

Homework – Week 1

Skill	What to Do	Goal for Next Week
Recall	Keep practicing recalls in as many environments and situations as possible, always setting your dog up for success. Remember that when the distraction level or difficulty increases, you need to make other factors easier, such as distance, or manage things so your dog can't fail (eg have him on a long line) Re-read <i>Really Reliable Recalls</i> handout to check you are keeping things on track.	Dog can be recalled when another dog is playing or working nearby.
Loose Lead Walking	Start adding in changes of direction, sits, downs, short stays etc when out walking. Keep up the circling when necessary, but by now your dog should be easing up on any leash tension on his own and responding to any gentle leash pressure you use to ask him to slow down or change direction. If you start to move into a circle but the dog slackens off the pressure as you start to turn, you don't need to follow it through. If you prefer to walk your dog in a harness rather than a collar, you can switch to this. If your dog starts pulling more on the harness, keep up with the circling and stopping until he realises the same rules apply.	Dog moderating leash pressure on his own, even when there are distractions, and responds immediately to a stop. Stays reasonably close unless absorbed in scents or explorations.
Perch (read <i>Teaching Perch</i> handout)	A perch needs to be square or round, slightly wider than your dog's shoulders, no higher than 1/3 the height of his forelegs (to avoid back strain), and stable, solid and non-slip, with a flat top. You may need to put a non-slip mat underneath it as well if it slides on the floor - your dog needs to feel secure and stable on his perch or he will be reluctant to use it. Stand opposite your dog with the perch between you and use a handful of treats to lure him. Following the instructions in the handout, work towards getting your dog to put both feet up on the perch. Don't use a cue unless he is getting up successfully without hesitation. This can be hard work for dogs with untuned abs and hind legs, so don't overdo it. Bring your perch and non-slip mat to training from now on.	Dogs can be lured easily into putting both feet up on the perch.
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 difference places and around distractions. Keep up the rewards.	Working towards fluent behaviour in a variety of situations
Tunnel	Work with a longer tunnel if possible and aim for a fast, independent entry with you alongside. Change sides so he gets used to you being in a different place. Throw a toy as your dog exits, or use treats if your dog prefers them. Add a tunnel cue if your dog is going through confidently every time.	Dog is running through tunnel confidently with owner beside him, on either side.
Plank	Continue to practice. Make sure your dog is stepping smoothly on and off the ends without any jumping. If your dog is confident and well-balanced, work on getting a faster trot over the plank, or even a canter. Send your dog over the plank to a toy or treat to motivate him if you can't move fast enough. Slow down if he is coming off the plank at all. Use a wider plank if you have one to build confidence at speed.	Dog is confident and speeding up over the plank, but not stepping off or losing his balance.
Send	Practice Sends using just the mat that you had in your box in CC1. You may need to start with a shorter distance to accustom your dog to the change. You dog should move all four feet onto the mat – if he doesn't, you may need to practice this at close range and you may need a bigger mat if your dog is too large to fit easily. Asking for all four feet will help to keep your dog accurate as the distance increases. If your dog is doing well, start working towards a 3 metre send and a 5-10 second stay. Send him from a variety of directions. Remember to keep the mat in the same place while you change distance and direction, and always reward him on the mat; never call him back to you or allow him to move off before you release him with "okay", so he learns the mat is where he gets rewarded.	Dog is going further and waiting on the mat longer, working towards 3m and 5-10 seconds. PTO ➡

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Stay	<p>Practice some short stays on your mat without the box so he gets used to this new idea. Then work on getting your dog to stay in a sit position. Ask your dog to sit, then ask for a stay as normal and step away – reduce the distance and time right down to make sure your dog doesn't have a chance to move out of the sit. Release and reward as normal when you return. If your dog is looking steady, step away in different directions. If your dog seems successful in the sit stay, you can start teaching a "walk around". This is where you walk a complete circle around your dog, from his head, around his tail and back to where you started. It can take a long time to get this happening successfully so take it slowly – it doesn't have to be done by next week. Start by standing beside him, ask for a sit and a stay, and walk around his head to his nose, then walk <i>backwards</i> to your starting position and reward him. Don't release him if you are immediately going to repeat this, but you can remind him to stay. Gradually move around his body further and further towards his tail but always back up to your starting point. The most difficult part is when you get to his tail - he can't just turn his head to watch you, so may feel the need to get up and turn his body to keep you in sight. Take this part very slowly. Eventually you will be able to walk right around without him getting up and can continue round to your starting point instead of backing up to it. Don't attempt this with down until you have a solid down stay and a solid sit walk-around.</p>	<p>Dog will stay in a sit position for 5-10 seconds with the owner 1-2 metres away, in different directions.</p>
Nose Touch	<p>Start asking your dog to move into a rough "heel" position in order to reach your hand for a nose touch. This is easier if he starts slightly behind you. You want his shoulder to be level with your leg, so hold your hand in such a way that that is where he ends up when he touches your hand. Use food in your hand to start with if need be, but reward him with a different treat from your other hand. Practice on both sides.</p>	<p>Dog can take one or two steps forward into approximate "heel" position to complete the nose touch, both sides.</p>