

Foundation Agility

Graduation Criteria

Dogs can graduate from this class at the end of term if;

- Can run with your dog off lead in a circle for 30 seconds.
- can call and send dog thru flexi-tunnel
- can run along ramp and reward at the end on the ground
- Can lead-out 5m and call dog off lead
- Can run dog around a circle of jumps and a line of jumps

Class Structure

Each class follows the same pattern for the entire term except the first one.

1. The class sets out the exercises
2. A very short introduction making essential comments only
3. Training on the exercises for 15 minutes.
Generally there are 4 or 5 exercises. They spread themselves out around them and rotate as they want. That is 3 minutes training time on each exercise. The trainer watches and assists if necessary or asked. Callout "Rotate" if you see people not doing so.
4. Instruction Time.
Raise any points you noted while they were training
Training on self control (stay, lead out, recall), tricks, clicker etc
Show them how to do the "new things" that are being introduced this week.
5. Training on the exercises for 15 minutes.
More training time, including the new things. Again they spread themselves out around them and rotate as they want.
6. A game or a sequence to wrap the session up with. (5-10 minutes)

Class Rules

- All training is on lead unless your instructor gives you permission to be off lead,
- Keep a good 3-4m space between dogs most of the time,
- If dog to dog issues arise, everyone must WALK AWAY from each other until you are far enough away that your dog is calm.
- If a dog gets loose the instructor will say, "HOLD YOUR DOG". Everyone must stop training and hold their dogs until the loose dog is under control.
- The class members are responsible for setting up the equipment and putting it away.
- Ramps and tunnels are ONEWAY only obstacles

General Advice to provide

- Focus – get your dog to focus before you start training
- What is a reward? Something your dog wants enough to try it again! Bring great treats for your dog. A toy can be used as a reward. Rewards provide information to your dog that they are doing the right thing.

Equipment Used in Foundation Class

- Open tunnel straight and in a bend
- Collapsible tunnel
- Hoop
- Ramps – the dogwalk on small table and small trestles. Aframe on 1.2m height.
- Cavaletti work using gutter pipe
- Cones
- Using the potty stools to teach the dogs about their rear legs
- Jumps, starting with a single jump, and graduating up to 4 jumps in a row

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Dog Training Topics included in Foundation Class

Run-with-me!

- Walk with me around a circle
- Run with me around a circle
- Walk and run with me OF LEAD
- Changing direction, the post turn and front cross turn

Great lead-outs & recalls

- Handler can stand behind their dog (straddling the dogs tail) and get dog to swing head from side to side
- Handlers can sit dog beside them, take 2 steps back, 4 steps forward, 2 steps back to dog.
- Handlers can sit dog beside them, take 2 steps to the side and 2 steps back to dog.

Games

- Class relay at the end of the training session, bringing together the training stations.
- Musical Downs
- The Train is coming
- doggy push-ups competition
- Suicide racing

Hand targeting

- → run from one hand to the next → weave between legs and recalls

Clicker basics

- – powering up clicker, free-shaping, timing skills, reward based understanding

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Weekly Summary

Week	Equip Plan	Intro changes to plan					
One	A	Introduction, garage, rules, set-up exercises	Explain and demonstrate exercises		Training	Relay	End of class review
Two	A	Intro new people, rules reminder, Attentions game	Training	Musical Downs Stand Behind your dog Walk past Your dog Change of direction Call Through tunnel	Training	Relay	End of class review
Three	B	Jump bumps in a curve Tunnel in a curve Single jumps Double cones in circle Change of direction in circle	Training	Stand Behind your dog Walk past Your dog The Train is coming Use of Toys vs Food Single Hurdles	Training	Relay	End of class review
Four	C	2 hurdles in circle and cones. Jump bumps, 1 st & last bump have jumps with no bar.	Training	Stand Behind your dog Walk past Your dog The Train is coming Call Through tunnel Tricks Two hurdles Send to tunnel	Training	Relay	End of class review
Five	D	Four hurdles Circle of 4 jumps with no cones Jump bumps, 1 st , middle & last bump have jumps with no bar.	Training	Lead outs and use with tunnel ramps Tricks Clicker	Training	Inside / Outside circle	End of class review
Six	E	Circle of six jumps and tunnel Jump bumps, have 5 hurdles Collapsible tunnel	Training	Talk about focus on equipment Wait Recalls The Train is coming Clicker – hand touches			Training
Seven	F	Zig Zag running Lead outs on straight line of bumps & hurdles Sequence tunnel & ramp (with wait) Wait & recall practise	Training	Clicker – use of plastic target Tricks Restrained recalls			Put it all together
Eight	G	Big Circle of eight jumps Jump, ramp, tunnel sequence	Training	Clicker - shaping Tricks Leadouts	Training and graduation		

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Week One

Introduce yourself

Start in garage; show them where the equipment is kept, get everyone to carry some equipment out and set-up the training stations

1. Run-with-me circle
2. Jump bumps & hoop,
3. Straight Tunnel
4. Ramps on the mini table, tunnel
5. Potty Stools

- Get everyone to introduce themselves and their dog
- Explain the RULES
- Play the Attention game to get dog focus
- To the whole class, explain what each of the 5 stations is and how to train them. Use ONE demo dog from the class at each station. (See notes below station plan)

Training

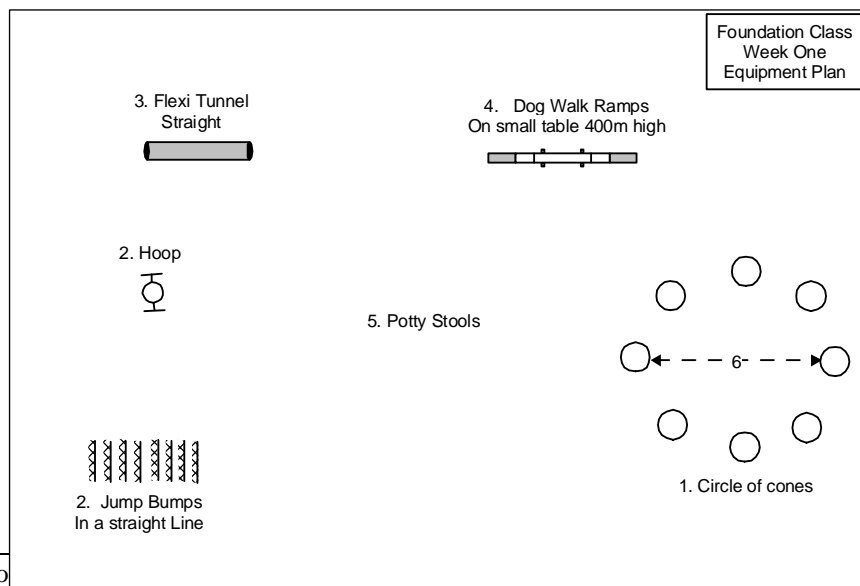
- Tell the class how the next 15 minutes of training is structured. They are going to train the stations in 5 small groups at the same time for about 2-3 minutes each.
- Break up the class into small groups of 2 or 3 and send each group to a station
- Give them 3 minutes and then call, "Rotate" moving clockwise

The End-of-Training game

- Make up a simple relay of Run-with-me circle → Jump Bumps → Ramp → Tunnel
- Make up groups of 4 people (if less, some have to do more)
- Each handler/dog team does one exercise then the next one goes
- The Judge, scores them on STYLE and FORM. It is NOT a race. Mark out of 10.

