

Advanced Beginner 2 Agility Week 1

Goals for Advanced Beginner Agility class:

- Continue training all Agility obstacles including the Teeter to full height and weave poles moving closer together
- Distance, Directional and Discrimination
- Continue working with your dog learn to work with distractions
- Utilize basic handling techniques including Front Cross, Rear Cross and Blind Cross
- Continue advancing your dog in all basic obedience skills.
- Complete sequences up to 15 obstacles in a row
- Incorporate agility games to learn rules and strategies of such games.

*****Reinforcement builds behavior!** Don't let dog practice what you don't want. For example, if you don't want your dog barking at other dogs, then work hard to keep their attention while other dogs are close by or on the agility equipment. This prevents the inappropriate behavior and helps the dog learn to pay attention to you, versus barking at other dogs. If you are allowing your dog to jump the contact zone each time he does the A-Frame, he will likely continue to miss this contact zone.

Warm-up: Begin with Single-jump warm-up exercises from Beginner and Advanced Beginner Agility class. Practice stays with release and attention games. Practice contact equipment with contact behavior at the end. Jump grid with jumps at low height. Begin increasing the jump height depending on your dog's age and shoulder-height. Practice your trick behaviors and circles to the right and left. Remember your marker word: "YES"!! Please use a clicker if you have been using one in Beginner or Advanced Beginner Agility.

Agility Equipment:

Agility obstacles for Advanced Beginner 1 and 2 Agility:

1. Jumps- single, double, triple, wing, panel and tire jump
2. Contact Obstacles-teeter-work to full-height, dog walk-work to full-height, A-frame-work to full-height and the table with sit and down from a distance.
3. Tunnels- open tunnels and chute (closed tunnel) Varying lengths and configurations.
4. Weave Poles: We will be working towards having our dogs be able to complete the weave poles up to 12 poles if your dog is ready.

Agility Skills Today: Week 1

Distance Exercises: Sending your dog to the jump and tunnel both in front of you and to the right and left sides laterally.

Directional Exercises: 2-jump exercises with front cross after second jump, back to first jump (both sides)

Discrimination Exercises: Tunnel under A-Frame.

Short Course: 8"-16" jumps, tunnels straight and curved, chute, tire jump, table, A-Frame, dog walk, and channel weave poles. Short course and sequences should be used to practice your dog's contact behavior, Distance, Direction and Discrimination, and handling techniques learned previously such as a front cross and rear cross.

- **Homework Week 1**

- Crate game at home if you have a crate at home
- Sending your dog to a jump (or target plate) both ahead of you and laterally.
- Running with dog on right and left side
- Rear cross on Flat Demonstration and Practice
- On Leash to Off Leash with rewards. Demonstration and practice before end of class
- Long, strenuous walk as many times as possible
- Yard play: Ball fetching, running around, tug

Crate Games:

Crate Games: Use of a crate is an important home skill and is great for use in agility classes. Each week we will be using the crates.

Week1: Open crate door, use treats to lure your dog into one of the crates, reward and release from the crate. Repeat using several different crates in the room (cloth, wire, plastic). If your dog is crate trained, you can close the crate door for a few seconds at a time. Try to get your dog in to several different crates of different types and sizes. Each time, use your treats to lure him into the crate, reward for going in, then releasing out.

Advanced Beginner 2 Agility Week 2

Warm-up: 5-10 minutes

1. Sit and Down-Stay in front of jumps, tunnels and contacts. Reward for staying (return to your dog to reward rather than releasing). Sit and Down Stay on Table with distance and release
2. Single-jump warm-ups- increase height of jump and distance you can send your dog forward and laterally to the single jump
3. Tunnels straight and curved and Chute
4. Rear cross on the flat
5. Contact Obstacles with Contact Behavior (with target plate): A-Frame, dog walk, low teeter
6. Weave poles: 2x2
7. Crate Games: see below

Reminder about Weave Poles:

Your dog will always “enter the weaves” on the Right side of the weave poles between the 1st and 2nd pole. In other words: the dog will always enter with the weave poles on HIS left side between the first and second pole. This is called a “Correct Entry”.

