

## **Video:**

[https://www.youtube.com/watch?v=DFfh7OXsLIU&feature=youtu.be&fbclid=IwAR18cYPvsdXb0KSkDdt834kqXrWy3ujTLZys9pmZH1M0m2xbNEQX\\_wkrcvc](https://www.youtube.com/watch?v=DFfh7OXsLIU&feature=youtu.be&fbclid=IwAR18cYPvsdXb0KSkDdt834kqXrWy3ujTLZys9pmZH1M0m2xbNEQX_wkrcvc)

Welcome to Class! After returning from AWC this year it has become apparent that the direction of the sport is heading towards more of a physical challenge where handlers need to be faster and more athletic, allowing us to help with navigating through some crazy challenges. Of course we can all work to be fitter, faster and more athletic but I think it is becoming so important to also have very well trained skills. There were courses this year where even the fastest handlers still needed well trained skills, independent weaves and contacts, great verbal control over the jumps and super discrimination skills. Whether you are a fast handler or not, I see huge value in training really good independence so that's where we will begin this fall :)

The plan for this class is to have a specific skill to focus on each class, sharpening the understanding and testing that skill with some great proofing games and tricky sequence work. Beyond skill building and sequencing work we will also include 3 weave challenges each week. These challenges might be specific to just weave pole performance or the might be short sequences which include weave challenges. For me, weaves need to be an obstacle I can trust and rely on, entries, exits and independence. I really want weaves to be the dog's job as I have enough to worry about. In my weekly class we will use these 3 challenges each week as a competition to practice running under a bit more pressure and of course some extra motivation to train those weaves. Students who run the sequence clean first try win a gold star on the board which are tallied at the end of the course!

Also included in each lesson will be my bi-weekly arena set ups with 3 different nested course numberings. I offer these for students to have ideas when they come train. It's great to have 3 different courses without moving any equipment. Some people break them down into smaller pieces and some use the as their chance to practice full course work.

## **Skill Focus: Verbal Backside Independence**

### **One Jump Warm Up:**

How well does your dog really know your verbal backside cue? I am a big believer that verbal cues are not worth using unless your dog truly understands the behavior independent of your body as this is when you will need that verbal most. The courses we are seeing require even the fastest handlers to be able to send the dog to find a backside of a jump when judges make it near impossible to use much help from your physical handling cues.

Included in your homework video is a session of verbal testing I did with Never.

Some examples of challenges you can try:

- using your toy/food as a distraction
- adding lateral motion
- leading out ahead of the dog
- discriminating between other verbals
- starting from different angles
- lateral lead out
- making your body look different (jumping jacks, marching on spot, sitting on ground etc.)
- adding in some front sides or some verbal “get it” to your reward

Basically anything that will distract the dog and truly test whether or not they understand the cue. Playing these games without much speed and running will be a great start to building good independence on course.