End of class review

- Remind them of the rules
- Remind them of the need to set-up the equipment next week
- Tell them to practice Run-with-me circles all week long!



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Week One Training Notes

1. Run-with-me circle

Purpose: To teach your dog to “RUN WITH YOU”. Not walk with you. The goal is for your dog to run with you off lead. This is not easy and will take practise, especially with 10 other dogs around training.

1. Your dog is always on the outside and the handler on the inside as they go around the circle. The dog is always faster than the handler.
2. Use a short lead, held in the hand closet to the dog.
3. Have treats ready in the other hand
4. Get focus
5. Move forward at a slow walk. Reward dog after 2 or 3 steps (slow or stop) continue
6. Increase the number of steps between rewards
7. If dog jumps up stop, get focus and continue
8. If dog surges ahead, stop, get focus and continue
9. Talk to your dog a lot and reward often

Repeat 2 more times

2. Jump bumps

Purpose: To teach your dog to understand where their rear feet are while walking/running with you.

1. Use a short lead, held in the hand closet to the dog.
2. Have treats ready in the other hand
3. Get focus
4. Move forward at a slow walk. Reward your dog after 2 or 3 steps (slow or stop) continue
5. Increase the number of steps between rewards

Repeat 2 more times

Hoop

Purpose: To teach your dog to jump through a hoop, this is really just a very short tunnel.

1. The hoop is lowered to the ground
2. Sit or stand your dog in front and very close to the hoop
3. Have someone else hold your dogs lead
4. Step forward to the back of the hoop. With your hand in the centre of the hoop call your dog.
5. The person lets go of the lead when the dog tries to go through the hoop.

Reward and repeat 2 more times

3. Straight Tunnel

Purpose: To teach your dog to go through a straight open tunnel.

1. Sit or stand your dog in front and very close to the tunnel entrance (nose almost in)
2. Have someone else hold your dogs lead
3. Step forward to the end of the tunnel. Get your head into the tunnel and call your dog.
4. The person lets go of the lead when the dog tries to go in the tunnel. They DONOT touch the dog. No pushing the dog into the tunnel.

Reward and repeat 2 more times

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4. Ramps on the mini table, tunnel

Purpose: To teach your dog run along a narrow ramp and to value the reward at the end of the ramp, thereby ensuring the do the whole ramp.

1. Use a short lead, held in the hand closet to the dog.
2. Have treats ready in the other hand
3. Get focus
4. Move forward at a slow walk. Reward dog after 2 or 3 steps by placing a treat on the ramp, continue
5. Increase the number of steps between rewards
6. At the END of the ramp place a reward treat on the ramp or ground

If dog jumps off part way along the ramp, return to the start of the ramp.

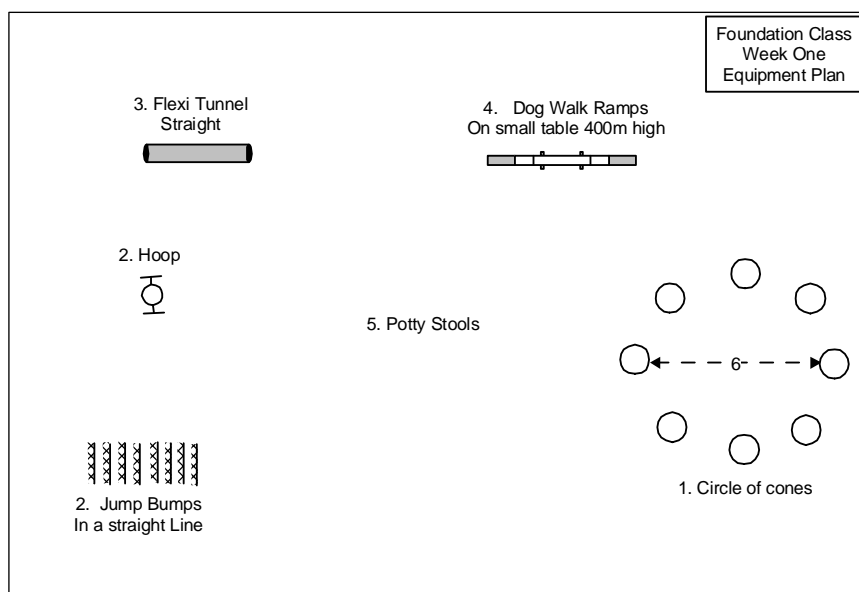
Talk to your dog a lot and reward often

Repeat 2 more times

5. Potty Stools

Purpose: To teach your dog to understand where their rear feet are while their front feet are on a potty stool and the rear feet are moving in a circle

- Start close to the potty stool
- Have your dog on a lead held with one hand.
- Have treats ready in the other hand
- Get focus
- Move towards the stool, move around the stool, talk to your dog to encourage them to try things. Reward ANY interaction with the stool, even a look.
- Try for about a minute and then come back to it later in the class.



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Week Two

Introduction

- Introduce any new people.
- Use the same equipment plan as last week
- Remind everyone of the rules
- Play the Attention game to get dog focus

Training

- Tell the class how the next 20 minutes of training is structured. They are going to train the stations in 5 small groups at the same time for about 2-3 minutes each.
- Break up the class into small groups of 2 or 3 and send each group to a station
- Give them 3 minutes and then call, “Rotate” moving clockwise

Mid Class Game and Instruction

Play “Musical Downs

1. Get everyone in a big circle
2. They walk clockwise around the circle
3. Talk to them about training and life
4. Instruct them to “DOWN Your DOG”
5. Tell them the last dog to down is out, but that was just a trial run.

Continue the game until only one dog, the winner is left

The “Stand behind Your Dog” exercise.

