TRICKS & FITNESS
WEEK 1

WARM-UP THE SHEDD WAY

Practice behaviors your dog knows. The Shedd Way helps solidify behaviors by performing behaviors together vs just training one behavior.

Example:
1. 10 treats in hand
2. Sit-Release MT (Mark & Treat)
3. Sit- Release MT
4. Down- Release MT
5. Touch Nose to Target MT
6. Down – Release MT
7. Sit – Release MT
8. Touch Nose to Target MT
9. Touch Nose to Target MT
10. Down – Release MT
11. Sit – Touch – Down – Release MT

At Home Practice:
Add the tricks learned this week by substituting any of the 10 behaviors above. Practice 2 times a day.

PAWS UP
Dog puts front paws on a object. Why? Foundation to other tricks in class.

Step 1 Target or Lure:
Hold hand or food lure slightly behind the edge of object so dog doesn't jump on top or over.

Tap object with other hand and say "Paws Up."

Mark the second both paws are placed onto the object and reward

Repeat 10 times

Step 2:
Loose the lure and use hand target while saying "Paws Up." Mark and reward.

At Home Practice:
Do the trick 100 times over the course of the week. Each repetition in a new room.

SPIN
Dog spins either left or right. Why? Practice targeting and luring for other tricks in class.
Step 1:
Hide a treat in your right hand with your pointer finger extended.
With dog in front of you say “Spin” and slowly move your hand to your right, luring your dog’s head.

Continue to the right going counterclockwise in a circle while your dog follows your lure.

Mark as your dog is following your lure and treat at the end of the circle.

Repeat 10 times.

Step 2:
Loose the lure and say “Spin” as you flick your wrist and pointer finger to the right.

Mark and Reward

At Home Practice:
Do the trick 100 times this week. Mark a box after every 5 repetitions. Each repetition in a new room. *Add double or triple spins if your dog already knows the behavior.

Fitness Break – In class
Introduction to the Square

Target or Lure into the Square
What can your dog do in the square?
Sit, laydown, bow, front feet in, back feet in, all feet in, walk through.

In class take a nice break by going through the tunnel, walking planks, etc.

At home: Introduce new objects (a box big enough for your dog). What can your dog do in the object?
Make sure and take “fun” breaks at home between exercises.

SHAKE HANDS
Your dog raises his paw for guests to shake.
Foundation to High 5 and Waving Goodbye.

Step 1:
With your dog sitting in front of you. Hide a treat in your fist, low to the ground. Encourage your dog to paw at your hand saying “get-it” and “shake.” Mark the moment your dog’s paw comes off the ground and reward your dog.

Step 2:
Once your dog is reliably doing this behavior low to the ground raise the height of your hand.

Step 3:
Next transition to a hand signal. Stand up and hold the treat behind your back and extend your other hand while cuing “shake.”

When your dog paws your extended hand, support his paw in the air, mark and reward with the treat behind your back.

*Only reward when paw is in your hand.

At Home Practice:
Do this trick 100 times this week. Mark a box after every 5 repetitions. Each repetition in a new room with different people.

AMP UP YOUR DOG WITH 3-2-1

When your dog is in a playful mood, grab his collar and crouch down near him. In a very exciting voice say 3-2-1! Release your dog’s collar shouting happily “let’s go!” and sprint away from your dog.

Make a big fuss for your dog following. You can add praise and affection, treats on the ground or a good game of tug. Do what your dog finds rewarding.

At Home Practice:
Practice 4 times a day in different situations.
