



## Things you can work on at home

Though you might not have agility equipment at home there are many things you can do to help in your agility classes. The items are listed by class level and are talked about and demonstrated during the classes.

### All Levels

Obedience: Down, sit, stays, and recalls are all helpful things to practice during the week

Side: Your dog will need to walk and work on your right side. We call this "side" (on the left is "heel"). Start teaching your dog to walk on your right side just like you did heel - with a treat and lots of praise. Start them sitting on your right side as well, again, getting treated. Move forward coaxing your dog with the treat. Put your dog on your right side for your walks.

Weird World: Get your dog to interact with anything strange you can think of. Have them explore it, touch it, whatever.

Agility Heeling: Having your dog walk on leash with you. This is less strict than an obedience heel, with your dog just somewhere nearby you. Also, agility heeling adds a leading hand for your dog to follow. To start put a treat in your hand tucked between a couple of fingers and walk along with your dog following the hand and giving your dog that treat and praise every 3-4 steps.

Doggie Push Ups: These are good for working your dogs front legs and upper body. Have your dog go into a sit and then lay down, and then sit again and then down again 3-4 times.

Sit Hops: These work on your dog rear legs and body. Have your dog sit in front of you, then take a step back call your dog to you, they should stand up and then have them sit in front of you again. Repeat this 3-4 times.

Backing up: Straight back anywhere from 2-3 steps to 5-6 feet. To get your dog started take a treat and with your dog standing up walk into them with the treat at their head level and lower it to go in between their legs and keep walking towards them, they will eventually move back. Once they take a couple steps, give them the treat and praise and try again. If they choose to sit have them stand up and try again.

# Active Dog Sports Training



## Level 1 and above

Load the Clicker - Let the dog know that the clicker means "You did good"

Do this by clicking and then give a treat, Click-Treat-Click-Treat-Click-Treat for 1 minute 2-3 times a day. After about a week the dog should know what the click means and you can change your treat reinforcement to a random schedule.

Go to the Target - Get a large plastic lid and make that a great thing for your dog to go to.

Put the lid on the ground with a treat on it, when the dog gets the treat, click.

Work for 1 minute 2-3 times a day. After 3 days see if the dog approaches the lid without a treat.

Go Ahead - Train your dog to move straight ahead of you.

While agility heeling your dog, put your lure in front of his face and toss it straight ahead of you When the dog gets to it reward them.

Out - Teach your dog to move away from your side horizontally.

While agility heeling your dog, put your lure in front of his face and toss it away from your past the dog. When the dog gets to it reward them.

Here - Get your dog to move closer to you

While agility heeling your dog, take a big step away from your dog, pat your leg and say "Here." When the dog gets back to your side reward them.

## Level 2 and above

Fast - Teach your dog how to tell when you want them to move faster

While agility heeling lean forward and pick up your pace so your dog is moving faster, be sure to treat often when they speed up with you

Slow - Teach your dog how to tell when you want them to move slower

While agility heeling lean back and slow down your pace so your dog is moving slower, be sure to treat often when they slows down with you

Arc - Working with your dog to indicate you are going to turn

While agility heeling do a circle pattern around a 10' wide circle. Drop your shoulder that is toward the inside of the circle. You can do this with your dog on the inside or outside of you and be sure to go around the circle both clockwise and counterclockwise.

Airplane - Working on your body language to tell your dog where you are going

This is for you to work on without your dog first, then you can add your dog. Walk around with your arms extended like you are an airplane and think about which side do you drop when you turn a corner. Your pattern can go anywhere, but you should

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be dropping the arm that is on the side you are turning toward, for example if you are turning to the right you should drop your right arm.

Tight Turn - Train your dog to turn around a tight corner

Take a stationary object and walk your dog up to it and then coax them to go around it and come back to you and walk away from that object. Turn around and do that again. After a few times your dog should know what they are supposed to do and will probably pull ahead of you to go and do it, that is fine. Once again be sure to approach it from both sides.

## **Level 3 and above**

Hand Switch - Change your leading hand

While agility heeling stop and have your dog sit. Step in front of your dog to the other side and switch hands.

Send & Call - Get your dog to move ahead of you

For send review Go above.

Call - you leave your dog in a wait and then call them to you.

Put your dog in a sit wait and walk away from them 5-6 steps, and call your dog and start moving.

Front Cross - Switch sides in front of your dog.

While agility heeling your dog, bring your hands together in front of your dogs face, while stepping in front of them, step to the other side and switch hands

Rear Cross - Switch sides behind your dog.

While agility heeling your dog, give them the sign for go ahead and allow them to get a little ahead of you and step to their other side and switch hands.