1. Tell the handlers to ask their dogs to sit beside them
2. The handler then moves back one small step so they are near the dogs tail
3. The handler then steps to the side so that one foot is on each side of the dogs tail

The “Walk past Your Dog” exercise.

1. Tell the handlers to ask their dogs to sit beside them
2. Ask the handlers to move backwards two small steps.
3. Pause
4. Ask the handlers to move forwards four small steps.
5. Pause
6. Ask the handlers to move backwards two small steps, so that they are beside their dog again.
7. Tell them to reward their dogs and get them out of the sit.

Repeat with the handler on the other side.

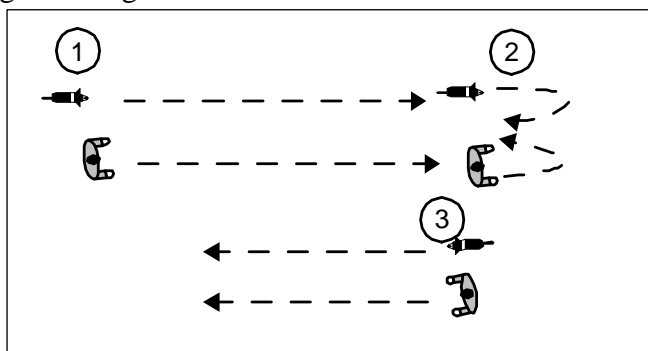
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Introduce the Change of Direction

Purpose: To Teach the handlers how to turn their dogs 180 degrees with ease.

Demonstrate this with a dog from the class.

1. sit the dog beside you on your left, move forwards about 5 steps
2. the handler calls the dogs name and turns left 180 degrees and the dog turns right 180 degrees
3. Your dog is now on your right and you move forwards 5 steps



- Demonstrate this about 3 times, moving SLOWLY
- Get everyone in the class in a line
- Tell them to move forward and turn, assist those that don't get it right.
- Remind handlers to use their dogs names BEFORE they turn to give the dog fair warning something is about to happen!

Now show them how to use the change of direction with the "run-with-me circle.

- With dog on left move around the circle in a clockwise direction (Dog on outside of circle)
- Change direction as above, so that you are moving anti-clockwise and the dog is now on you right (and still on the outside of the circle)

Call-through the tunnel

Purpose: To show the handlers how to call their dogs through the tunnel.

1. The dog is now placed 1m from tunnel entrance but handler and lead is passed to the assistant.
2. Handler moves to the other end of the tunnel
3. Person holding the lead watches the dog closely, if the dog looks in the tunnel, they let the lead go.

Do it again 1.5m from the tunnel. Then progressively move an extra metre away from the tunnel.

TRAINING

Give the class another 15 minutes individual training time on the stations, adding in the change of side to the run-with-me circle and the distance to the flexi-tunnel station.

The END-OF-TRAINING game

- Make up a simple relay of Circle → Jump Bumps → Ramp → Tunnel
- Make up groups of 4 people (if less, some have to do more)
- Each handler/dog does one exercise then the next one goes. (Dog 1 does the circle, dog 2 does the jump bumps, dog 3 does the ramp, dog 4 does the tunnel)
- The Judge, scores them on STYLE and FORM. It is NOT a race. Mark out of 10.

End of class review

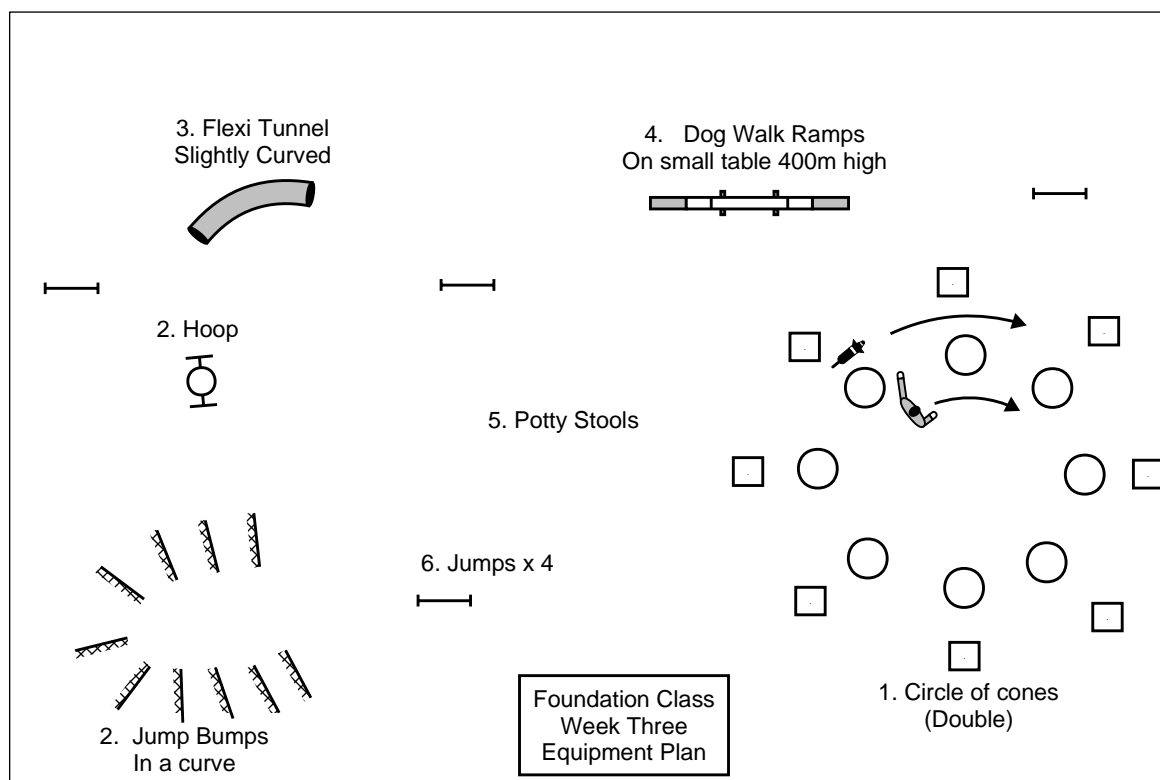
- Remind them of the rules
- Remind them of the need to set-up the equipment next week
- Talk about rewarding behaviours you want, using food or play.
- Tell them to practice Run-with-me circles, Stand behind Your Dog, and Walk past Your Dog

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Week Three

Introduction

- Use the same equipment plan as last week, adding 4 hurdles and a change to the run-with-me circle of cones.
- Tell them to leave the hurdles alone until later.
- The run-with-me circle now has TWO circles of cones, an inner circle and an outer circle. Show them how the dog runs between the cones and the handler is on the inside of the inner circle.



