

## Agility Foundations Lesson Plan

### 1. Class One

a. **Introduce Agility Foundations and why they are important**

Foundations are the building blocks of agility. We break down agility behaviors into smaller steps so that your dog can understand and reduce the risk of injury. Recommend using multiple rewards, like tug, squeaky toys, treats.

b. **Warming up**

Warming up will be important to help prevent your dog from pulling a muscle or hurting themselves during this activity. For warm up, have the dog activate their own muscles to encourage bloodflow. **One lap walk around the yard.**

c. **Stay**

All dogs start at the starting line. I hope you've been practicing your stay! **Dog on regular leashes, Hula hoop on ground, sit/down stay up to 30 seconds**

d. **The Starting Line pt. 1**

Free-Dog release word will come in handy here. **15ft leash on the dogs, Hula Hoop on ground, sit/down stay in hoop, DON'T move away, release word.**

e. **The Starting Line pt. 2**

**15ft leash on the dogs, hula hoop stay, owner adds distance, Release word.**

**15ft leash on the dogs, hula hoop stay, owner places treat in bowl at distance, release word for dog to go to the treat**

f. **Platform 2on/2off**

**Dog steps onto the platform. Lead dog forward slowly until front feet step onto the target plate. Feed several treats one at a time to build duration. Reset and repeat.**



g. **Touch/ Follow Me**

Teach touch as additional practice, add follow me. **Using hand like Touch, draw your dog forward, to follow you**

h. **Cool Down**

Important to make sure your dog doesn't get sore while learning **One lap walk around the yard, muscle massage, or ticks**

### 2. Class Two

a. **Introduce 2 on/2 off contacts**

Contacts are the yellow portions on seesaws, A frames and all other platform obstacles where the dog has to walk on something. These are there so that your dog doesn't hurt themselves by jumping off an obstacle too soon. The goal is for your dog to touch these contacts before dismounting an obstacle.

b. **Warming Up**

**One lap walk around the yard**



c. **Low Plank 2on/2off**

This is adding movement to the 2on/2off contact behavior. **Plank on the ground laying flat, walk dog over plank a few times to get them comfortable before practicing the contact. Owner switch sides of plank they are walking on.**

d. **Ramp 2on/2off**

**Dog steps onto the platform. Stay. Place treat on yellow contact at bottom of the ramp. Add duration to your dog's foot contact by feeding treats quickly one at a time.**



e. **Call Offs**

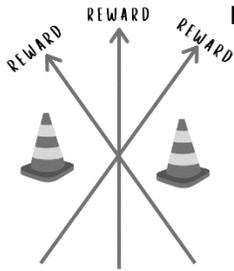
When your dog is heading towards an obstacle which is not correct and you call them away from it to redirect them. **Dog on left side, cone in front. Left hand out like for touch, have the dog follow you away from the cone. Say "oops" if dog goes towards the cone instead of following.**

f. **Cool Down**

### 3. Class Three

#### A. Warming Up

**One lap walk around the yard.**



#### B. Cone games – Uprights “Go On”

Teaching the cue “go on”. Cones & Jumps are called uprights in agility because they stand upright! We are adding “follow me” and adding independence for your dog. **Dog sit/stay, place the reward on other side of two cones, return to your dog, give dog release cue to go to reward. Start with small distances and add distance as your dog understands. Change owner position, on dog left/on dog right.**

#### C. Cone games – 360 Rounds

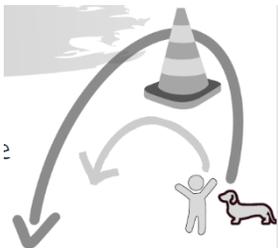
360 rounds teach your dog additional body awareness and learning how to control their speeds. **Stand close to cone, use “follow” hand to lead dog around the cone, pivot on your left foot and step with right. Don’t bend over the cone, keep your hand waist high. Build up to two circles before rewarding.**

#### D. Cone games – 180 rounds

**Send your dog to the cone using “follow” hand, instead of completing a full circle, have dog make a U-turn around the cone and return to you.**

#### E. Cone games – Eights

**Use leading foot and arm to direct your dog, start close with your follow hand and lead dog around cones in a figure eight pattern.**



#### F. Cone games - Send

**Send your dog to the cone, begin your turn once you see your dog moving around the cone, reward when you return to the start location.**

#### G. Cool down