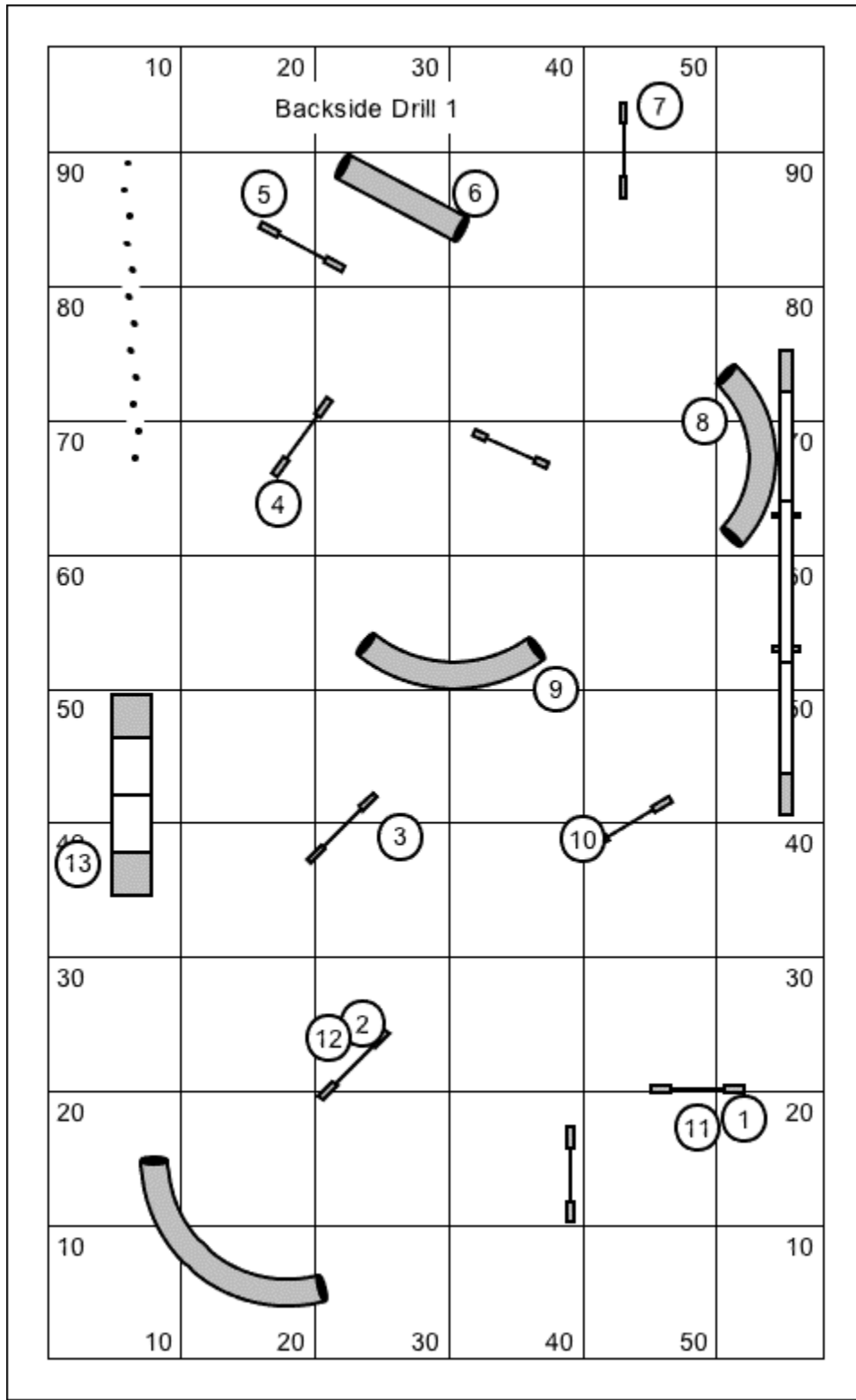
### **Two Jump Drill:**

Focusing specifically on lateral backsides, in the video you can see I am cuing the backside on verbal alone, testing whether the dog can respond now with a little bit of speed and motion. You can start from a threadle on the first jump or just from a “hup”. Try not to help with your body by stepping into the dog’s line and of course you can throw in some front sides to make sure the dog is learning and not just pattern training.

