TRICKS & FITNESS
WEEK 2

WARM-UP SHEDD WAY

Example:
10 treats in hand

1. Sit-Release MT
2. Down- Release MT
3. Sit – Dow - Sit Release MT
4. Spin – Release MT
5. Shake – Release MT
6. Spin – Touch Release MT
7. Paws Up – Touch Release MT
8. Sit – Touch – Spin Release MT
9. Sit – Down – Sit – Spin Release MT
10. Sit – Shake Release MT

PRAY
Foundation: Paws Up

Dog places front paws on edge of bed, chair, pedestal, cane, arm, etc. and hides his/her head between arms.

Step 1: Practice Paws-Up on Object
Choose your object & practice Paws Up 5 to 10 times.

Step 2: Target or Lure into Position
Cue Paws Up and reward with your hand placed under and between dog's paws, so do bows head for the treat.
Mark as dog is lowering head and treat in position.

Gradually increase a lower head in-between feet.

Step 3: Add Cue Prayers
Practice "Paws Up" and say Prayers as you lure dog with your target hand or treat to lower head. Mark and reward in position.

Step 4: Duration of Behavior
Hold treat in fist so dog practices staying in position for a few seconds and release treat in position.

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

ROLL OVER
Foundation: Follow finger target

Step 1: Practice Luring
Cue Sit then Down
Kneel in front of dog, holding a treat in your fist and using your finger target or holding treat at nose and lure head slowly back and forth with the treat. Release treat.

Repeat 5 to 10 times for your dog to follow your pointer finger with treat in fist or the treat between fingers.

Step 2: Start the Roll
Move the treat very slowly and gently toward shoulder blade. Release treat.

Continue to lure nose toward shoulder, causing dog to roll onto side. Release and treat.

Repeat 5 to 10 times.

Step 3: Full Roll Over
Continue to lure the rest of the way over by moving treat from shoulder blade toward backbone so your dog will roll from shoulder blade onto back and over to the other side. Release and treat the moment rolls onto the other side

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

Fitness Break – In class
Square and Ladder Walk

Target or Lure one foot at a time into the squares.

HIGH FIVE
Foundation: Shake Hands

Step 1: Shake Hands Practice

Cue your do to shake hands and reward.

Repeat 5 to 10 times.

Step 2: A Little Higher

Begin extending your hand a little higher. Mark your dog extending paw upward and reward.

Keep hand in place so dogs paw touches your palm. Say “High Five” Mark paw/palm touch 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.

Extra if Time: MAGIC SNIFF GAME

Good nose-work game.

Use three items to cover up treats or a boy. (foam or plastic up)

Step 1: Teach
Start with 1 cover. Let your dog watch you stick a treat or toy underneath.
Say “find-it”.
Mark as your dog noses or paws at cup and left for dog get treat.

Repeat a few times.

Step 2: Magic Sniff
Add another cup and put a treat under one. When paws or sniffs the correct one. Mark, raise and say get-it.

Add a third cup and repeat.

At Home Practice:
Use different items to place value under and see if your dog can sniff out the correct object.

WARM-DOWN – Practice warm-down exercises from class.