TRICKS & FITNESS
WEEK 4

WARM-UP SHEDD WAY

Example:
10 treats in hand

1. Sit-Shake-Touch Release MT
2. Spin – Release MT
3. Paws Up -onto extended lower arm – Pray – Release MT
4. Sit – Down – Bang Release MT
5. Sit – Touch – Peek-a-boo Release MT
6. Sit – Shake – High Five
7. Spin – Peek-a-boo Release MT
8. Sit – Shake – High 5 – Wave Release MT
9. Touch - Release MT
10. Sit – Shake Release MT

AROUND
Foundation: Targeting

Dog walks from heel side around your body and lines up on heel position again.

Step 1: Target Practice
Practice following hand/finger/lure around your body.

Show dog hand or finger with or without treat from front side of body. As dog follows engage dog at the back side of your body with your heel side hand. Mark and reward as dog hits heel side.

Practice 5 to 10 times.

Step 2: Add Cue
Add Cue Around as dog begins movement.

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

LEG WEAVE
Foundation: Targeting

Dog weaves through your legs.

Step 1: Practice Targeting

Start with dog on heel side and hold several treats in your hand.

Take a big step with the foot opposite your heel side and drop that hand straight down between your legs, luring your targeting your dog through. Mark and treat.

Take a big step with other foot and drop your hand straight down luring or targeting through. Mark and treat.

Step 2: Add Cue

Practice adding the cue as your dog follows your target hand.

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, Foot pads, Etc.

At Home break-up tricks with some fun!

In Class: STATIONS (AT HOME SHEDD WAY)

In Class Cones Set-up for Stations and walk between stations.
Use white boards to direct tricks at each station.
Trainer sets time at each station.

Start Cone 1: Sit - High 5 – Release & toss treat to reset & repeat 3 times
Walk to Cone 2: Peek-A-Boo – release & toss a treat to reset & repeat 3 times
Walk to Cone 3: Shake – release & toss treat to reset & repeat 3 times
Walk to Cone 4: Roll Over – release & toss treat to reset & repeat 3 times
Walk to Cone 5: Wave Goodbye – release & toss treat to reset & repeat 3 times
Walk to Cone 6: Pray – release & toss treat to reset & repeat 3 times
Walk to Cone 7: Spin – plus other direction - release & toss treat to reset & repeat 3x
Walk to Cone 8: Bang – release & toss treat to reset & repeat 3 times
Walk to Cone 9: Around – release & toss treat to reset & repeat 3 times
Walk to Cone 10: Leg Weave – release & toss treat to reset & repeat 3 times

Extra if Time: SIT PRETTY

Steps:
Cue dog to sit.
Stand directly behind dog with your heels together and toes pointed apart.

Use a target or treat to guide dogs head back and straight up until dog is upright with pays in the air.

Alignment and balance a key. Go slow.

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

AT HOME TEACH SPEAK:
Observe what causes your dog to bark and use that stimulus to teach to speak.

Step 1: Use the Stimulus
Plan to teach the trick with treats and the stimulus. Example (ringing of the bell). Right before you do the stimulus such as ringing the doorbell, say "speak" press the doorbell and reward the moment your dog barks and say "good bark". Repeat about 5 to 10 times.

Step 2: Give the Cue
Next say "speak" but don't ring the bell or do the stimulus. Mark the moment of the bark and reward.

If your dog doesn't bark repeat step one.

Step 3: Generalize in different rooms without the stimulus.

Congratulations on completing your Tricks & Fitness class!

Please let us know what you thought of your class.

Please copy, complete and e-mail your survey to allison@cleverpawsdogtraining.com .

1. Please rate your tricks class from 1 to 10 (10 high).
2. Please explain your rating.
3. What was your favorite trick?
4. What was your least favorite trick?
5. Is there another trick you would have liked to learn?
6. How did you like the fitness aspect of the class?
7. Do you have suggestions for the class?
8. Would you suggest the class to others?