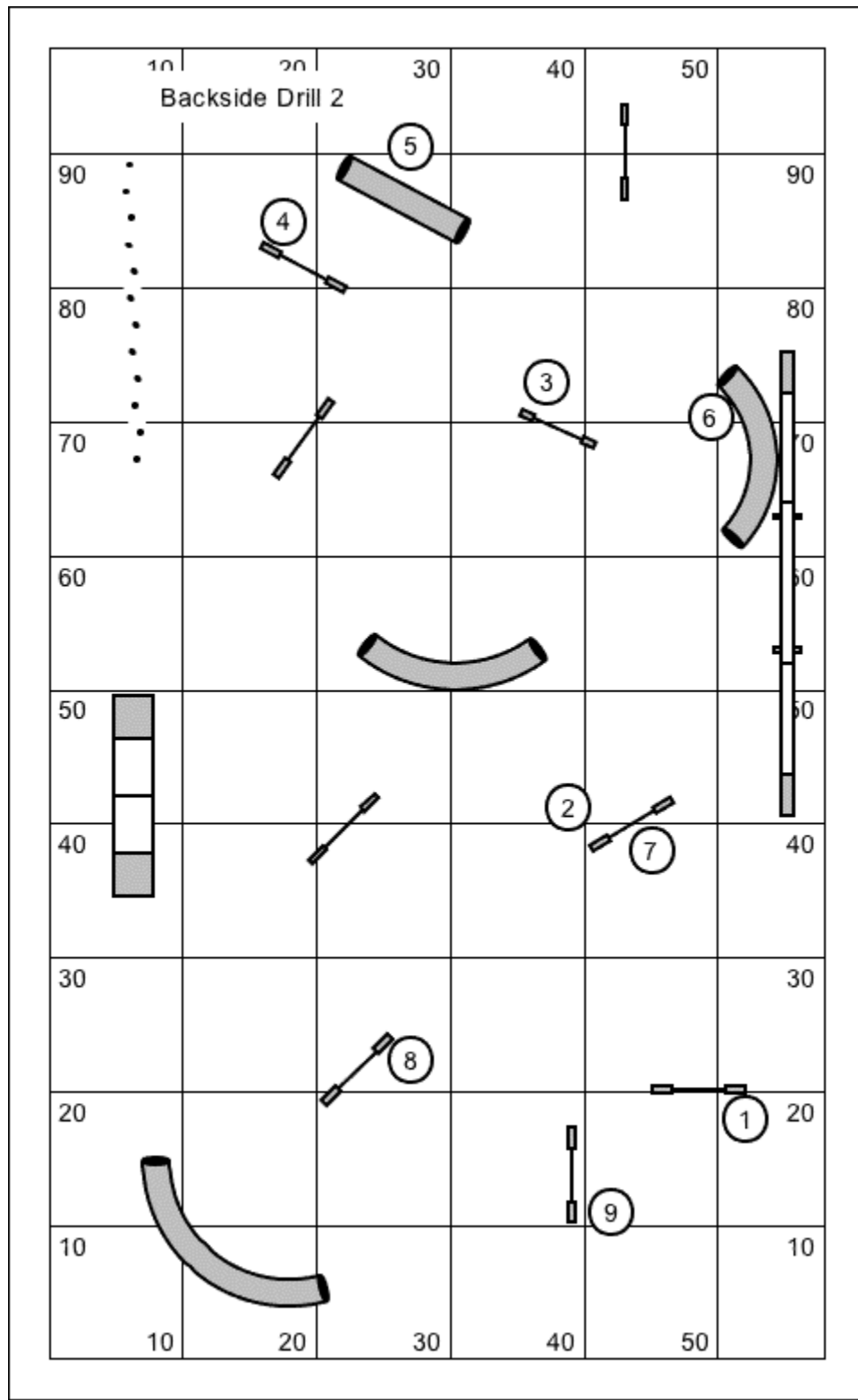
**Discriminations:**

This is a common trend I am seeing where the judge will set a backside jump close to an off course tunnel. If the handler steps in to help with the backside then the dog may take the tunnel. Often times just that step in is enough to put most handlers behind if the judge has created a challenge after the backside. So again, let's see if they can understand these verbal cues with the distraction of a tunnel :)