Training

- Tell the class how the next 20 minutes of training is structured. They are going to train the stations in 5 small groups at the same time for about 2-3 minutes each.
- Break up the class into small groups of 2 or 3 and send each group to a station
- Give them 3 minutes and then call, “Rotate” moving clockwise

Mid Class Instruction

Review of last week’s training

- The “Stand behind Your Dog” exercise.
- The “Walk past Your Dog” exercise.

Practise these with the group as a whole.

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The “Train is coming” exercise!

This is the start of teaching a great Lead-out.

1. Tell the handlers to ask their dogs to sit beside them
2. Ask the handlers to move away from their dogs and keep moving until you shout, “The Train is Coming”.
3. The handlers call their dogs. Any dog that does not come immediately might have been hit by the train!

Repeat asking the handler to be brave ☺

Reminders:

- The Change of Direction - remind them to do these in the run-with-me circle
- Call-through the tunnel – remind them to increase the distance from the entrance of the tunnel their dog is.

Using Toys as rewards rather than Food

- Most dogs like to play, with balls, tugs toys, soft toys, anything they like.
- Play with toys depends on prey drive, make the toy act like a rabbit and your dog will hunt it.
- Do not push toys at dogs, they must go to the toy.
- Watch you dogs and how they play and try to play the way your dog likes to play.
- If your dog shows little interest in toys, try a treat ball. These are sold as puppy toys but you can use them to encourage older dogs to play with things.
- In class, be aware that all the other dogs will like your toys too and be aware of those around you.

Hurdles

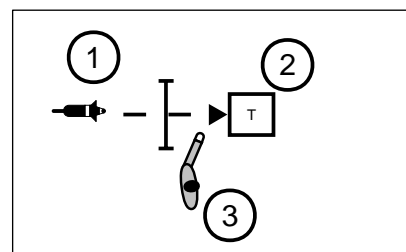
Most dogs will jump naturally, what we have to do is teach them to jump a PVC pole, that is suspended by metal uprights. Something that make little sense to them!

Demonstrate with a class dog and handler

1. Set-up a jump with the pole set at the minimum height, (on our jumps that’s about 100mm high).
2. Sit your dog about 1m directly in front of the jump
3. Move forward and use your hand/arm closet to your dog to jump the pole.
4. Reward

Alternatively

1. Sit your dog about 1m directly in front of the jump
2. Throw a toy (T) 1m passed the jump pole
3. Move forward and use your hand/arm closet to your dog to jump the pole. Reward with the toy.



Split the class up to that there are 2 or 3 people per jump and get them to do this 3 to 5 times.

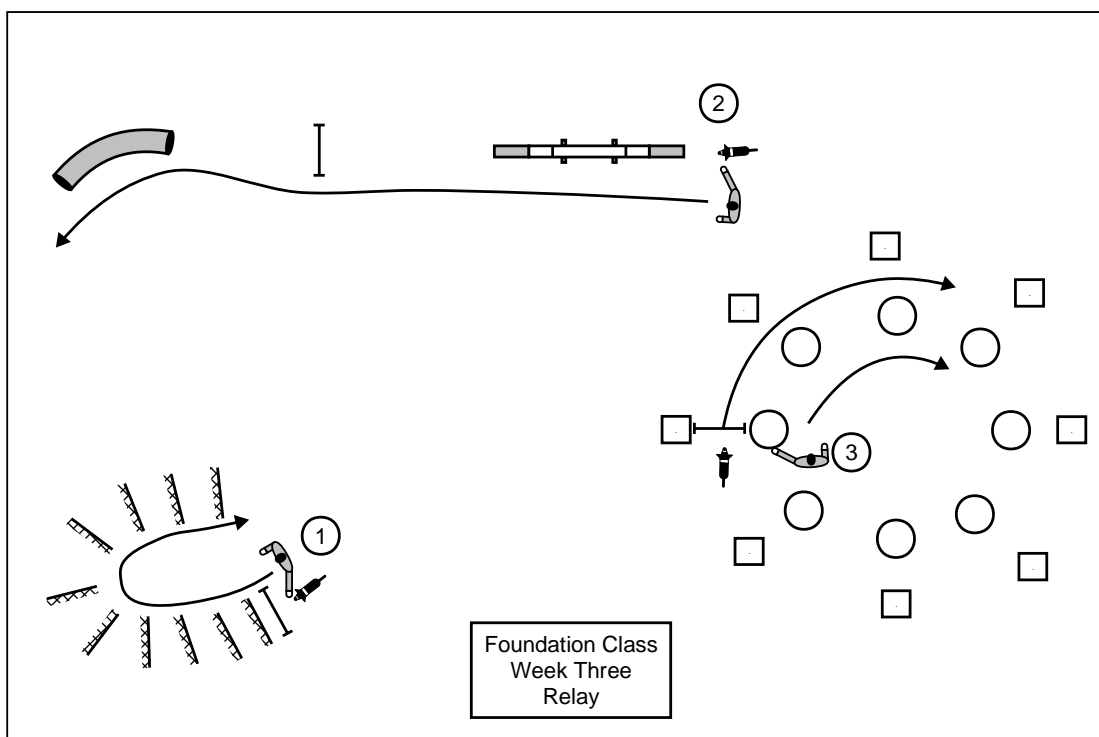
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Training

Give the class another 15 minutes individual training time on the stations, adding in the hurdles and the use of toys as rewards.

The END-OF-TRAINING game

- Move a hurdle to the beginning of the jump bumps curve.
Move a hurdle into the run-with-me circle as shown
Move a hurdle between the ramps and the tunnel as shown
- Make up groups of 3 people (if less, some have to do more)
- Each handler/dog does one exercise then the next one goes. (Dog1 does the circle, dog1 does the jump bumps, dog2 does the ramp/jump/tunnel, dog 3 does jump/circle/jump)
- The Judge, scores them on STYLE and FORM. It is NOT a race. Mark out of 10.