With training, your dog will be able to do 6 weave poles in a row, then working towards 12 poles. In competition, your dog will have to do between 6 and 12 poles in a row depending on the level you are competing in and which organization you are competing in.

Agility Skills Today: Week 2

Distance Exercises: Send your forward to the table and ask for a sit or down. Work up to staying approximately 10’ away from the table with success.

Directional Exercises: Serpentine Jumping exercises with front cross and rear cross

Discrimination Exercises: Tunnel under Dog Walk.

Handling This Week: Shadow Handling and Rear Cross at Jump

Short Course: 8”-16” jumps, tunnels straight and curved, tire jump, table, A-Frame, dog walk, teeter and channel weave poles. Short course and sequences should be used to practice your dog’s contact behavior and handling techniques learned previously such as a front cross and rear cross

- **Homework Week 2**

- Obedience Homework: Position Transition (remember from Beginner???) Continue getting yourself and your dog used to basic obedience work useful in agility. I do this with a “position transition” game where I tell my dog “sit” (only once) wait for them

to sit, then mark with the clicker/marker and reward. Do the same for Down, and Stand. Be careful to only use ONE command, then wait for the dog to perform the behavior, then click, then reward. If your dog doesn't listen to the first command... give an "uh-oh" (called a "no reward marker") then try again with a different behavior. Demonstration of Position Transition Game

- Sit-stay and down-stay with release. Increase distractions, duration and distance on each stay. Try to practice stays at least 3 times this week. Also, if you ask for a sit-stay, your dog should stay in a sit position until released. Same for down-stay.
- On Leash to Off Leash with rewards. Remove leash, get the dog's attention, ask for a reliable behavior, reward and return to on-leash. Do this as much as possible gradually increasing the amount of time off leash and what you are asking your dog to do before returning to on leash.
- Long, strenuous walks or running as much as possible this week!
- Yard play: Ball fetching, running around, tug, shadow handling

Crate Games:

Crate Games: Choose a different type of crate to work with today.

Week 2: Open crate door, use treats to lure your dog into one of the crates, reward and release from the crate. Begin labeling the behavior of going into the crate. For example: house, in, crate, kennel, etc. Repeat 3 times as your dog goes in to the crate. After your dog is confidently entering the crate with the use of a lure, try to tell your dog to go in with your word. If they go in, Mark it, then reward with your dog in the crate if possible. Repeat at least 3 times. If they are still having trouble, continue luring and labeling for today. If your dog continues to be confident about the crate you can again close the door of the crate for a few seconds, open the door, release (with a release word).

Advanced Beginner 2 Agility Week 3- GAME DAY

Warm-up: 5-10 minutes

1. Sit and Down-Stay in front of jumps, tunnels and contacts. Reward for staying (return to your dog to reward rather than releasing). Sit and Down Stay on Table with distance and release
2. Single-jump warm-ups- increase height of jump and distance you can send your dog forward and laterally to the single jump
3. Tunnels under Dog Walk and A-Frame. Discrimination!!
4. Rear cross over a single jump
5. Distance to the table with Sit and Down
6. 2 Jump drills and 3 jump serpentine
7. Contact Obstacles with Contact Behavior- A-Frame, dog walk, teeter
8. Weave poles: 6 poles

Reminder about Weave Poles:

Speed is very important. Try to allow your dog to begin thinking about his job in doing the weave poles, rather than relying on a lot of luring through the poles. If he makes a mistake, start over and help him get through the tough parts with a bit of luring.

Agility Skills Today: Week 3

Distance Exercises: 3 Jumps in a row working towards 5' lateral distance

Directional Exercises: Pinwheel with 4 jumps (right and left)

Discrimination Exercises: Jump and Straight Tunnel

Handling This Week: None

GAME DAY: Today we will be playing the CPE Game, Full House. I've included the page from CPE of the rules for this game. In summary: You would like to accumulate as many points as possible during the time allotted. During this time, not only are you looking to get points, but you must also successfully complete: 3: 1-point jumps, 2: 3-point circles (tunnels, chute or tire), and 1: 5-point contact or weaves. The point accumulation time is between 30-35 seconds-depending on your dog's size. After the opening time, you will hear a whistle blow which will send you to the Table to stop time.