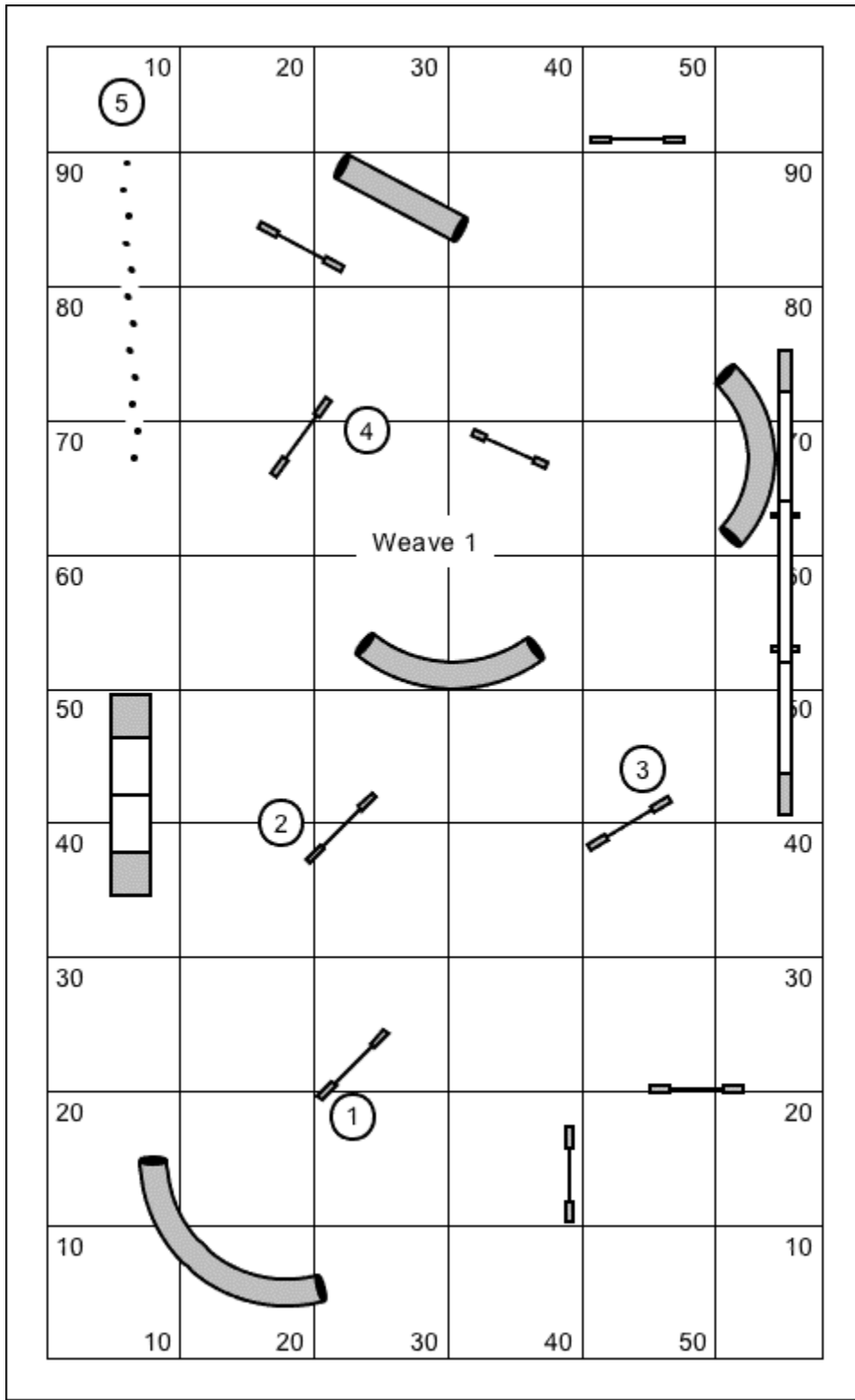
## Skill Drill #1:



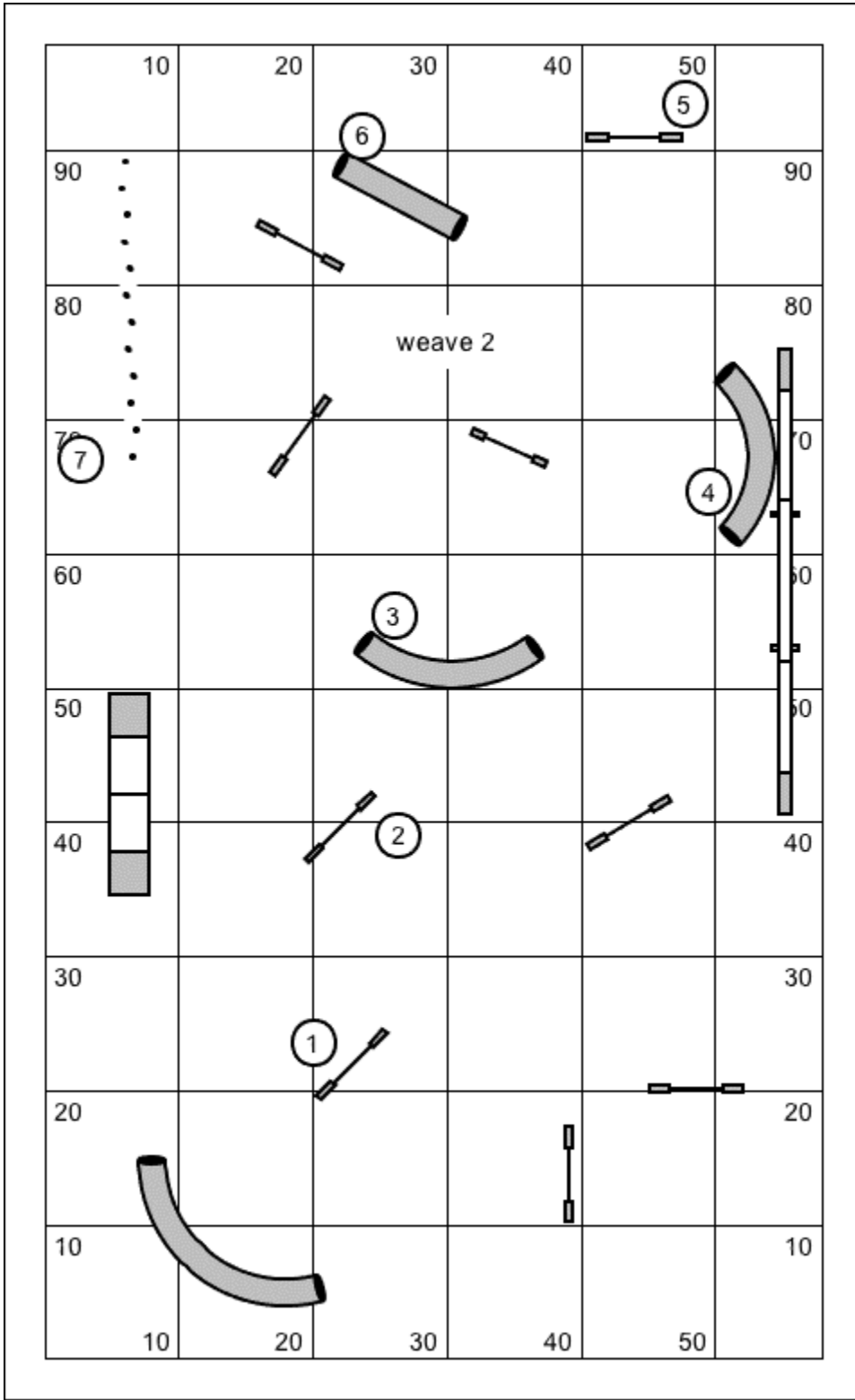
**Skill Drill #2:**



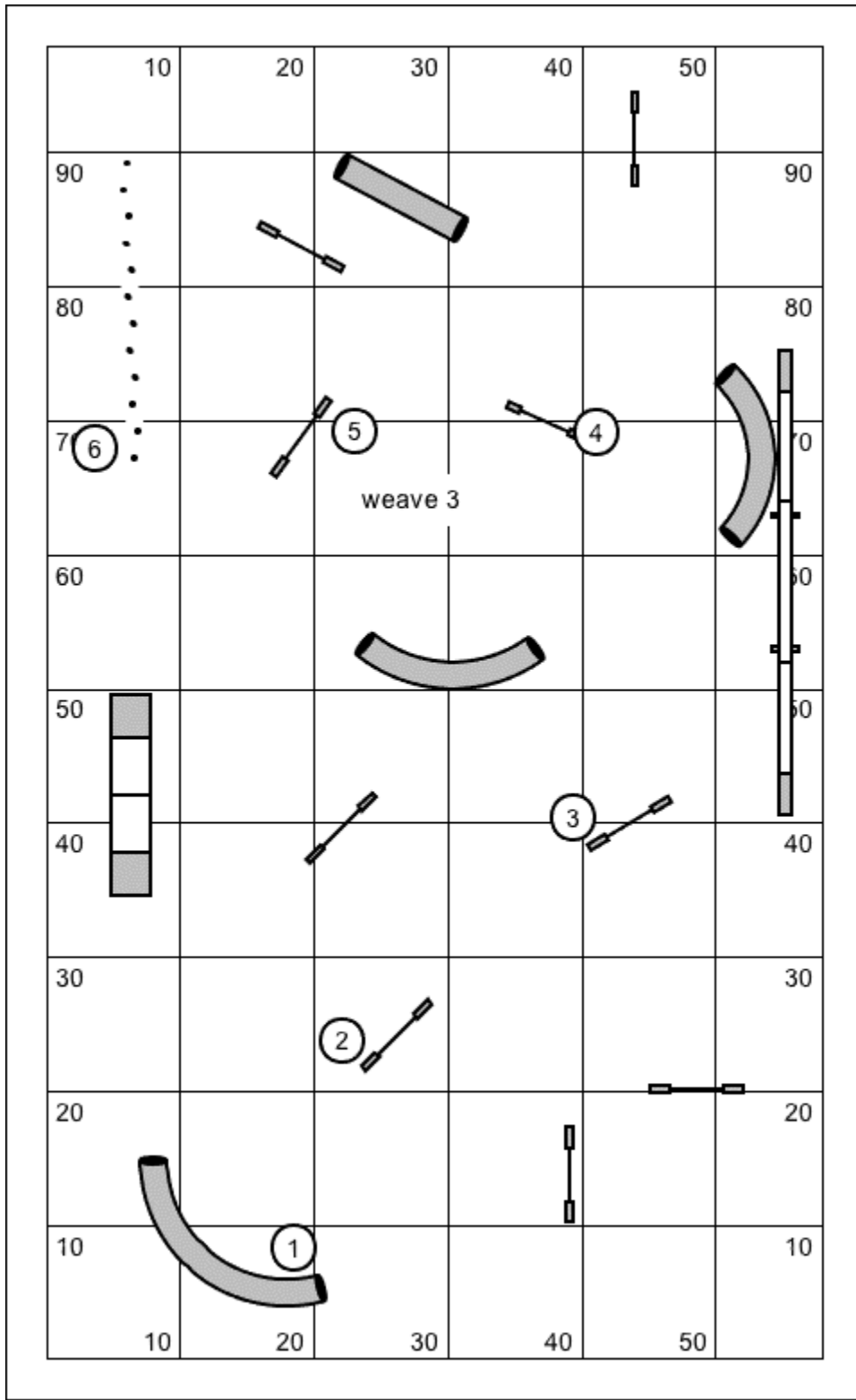
**Weave Drill #1:**



**Weave Drill #2:**