End of class review

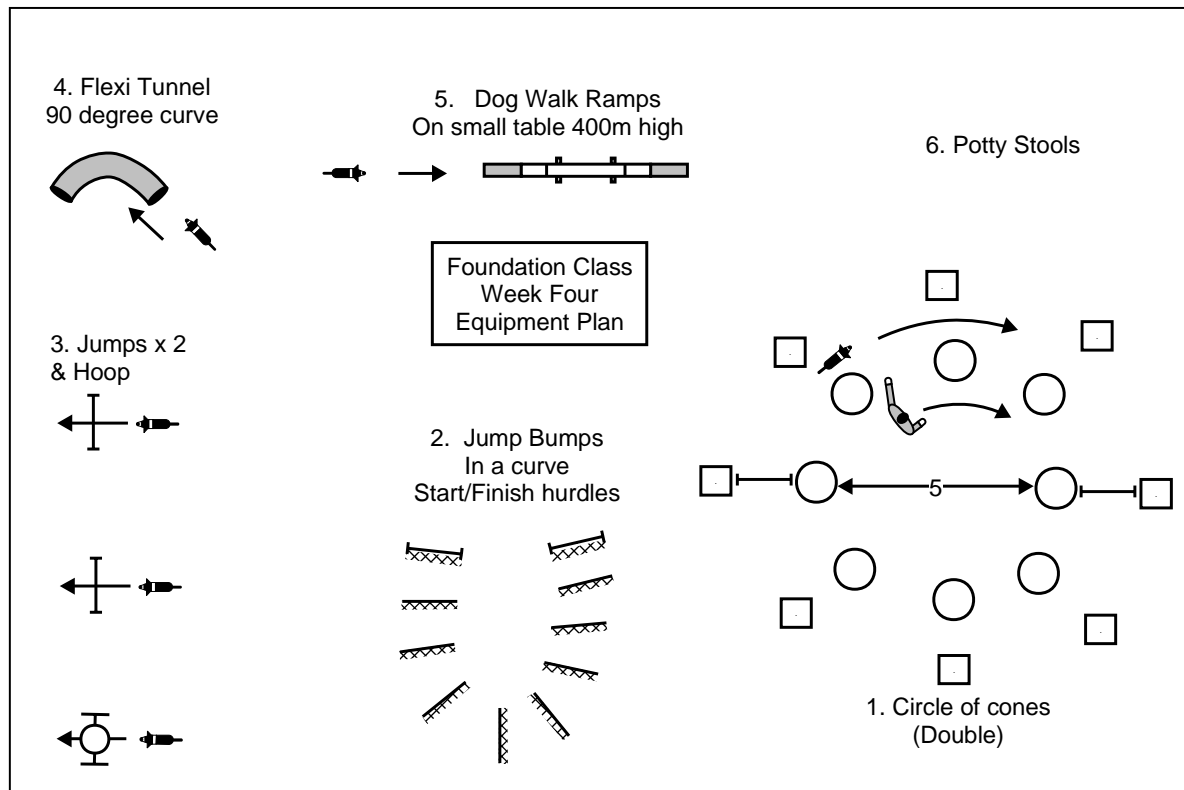
- Remind them of the need to set-up the equipment next week
- Talk about rewarding behaviours you want, using food or play.
- Tell them to practice Run-with-me circles, Stand behind Your Dog, Walk past Your Dog and the "Train is coming"
- Teach your dog a trick to show us next week.

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Week Four

Introduction

Set up the equipment using the plan shown



Training

- Tell the class how the next 20 minutes of training is structured. They are going to train the stations in 6 small groups at the same time for about 2-3 minutes each.
- Remind the class about using toys and/or food as rewards
- Remind the class about how to teach the dogs to jump
- Break up the class into small groups of 2 or 3 and send each group to a station
- Send the more capable dogs to the circle and jump bumps first.
- Give them 3 minutes and then call, “Rotate” moving clockwise

Mid Class Instruction

Review of last week’s training

- The “Stand behind Your Dog” exercise.
- The “Walk past Your Dog” exercise.
- The Train is coming
- Call to tunnel

New things to introduce

- Show us your dogs trick
- Introduce two hurdles
- Send to tunnel
- Doing the jumps bumps in both directions

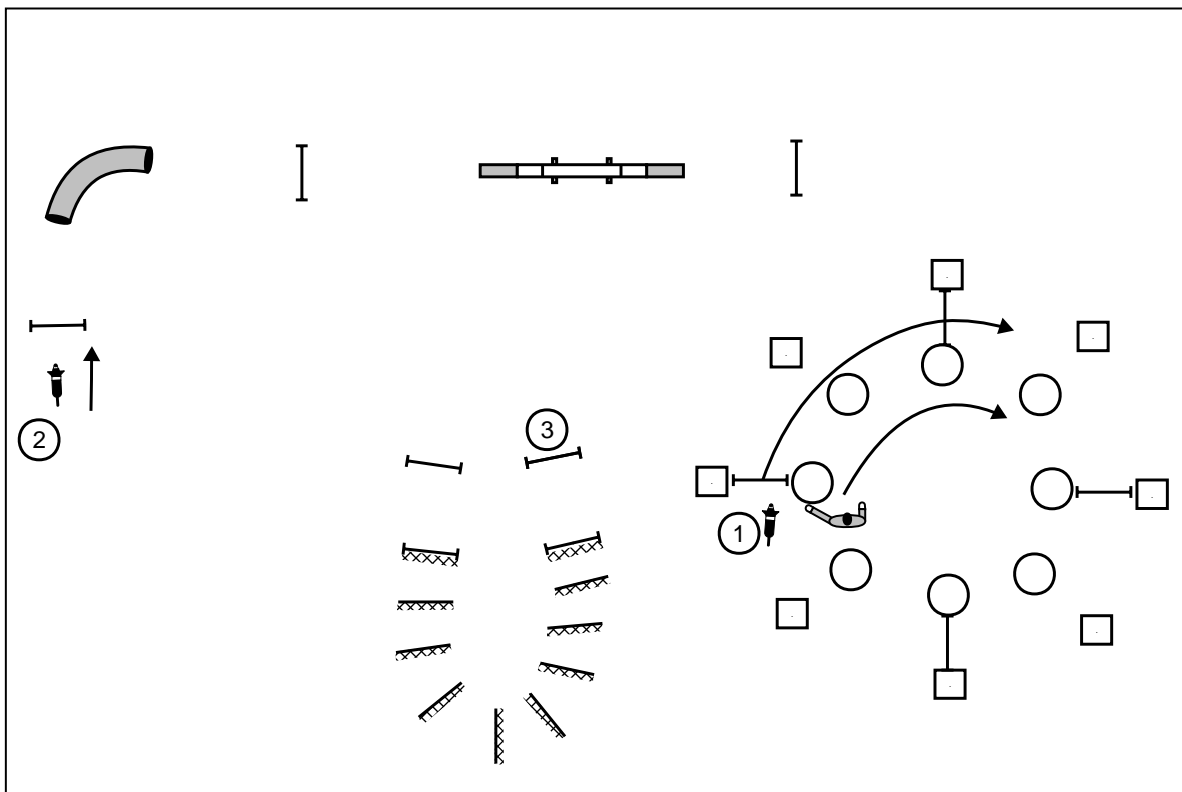
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Training

Give the class another 15 minutes individual training time on the stations, adding in the 2 hurdles and send to tunnel. Remind them to do changes of direction.