- **Homework Week 3**

- Position Transition: Continue getting yourself and your dog proficient at this game by increasing the distance your dog can do these position transitions. Work up to 10'
- Sit-stay and down-stay with release. Increase distractions, duration and distance on each stay. Try to practice stays at least 3 times this week. Also, if you ask for a sit-stay, your dog should stay in a sit position until released. Same for down-stay.
- On Leash to Off Leash with rewards. Increasing distractions and length of time off leash.
- Crate Games (see below)
- If you have build any jumps, work on distance sending your dog to the jump. If you have built more than one jump, work on the 2 and 3 jump exercises we have been doing.
- Long, strenuous walks or running as much as possible this week!
- Yard play: Ball fetching, running around, tug, shadow handling

Crate Games: Choose a crate and begin by luring your dog into the crate, if necessary. Then move immediately to cuing your dog to go in on command for a reward. You will begin asking your dog to stay in the crate with the door closed for several seconds before being released.

Week 3: Once your dog continues to be confident about the crate you can close the door of the crate for several seconds, depending on your dog, open the door, tell them to wait for a reward, then release (with a release word). Repeat at least 5 times with varying time with the door closed. Next, if your dog continues to be successful, you will cue your dog to go in to the crate, and he will wait without exiting the crate with the door open. He can be rewarded, then released.

Advanced Beginner 2 Agility Week 4

Warm-up: 5-10 minutes

1. Sit and Down-Stay in front of jumps, tunnels and contacts. Reward for staying (return to your dog to reward rather than releasing). Sit and Down Stay on Table with distance and release to an obstacle.
2. Single-jump warm-ups- increase height of jump and distance you can send your dog forward and laterally to the single jump.
3. 2 and 3 jump exercises: Serpentine, pinwheel
4. Tunnel discrimination with contacts
5. Rear cross on the flat
6. Contact Obstacles with Contact Behavior (with target plate): A-Frame, dog walk, teeter
7. Weave poles: Try to keep luring to a minimum to help your dog learn his "job" when he is doing the poles

Agility Skills Today: Week 4

Distance Exercises: Send to tunnel from varying angles

Directional Exercises: Threadle with 3 jumps

Discrimination Exercises: Table and Tunnel (looped)

Handling This Week: Continue to work on your "rear cross" at a single jump

Short Course: Course will include 12 (or so) Obstacles numbered. Please walk the course and we will each take a turn running the course.

• Homework Week 4

- Obedience Homework: Position Transition (remember from Beginner???) Continue getting yourself and your dog used to basic obedience work useful in agility. I do this with a "position transition" game where I tell my dog "sit" (only once) wait for them to sit, then mark with the clicker/marker and reward. Do the same for Down, and Stand. Be careful to only use ONE command, then wait for the dog to perform the behavior, then click, then reward. If your dog doesn't listen to the first command... give an "uh-oh" (called a "no reward marker") then try again with a different behavior. Demonstration of Position Transition Game
- Sit-stay and down-stay with release. Increase distractions, duration and distance on each stay. Try to practice stays at least 3 times this week. Also, if you ask for a sit-stay, your dog should stay in a sit position until released. Same for down-stay.
- On Leash to Off Leash with rewards. Remove leash, get the dog's attention, ask for a reliable behavior, reward and return to on-leash. Do this as much as possible gradually increasing the

amount of time off leash and what you are asking your dog to do before returning to on leash.

- Long, strenuous walks or running as much as possible this week!
- Yard play: Ball fetching, running around, tug, shadow handling
- Crate Games; See Below

Crate Games: Choose a different type of crate to work with today. Begin by luring your dog into the crate, if necessary. Then move immediately to cuing your dog to go in on command for a reward. You will begin asking your dog to stay in the crate with the door closed or open for increasing time before being released.

Week 4: Continue to cue your dog to enter his crate and close the door of the crate for several seconds, open the door, tell them to wait for a reward, then release (with a release word). You will also cue your dog to go in to the crate, and he will wait without exiting the crate with the door open. He can be rewarded, then released. Repeat these exercises at least 5 times with varying time with the door closed and with varying time you will have your dog wait with the door open before being rewarded.

