows.
 - QUIET
 - When dog gets to heel position. “Yes” and treat.
- **Sit Stay**
- **Homework:** 20 minutes 4 days a week

▪ Settle	▪ Footwork	▪ Moving Attn
▪ Silent Set Up	▪ Voluntary Attn	▪ Sit Stay

- **WEEK 2**

- **Without Dogs**
 - Questions about homework
 - Review: Start, straight line, release
 - Teach: Halt, Slow, Fast
- **With Dogs**
 - **Moving Attention:** Add formal start. Randomize stop and treat. Extend distance.
 - **Stationary Attention** (formalizing voluntary attention)
 - Motivating Correction: Push-Pop, praise, treat; Stop and redirect
 - Release and start again after 2 errors
 - Side: Food in hand but NOT visible, hand in heel position, talk and encourage
 - Front: Use “watch” command, vary time before treat
 - **Review:** Silent Set Up
 - **Teach:**
 - Come Up Sit: Teaches correct heel position
 - Sit/Stand for Exam, Release forward
 - **Chair Fronts and Recalls**
 - Front: Sit in chair. Toss treat. Call to front between legs.
 - Lure dog between legs. Treat so dog is looking up and resting on body.
 - Recalls: Call dog. As dog coming, sit in chair for chair front
 - **Sit and Down Stay**
 - Add Down Stay: Teach correct down position
 - Time before distance
- **Homework**
 - Continue to work on Week 1 homework exercises
 - Footwork: Start, halt, slow, fast
 - Moving Attn with formal start
 - Chair Fronts and Recalls
 - Sit/Down Stay Come Up Sit

- **WEEK 3**

- **Without Dogs**

- Questions about homework
- Review: start, straight line, slow, fast
- Teach: About turn, right turn

- **With Dogs**

- **3 minute warm up**
- **Moving Attention** - Start, fast, slow
- **Stationary Attention** – Add distractions
 - Side: Food now in mouth. Can add distractions, such as dropping toy, squeaky toy under foot
 - Front: Watch Game
- **Attention between Exercises** – finger and treat position
- **Games**
 - 3 Tap - Mandatory
 - Spin/Rewind
 - Goose
 - Rah
- **Fun Recalls**
 - Various methods through games
 - Increase speedChair Fronts/Recalls
- **Review**
 - Sit/Stand for Exam
 - Come Up Sit
- **Teach**
 - Back Up
 - Sit, Go get your leash
 - Right Doodle (around cone, leash)
- **Sit/Stand for Exam**
- **Sit and Down Stay**

- **Homework**

- Review previous weeks
- Stationary Attn with distractions
- Footwork
- Moving Attn
- Games
- Right doodles
- Recalls
- Stays

- **WEEK 4**

- **Without Dogs**

- Questions about homework
- Review: start, slow, fast, about turn, right turn
- Teach:
 - Left turn

- Figure 8

- **With Dogs**

- **3 Minute Warm Up**
- **Moving Attention/Heel** - adding about turns and right turns
 - Toys randomly placed on floor
- **Stationary Attention**
 - Tap: from all directions

- Side: Add distractions, no talking, food in mouth, randomize time
 - Front: Add more distractions such as food on floor
- **Review**
 - Games
 - Right Doodle
- **Teach**
 - Left Doodle
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- **Fun Recalls**
- **Sit and Down Stay**
- **Homework**
 - Review all prior homework exercises
 - Footwork with special emphasis on Left turn and Figure 8
 - 3 Tap Game
 - Heeling with Distractions
 - Left Doodle

- Come Up Sit
- Left and Right Finishes

- **WEEK 5**

- **Announcements**
 - Sign up this week to reserve spot for next session
 - Remember to watch You Tube: Beginner Novice 200, Novice 200
- **Without Dogs**
 - Questions
 - Review:
 - Straight line, slow, fast, about, right and left turn
 - Figure 8
 - Demonstrate and walk Beginner Novice Pattern
 - Practice a novice pattern individually. Have students critique each other.
- **With Dogs**
 - **3 Minute Warm Up**
 - **Moving Attention/Heel** - noise distractions
 - **Stationary Attention** - with distractions
 - Side: No eye contact – 30 seconds
 - Front: 10 seconds
 - **Review** - Finishes
 - **Teach**
 - Figure 8
 - Beginner Novice Sit and Walk Around
 - **Come Up Sit** – Practice Set Ups
 - **Recalls** - into Gizmos

- **WEEK 6**

- **Without Dogs**
 - Questions
 - Who is coming back?
- **With Dogs:**
 - **3 Minute Warm Up**

- **Beginner Novice: Heeling Pattern** - Individual
- **Novice Heeling Pattern** – Individual
- **Figure 8**
- **Recalls** – Chair
- **Sit Go Get Your Leash**

- **Games** – depends on # of dogs
 - **Tic Tac Toe**
 - Heel Position
 - Attention from Heel Position - 15 sec
 - Attention from Front – 10 sec
 - Correct Heel Position
 - Silent Set Up (wrist flick)
 - Correct footwork – about turn
 - Correct footwork – left turn
 - Correct footwork – right turn
 - Settle (down)
 - **Speed Recalls into Chair Front**