The END-OF-TRAINING game

- Move a hurdle to the beginning of the jump bumps curve.
- Move a hurdle into the run-with-me circle as shown
- Move a hurdle between the ramps and the tunnel as shown
- Make up groups of 3 people (if less, some have to do more)
- Each handler/dog does one exercise then the next one goes. (Dog1 does the circle, dog1 does the jump bumps, dog2 does the ramp/jump/tunnel, dog 3 does jump/circle/jump)
- The Judge, scores them on STYLE and FORM. It is NOT a race. Mark out of 10.

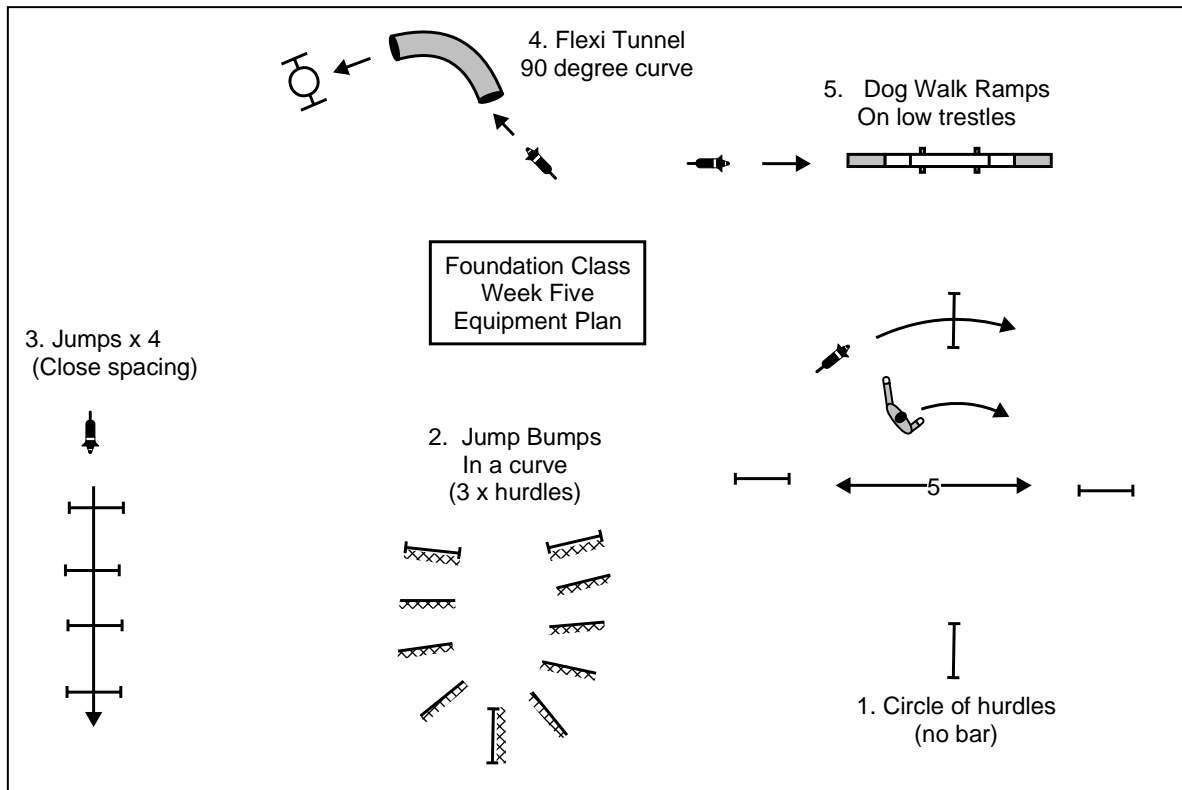


End of class review

- Remind them of the need to set-up the equipment next week
- Tell them to practice Run-with-me circles, Stand behind Your Dog, Walk past Your Dog and the “Train is coming”

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Week Five



10min Training – free training no groups (watch)

Reminders

Lead-out: The key to training a great lead out is to always return to the dog to reinforce about 75% of the time and release from a remote location about 25%.

- Lead out → Call to tunnel
- Send to tunnel

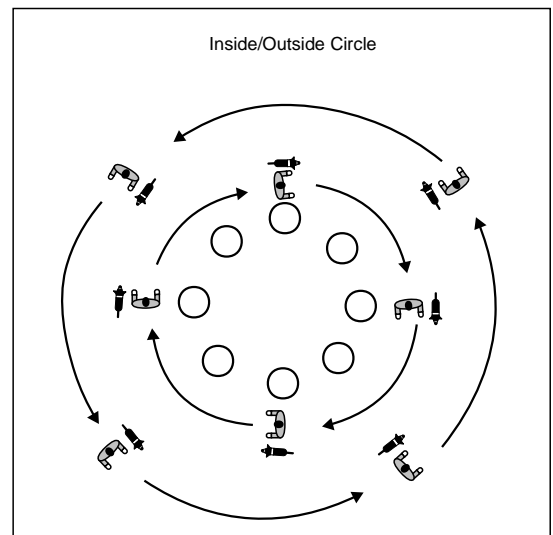
Ask, Show us what you trained your dog to do this week?

Introduce clicker training methods.