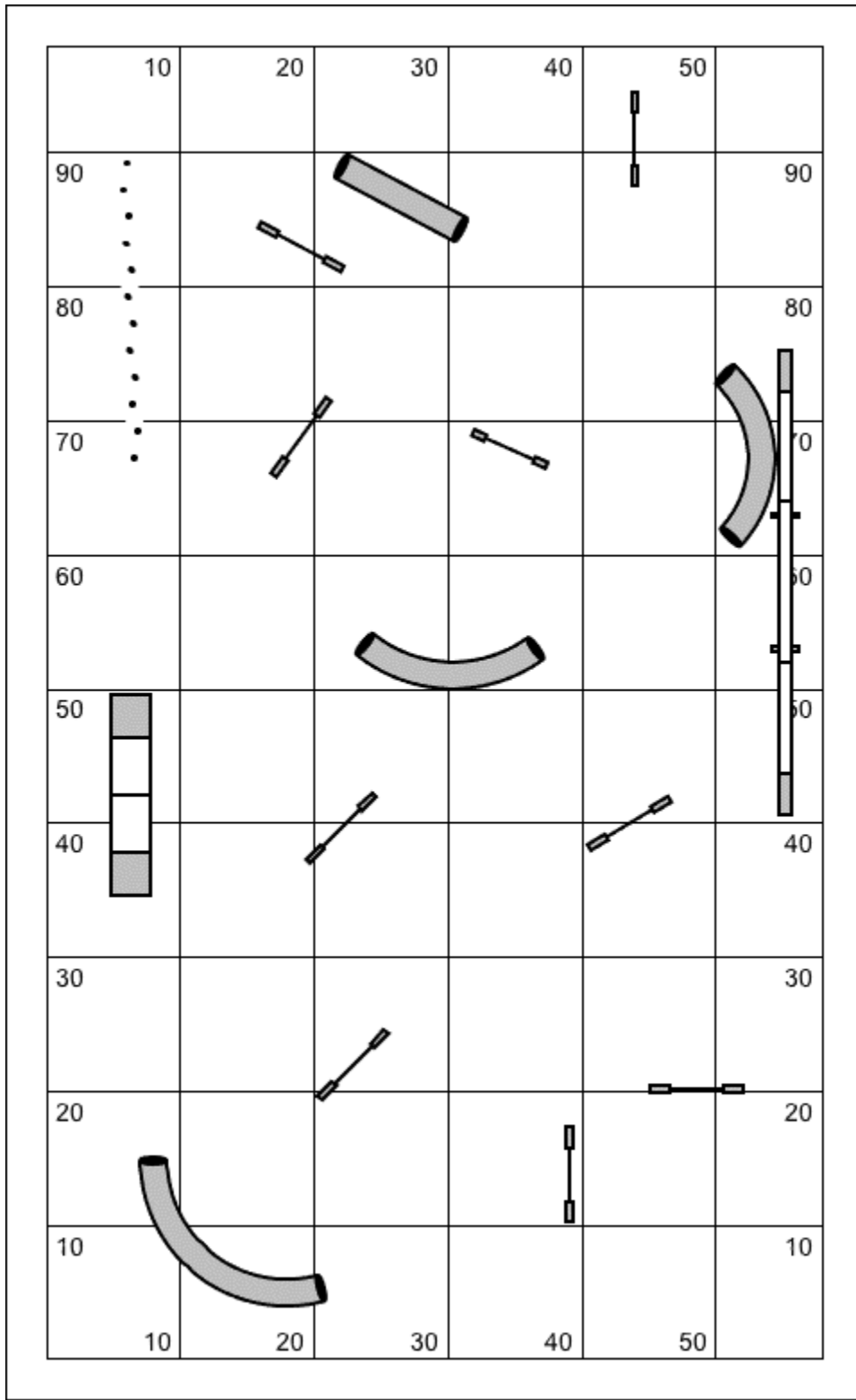


## Weave Drill #3:

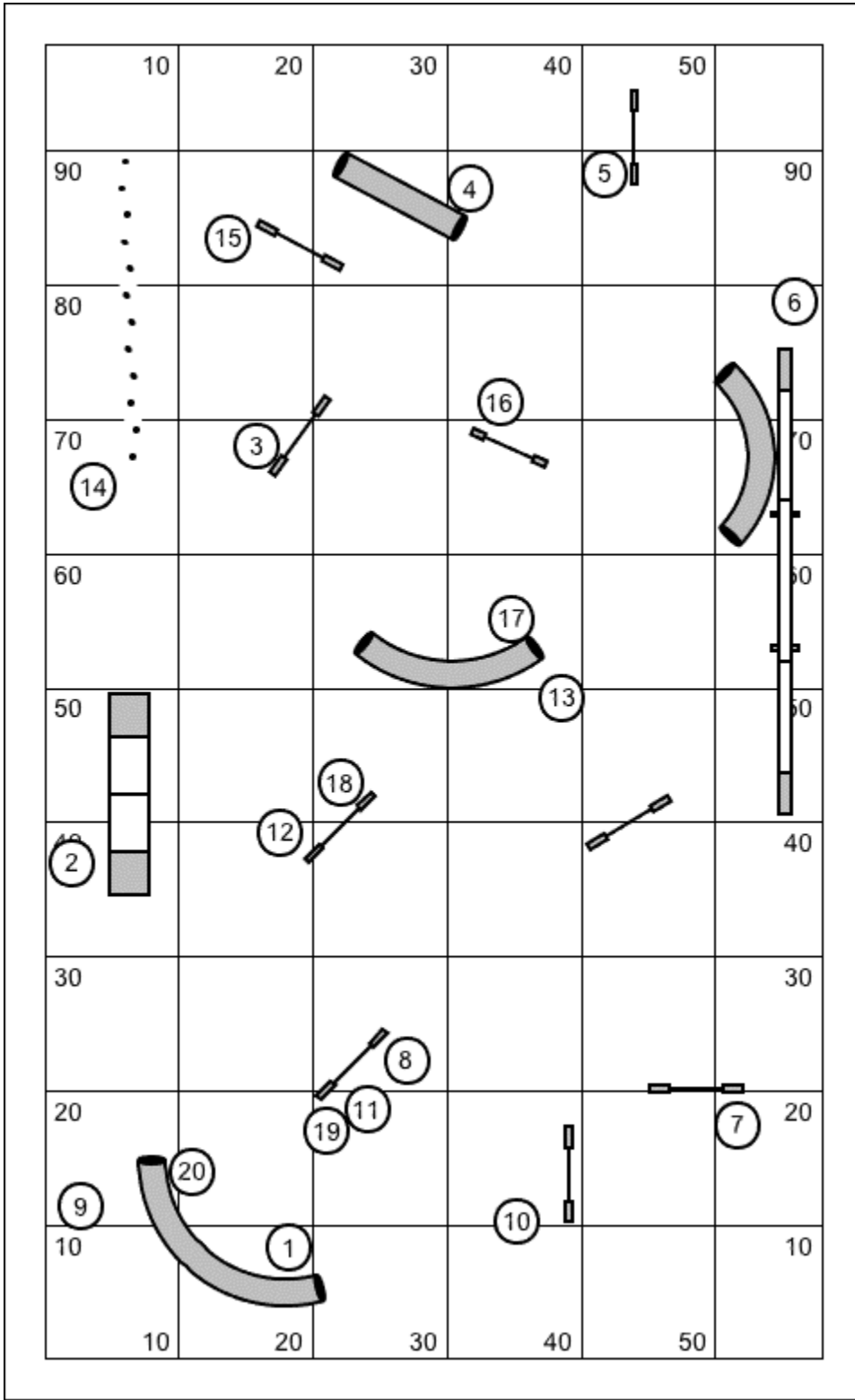




**Weekly Set Up:**

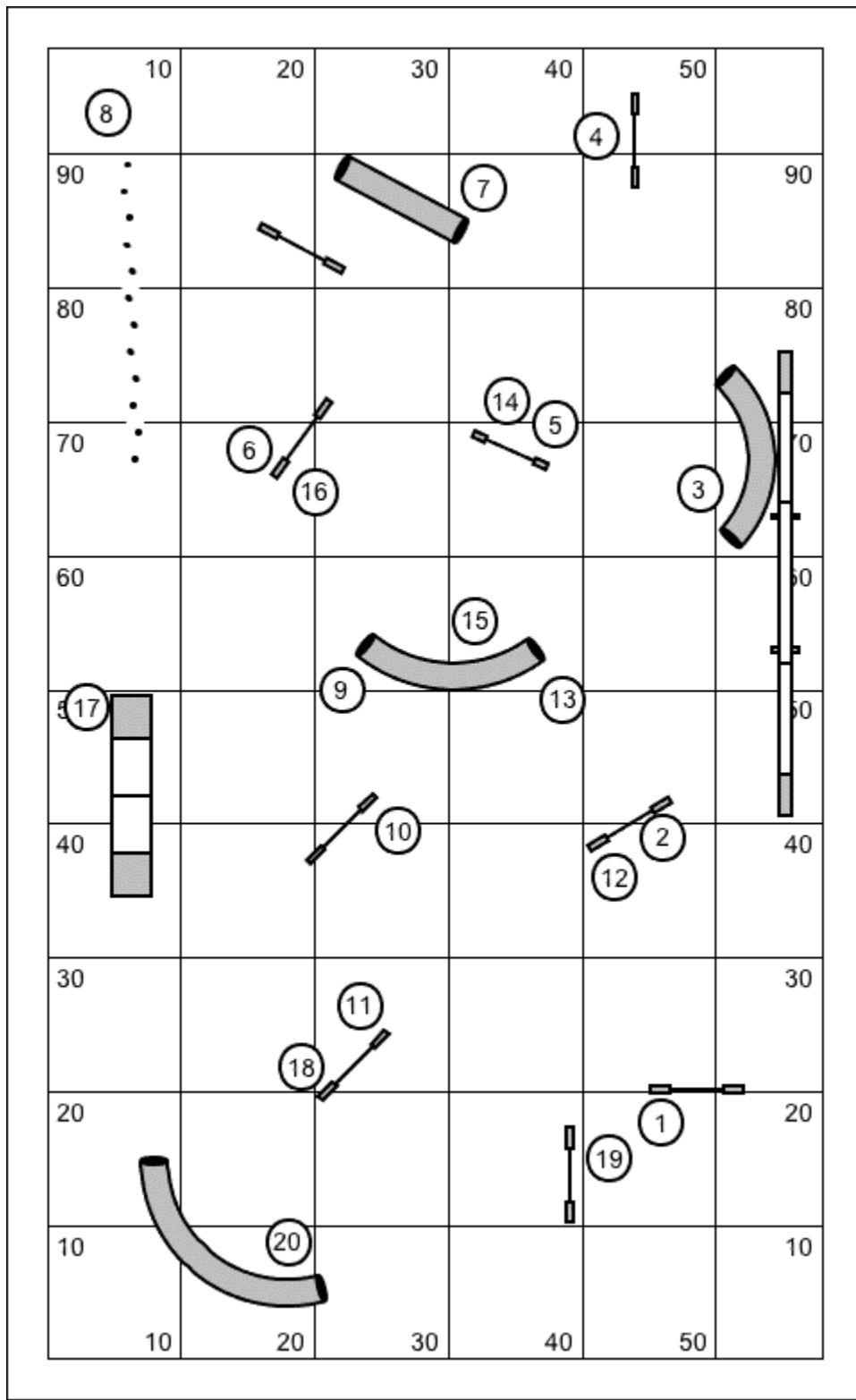


**Course #1:**





## Course #3:





# Shape Up Tryout Prep! - Lesson 1

## **CRCO:**

Begin Course Designer

Version 4

For a free viewer, go to [www.coursedesigner.com/viewer](http://www.coursedesigner.com/viewer)

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End Course Designer