Advanced Beginner 2 Agility Week 5

Warm-up: 5-10 minutes

1. Sit and Down-Stay in front of jumps, tunnels and contacts. Reward for staying (return to your dog to reward rather than releasing 50%).
2. Send to table with Sit and Down Stay on Table with distance and release to an obstacle (jump or tunnel).
3. Single-jump warm-ups- increase height of jump: 16-20" depending on your dog's jump height and distance you can send your dog forward and laterally to the single jump.
4. 2 and 3 jump exercises, Serpentine, pinwheel
5. Rear cross at jump
6. Contact Obstacles with Contact Behavior (with target plate): A-Frame, dog walk, teeter
7. Weave poles: 6 poles- fade your luring as much as possible

Agility Skills Today: Week 5

- **Distance Exercises:** Jump-tunnel-table sequence at 10' lateral distance
- **Directional Exercises:** Threadle with 3 jumps and Box Jumping
- **Discrimination Exercises:** None

Game: Jumpers course

In all types of competitions, there is a game called Jumpers. These courses include all sorts of jumps, including the tire jump, and only sometimes tunnels. The course will include: tire, tunnels, and jumps of all types. Your dog will jump the height we have been working in this week and last. The course will be numbered and you will have time to walk the course first.

Homework:

- Sit-stay and down-stay with release. **Increase distractions, duration and distance on each stay.** You should be able to have your dog stay at least 1 minute without having him break!
 - Long, strenuous walk at least 3 times this week!
 - Yard play: Ball fetching, running around, tug, circles, etc.
 - Crate Games: See Below

Crate Games: Start today by cuing your dog to go in to the crate on command for a reward. Ask your dog to stay in the crate with the door closed or open for increasing or varying time before being released.

Week 5: In order to increase motivation to enter the crate, today after we have practiced some of our beginning crate behaviors, we will begin to increase the distance our dog will go directly into the crate. Begin by restraining your dog with his collar, or holding him by his chest directly in front of his crate about 2 feet away. Cue him to go in to his crate and release him. The minute he enters, mark/click and reward him heavily. If he is not successful, you will move him

closer and try again. If he is successful, repeat 5 times with varying distances to his crate. Continue to restrain him before releasing him to enter his crate.

Advanced Beginner 2 Agility Week 6

Warm-up: 5-10 minutes

1. Sit and Down-Stay in front of jumps, tunnels and contacts. Reward for staying (return to your dog to reward rather than releasing 50%).
2. Send to table with Sit and Down Stay on Table with distance and release to an obstacle (jump or tunnel).
3. Single-jump warm-ups- increase height of jump: 16-20" depending on your dog's jump height and distance you can send your dog forward and laterally to the single jump.
4. 2 and 3 jump exercises, Serpentine, pinwheel
5. Rear cross at jump
6. Contact Obstacles with Contact Behavior (with target plate): A-Frame, dog walk, teeter
7. Weave poles: 6 poles-add an obstacle before the weave poles

Agility Skills Today: Week 6

- **Distance Exercises:** Jump-tunnel-table sequence at 10' lateral distance
- **Directional Exercises:** Threadle with 3 jumps and Box Jumping
- **Discrimination Exercises:** None

Game: Colors-see handout

Homework Week 6:

1. **Keep training and exercising your dog!!!**
2. **Work on jumping exercises with any jumps you have built at home: 1, 2 and 3-jump skills and the new jumping box.**
3. **Consider continuing with agility class!**
4. **Go to an agility trial.**
5. **Crate Games: see below**

Crate Games: Start today by cuing your dog to go in to the crate on command for a reward. Ask your dog to stay in the crate with the door closed or open for increasing or varying time before being released.

Week 6: In order to increase motivation to enter the crate, today after we have practiced some of our beginning crate behaviors, we will begin to increase the distance our dog will go directly into the crate. Begin by restraining your dog with his collar, or holding him by his chest directly in front of his crate about 2 feet away. Cue him to go in to his crate and release him. The minute he enters, mark/click and reward him heavily. If he is not successful, you will move him closer and try again. If he is successful, repeat 5 times with varying distances to his crate. Continue to restrain him before releasing him to enter his crate.