

Winter Training Tips

- 1) Practice the call to heel positions on the flat in your house. Toss a cookie to get your dog away from you then call them back and have them get into "heel" position on both the right and left side.
- 2) Cone Work; you can use a cone or bucket of some sort and have dog practice wrapping around the cone. You can do your front cross and rear cross work around the obstacle you choose.
- 3) **Bring one jump into your basement and do one jump work.**
 - a) Get the interlocking blue mats they use for kids play rooms to put under the jump.
 - b) Watch *Success with One Jump* by Susan Garrett or *One Jump Two Jump* by Sandy Rogers.
 - c) Do all the 6 positions of call to heel over the jump.
 - d) Work on tight wraps around the upright.
 - e) Work on tight FC RC drills over the one jump.
- 4) **Improve your relationship with your dog.**
 - a) Frustrated with how your dog acts in class?
 - b) Hard to keep your dog's focus when other activities are going on?
 - c) I HIGHLY recommend *Ruff Love* by Susan Garrett available at www.cleanrun.com
 - d) If you follow these steps in the book you will return to class with a brand new dog! Both of you will enjoy agility much better if you have a dog that respects you as a leader.
 - e) Class will be more enjoyable as you will be able to practice agility and not be managing a dog that wants to run off and sniff or chase other dogs.
- 5) **Feed them one meal a day where they have to work for every kibble of food.**
 - a) Quick sits or downs
 - b) Spin in one direction or the other
 - c) Going from sit to stand and repeat
 - d) Sit pretty up to their back legs
 - e) Hand touches
 - f) Lining up next to you
 - g) Pivots in place
- 6) **Work on strength and conditioning.**
 - a) Exercise Ball; get *On the Ball* DVD is a fabulous source for this!
 - b) Stair work; have your dog go up and down a set of stairs in a controlled manner- may have to put them on leash. I just put treats on every other step and the dogs walk up one at a time looking for treats – then repeat coming back down.
 - c) Tread mill work if you have one. NEVER leave dog alone on treadmill. Slowly increase the amount of time they walk on it.
 - d) Have dog work on core strength by lifting up one back leg and having them balance. Repeat on other side. Once they are skilled you can lift the opposite front leg so dog is balancing on 2 legs. Excellent for the abdomen and back muscles.
 - e) Kick back stands- dog goes from sit to stand without moving the front legs.
- 7) **Work on Impulse control games.**
 - a) Have dog sit or down toss a toy wait for your release to go and get it; have another toy to play with when the return to you
 - b) Have dog sit and stay as you open the door to go outside; release them one at a time to go out while the others have to stay. Or with just one dog practice opening the door fully before releasing them outside.
 - c) Crate games DVD by Susan Garrett is fabulous on this but can work on improving your dog's skills in being in a crate.
 - d) Have dog sit or down and wait before you release them to eat their meals.