TRICKS & FITNESS
WEEK 3

WARM-UP SHEDD WAY

Example:
10 treats in hand

1. Sit-Release MT
2. Spin – Release MT
3. Paws Up -onto extended lower arm – Pray Release MT
4. Paws Up onto extended arm or other surface – Pray Release MT
5. Sit – Shake- Release MT
6. Sit – Shake – High Five
7. Sit – Down – Roll Over Release MT
8. Spin – Release MT
9. Touch - Release MT
10. Sit – Shake Release MT

PEEK-A-BOO
Foundation: Targeting

Dog walks behind you, under your legs, stops as under legs and looks up to you.

If you don't add a sit then we can add walking the following week.

Step 1: Target Practice
Practice following a hand/finger target or lure around objects (cones, chairs, your body. Repeat 5 times.

Step 2: The Trick
With treats in both hands: Target or lure dog from in front of you or from heel spot around the front of your body to the backside of your body and under your legs. As dog moves into position under legs say "Pee-A-Boo" mark and reward by luring dogs eyes to look up at you while standing between your legs.

Gesture to release dog and repeat 10 times.

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

BANG
Foundation: Roll-Over

Step 1: Roll Over Practice

Step 2: Add your pointer "gun" finger

From a down position, add your pointer finger as you cue to roll over (use lure the first few times if necessary).

Mark and treat in the roll over position to build duration of the "play dead".

Practice 10 to 15 times.

Step 3: Add the cue "Bang"
As you show your dog your pointer "gun" finger say "Bang". Mark and treat the roll over by letting your dog lick the treat to build duration. Release.

Practice 5 to 10 times.

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
Squares, Ladder, Ball, etc.

Sideways step down length of ladder or squares
(Front feet sideways stepping from inside one ladder to the next with back feet outside of ladder or squares.)

Square turned over place the ball into the ladder. Use pedestals as needed. Work on paws up. Front feet up, sitting on ball, front feet down with back feet on ball.

WAVE GOODBYE
Foundation: High-Five

Step 1: A little Higher Step 2 of High Five (week 2)

Step 2: Start of the Wave
As dog is reaching for your High Five hand, draw your hand slightly away so dog can barely reach fingers.
Mark and treat the little movement to reach hands.

*Pull hand back at the last second so dog isn't touching hand at all but pawing the air. Mark the second dog is pawing the air and treat.

Repeat 10 to 15 times.

Step 3: Add Cue

While moving hand away “with fingers pointing to the sky say “goodbye” Mark and treat the moment paw waving in the air.

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 In Class: Generalize Tricks

At home; demo how to ask your dog to perform the trick and ask someone else to try. Your dog may need to relearn with that person.

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