Power up clicker with the attention game. – get focus
Use the clicker to “train” a sit

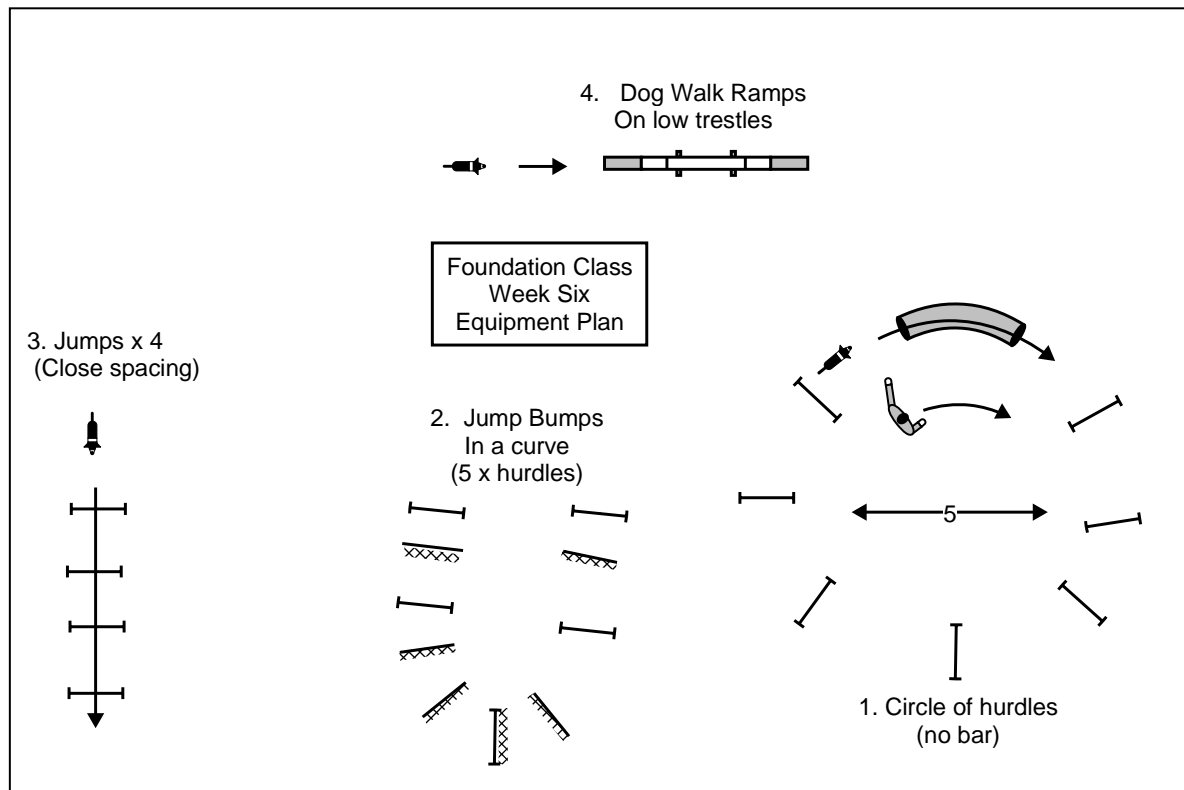
Training

End of Class Game - Inside/outside circle



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Week Six



15min Training – free training no groups (watch)

Pick a dog (Monty the Boxer) to show them how the dog is learning to focus on the equipment rather than the handler.

Remind them that treats are to be used as a reward at the end of an exercise, and should be left in their pockets.

Practice Waits.

Move 2 steps backwards behind the dog, 4 steps forwards, 2 steps backwards, reward dog.

Repeat with variations 3-5 times.

Variations are,

- more steps.
- Walk sideways
- Walk over to another dog
- Jog
- Run

Practice recalls as a group

- Wait dogs
- Leave dogs
- Call dogs

Last one to handler is run over by the train

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Ask, Show us what trick have you trained your dog to do this week?

Introduce clicker training methods – hand touches

Power up clicker with the attention game. – get focus

Demonstrate how to teach hand touches with a dog from the class.

- Get the owner to hold the treats in an open palm.
- Stand on the dogs lead.
- Click in one hand – away from the dog so as not to scare it with the click
- Show the dog your flat open palm, placed at the dogs nose level.
- Dog will come forward to investigate the hand, as they nose touches the hand click
- Take a treat from the “bowl” and treat the dog
- Repeat 3 times and then swap hands and repeat 3 times.

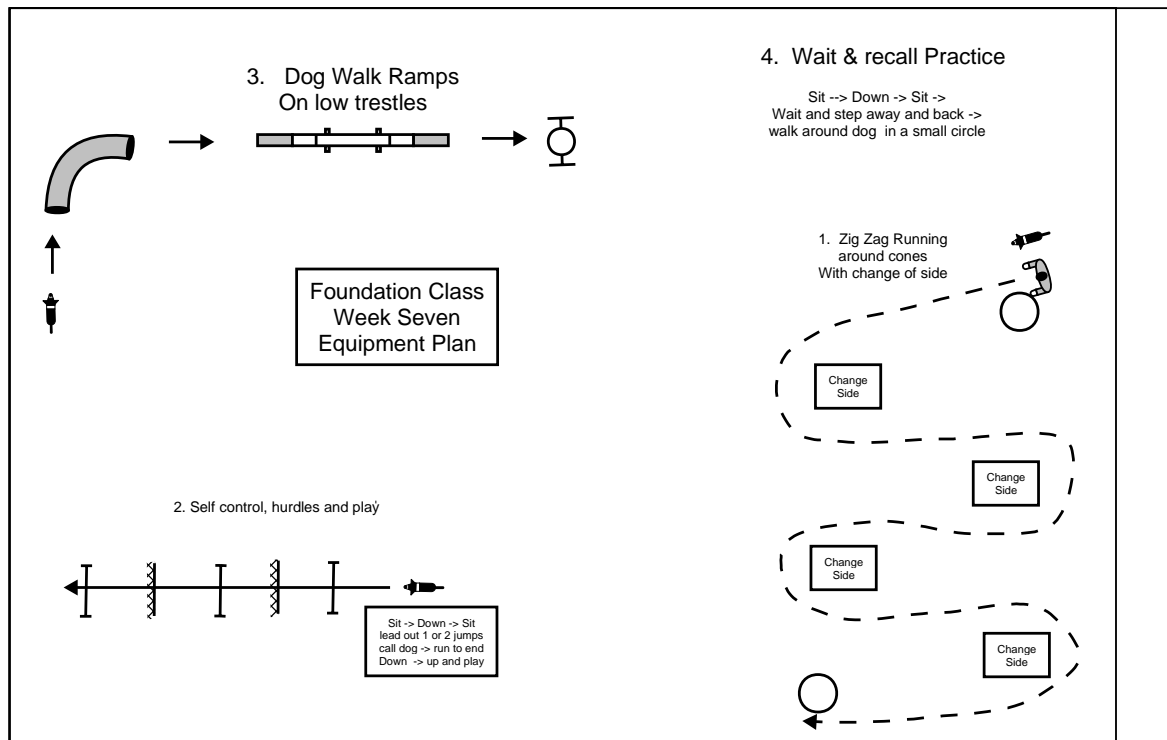
Place the class in pairs.

One person ties up their dog and they act as the bowl for the other person who trains their dog a hand touch. Swap over.

Do some more training and then pack up.

