

Homework – Week 3

Skill	What to Do	Goal for Next Week
Recall	As for last week, continue to practice calling your dog away from big distractions by luring him away with really high value rewards. Practice in busier locations, particularly where there are other dogs around who are either on leash, under good control, or are behind fences, so they can't interfere with your training. You will need to manage situations so you can be certain of success. Always be prepared to make things easier if your dog is having trouble responding to you. Dogs don't generalise well – any change in an otherwise-familiar situation or location can affect the success of your recall.	Dog can be called or lured away from big distractions, and can ignore other dogs.
Loose Lead Walking	As for last week, continue to mix it up for your dog to encourage him to keep an eye on you. However you still need to give him plenty of time to sniff, explore, and relax. Make his walks interesting, rather than a military drill.	Dog is more relaxed on a leash walk and responding readily to changes of direction and pace.
Perch	Keep working on getting your dog to take steps around the perch with his back feet. This can take a long time, but make sure you are watching for and responding to any movement at all. If your dog is doing well, lure so that you are getting several steps in a row. Stand still as you do this, rather than moving around. The goal is to get your dog turning in a complete circle. Most dogs have a good side and a bad side - be sure to work both directions equally.	Dog is starting to move his back feet while up on his perch, and ideally taking a step or two.
Sits and Downs	Incorporate into your daily life. Be mindful of getting a quick response and setting your dog up to succeed. Don't ask your dog to sit or down on cold, wet, uncomfortable surfaces, but do practice in lots of different places and around distractions. Keep up the rewards.	Working towards fluent behaviour in a variety of situations
Zen Bowl	Once your dog is readily looking at you when you put the Zen Bowl down, you can start asking for actual eye contact. This need only be momentary before you release him to the bowl. If you are already getting eye contact, start asking for your dog to maintain it for longer, just a second or two, before being released. It is important to not ask for too much, which will make the dog look away again before you react. Better too soon than too late! Be very sure your timing is good, so you are responding to "eye contact" and not accidentally to "looking away" because you didn't react quickly enough.	Dog is offering eye contact and holding it for a second or two before being released. Owner's timing is good.
Tunnel	Keep practicing, using a longer tunnel if possible. Work on both sides.	Dog is running through tunnel confidently with owner beside him, on either side.
Plank/ Ground Poles	Continue to practice, working towards a confident, balanced dog who can trot in a controlled fashion over a plank. To practice ground poles, lay 4 - 6 pieces of PVC pipe, large sticks, pool noodles, or any other similar item you have, on the ground. If you have a small dog, you will need lower objects so he doesn't have to jump them. The distance between the poles should be the height of your dog at his shoulder, but use whatever is comfortable for his stride. Ask him to step over each pole one foot at a time, so he is using all four legs independently – not trotting, jumping, or hopping both back legs over together. This can be hard work for some dogs, as it engages their core muscles and requires them to use each limb equally, which many dogs don't. Repeat four to six times, or stop sooner if your dog finds it hard going.	Dog is confident and speeding up over the plank, but not stepping off or losing his balance. Dog can step over four to six ground poles with each foot at a walk. PTO ➡

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Send	Work towards a 4 metre send and a 15 second stay. Send him from a variety of directions. Remember to keep the mat in the same place while you change distance and direction. Always reward him on the mat, never call him back to you or allow him to move off before you release him with “okay”.	Dog can be sent 4m to his box and will wait there for 15 seconds.
Stay	Work towards a 25 second sit stay with you 3 -4 metres away. Work on your sit walkaround and if this is going well, add it into your stay by returning to your dog, walking down one side, around behind him, and back up the other side before rewarding and releasing. If you haven’t already, start working on a down stay. If your mat is too small for your dog to lie on comfortably, you may need to change to a bigger mat. Make your down stay much shorter than your sit stay, as it is a new thing and it is harder for a dog to stay in a down than a sit – they always want to pop up to greet you! Make sure you always reward your dog while he is still in a down, not when he has jumped up into a sit or stand, to reinforce the down position, and make sure you always release him before he gets up. If your dog has a solid down stay – even if it is short – and a solid sit walkaround, you can start working on a down walkaround separately from your down stay.	Dog can do a 25 second sit stay at 3 – 4 metres and a walkaround finish. Dog can do a 15 second down stay at 1 metre.
Lead Hand Training	If your dog is happy to take one or two steps forward with you, ending with a nose touch, start adding another step or two. Do NOT be tempted to do more or to move quickly. If your dog needs food to be in your luring hand, stay at one or two steps until he can do this confidently without it. You will still always reward him from the other hand. Work on both sides.	Shoulder level with leg, dog can take one or two steps forward with his owner, following the hand to touch it, both sides, ideally without food in the leading hand.
Cone Work	If you don’t have a cone, any similarly sized object will do, as long as it is stable. If it is low to the ground and has a flat top, your dog may confuse it with a perch and try to stand on it, so try to use something taller with a less inviting surface! Start with your dog on your left, with the “cone” in front of you, and use your left hand to lure him around the cone in a clockwise direction. Don’t move your hand too fast as you may cause him to give up. As he completes the circuit, release the food to him. After a couple of reps, switch him to your right side and use your right hand to lure him around the cone in an anti-clockwise direction. Repeat a couple of times. Try to practice both sides equally – one side is likely to be easier than the other. It is important to always use the hand closest to your dog and to lure in the correct direction. Keeping it simple and consistent will help your dog to learn these signals more easily, and help you commit them to muscle memory as well.	Dog can circle a cone in both directions, following a luring hand. Owner is using the correct signal for the correct direction.