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Week Seven



Train Sequences

Explain the sequences

- Zig Zag running around cones
- Wait → hurdle → jump bump → hurdle → down → play (more hurdles if capable)
- Wait → Tunnel → ramps → hoop
- Sit → Down → Sit → Wait and step away and back → walk around in a small circle

Introduce clicker training methods – hand/nose touches

Place the class in pairs –

- Power up clicker with the attention game. – get focus
- train hand touches
- Demonstrate the addition of a piece of plastic in the hand, explain how the plastic can be placed anywhere and you can get your dog to do things away from you.
- Repeat the exercise but use the plastic

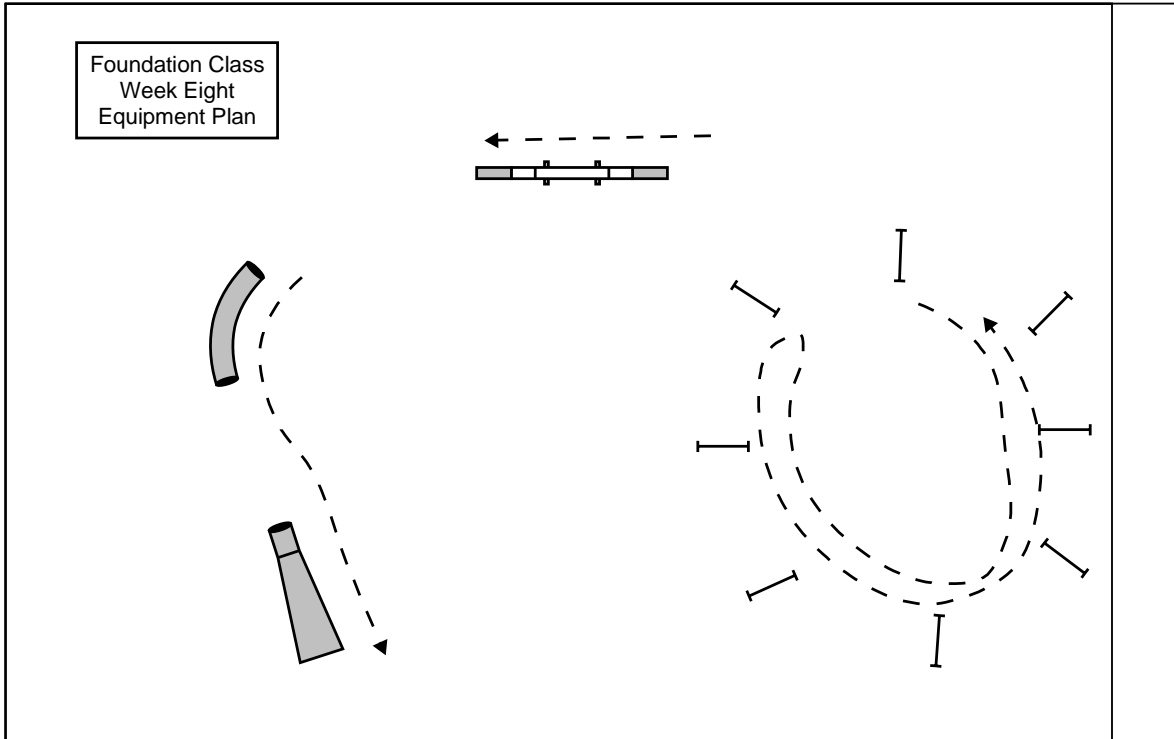
Demonstrate and Train Retrained recalls

Put it all together

One dog at a time, run the sequences together, 1 → 2 → 3 → 4

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Week Eight



UHDTS – Foundation...

Is a combination of all that's good about having a dog—learning some good manners but knowing how to play too! Gaining confidence and skills using agility equipment and cones. Follow the leader and get in step just like in your Gym aerobics classes we offer plain running, fancy foot work and balance challenges.

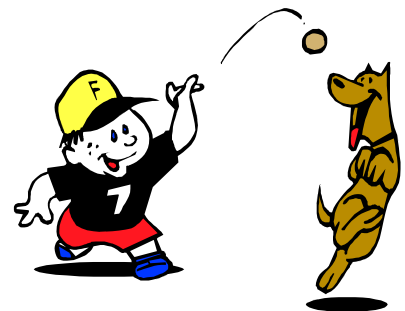
WHAT DO YOU NEED TO START?

- **MOST IMPORTANT** is—A desire to have fun with your dog.
- **IMPORTANT** too—A dog which is healthy and keen to be with you.
- Also would be **GOOD**—A dog which will come, sit, lie down when told!
- Also **GOOD**—A dog which will run or walk alongside you.



WHAT DO YOU NEED TO BRING?

- \$50.00 and Vaccination card
- Nice food in a container (luncheon cut up to finger size in a bumbag is best)
- Good toy (one you can hold on to eg. Tug rope)
- Good sports shoes for running in
- A collar and a long comfortable lead
- A smile!!



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SKILL	ENTRY ABILITY	MILESTONE 1	MILESTONE 2	MILESTONE 3	OTHER STEPS	DESIRED EXIT CRITERIA
Run-with-me	Loose lead control at walk. Sit, down, come	Focus. Circles at walk on lead Left and right side	Change of direction (Front cross & post turn)	Jog/loose lead: Left and right side, circles, change side	Off lead circles and change of direction. Zig Zags & figure of 8	Off lead circles and figure of 8 for 30 seconds
Lead-out	sit, down, short stay	Can they do sit, stand, down on verbal/hand commands?	stays/circle around dog, slow movements	stays in front of jump or tunnel	Stays in front of tunnel and can be called through tunnel	Lead-out and recall - no gear
Hurdles	Nil	jump bumps on ground, curves & circles	1 hurdle	Two hurdles	3-6 hurdles in straight lines and curves	hurdle/uprights in circle and straight lines
Tunnel	Nil	Short/long Tunnel	Curved tunnel	handler can call dog thru flexi-tunnel/short	handler can send dog thru flexi-tunnel	handler can start from 10m in front of tunnel, send dog to the tunnel, running with dog.
Ramps	nil	ramp height to mini table	Use small legs	Aframe at 1.2m		can run along ramp and do a down at the end on the ground
Sequences	Nil	Ramp → hurdle → Tunnel	Circle for 30 seconds	5/6 hurdles in a sequence		
Targeting	Nil	Introduce clicker training. Introduce target and ask them to bring one from next week	dog can Hand target to hand or to target mat held in either hand.	Target on ground	Go to Target on ground	Target on ground on cue