# Dog Obedience Lesson Plans for 

 Pre-Novice Training


## Pre-Novice Obedience Training

Welcome to 4-H Dog Obedience! Dog training should be fun for you and your dog. Obedience competition is a person and a dog working together as a team. To become a team, you must concentrate completely on the work and keep the undivided attention of the dog. Be an interesting, fair, patient teacher and friend for your dog. As you work together, the close bond necessary for team performance will develop.

The underlying theme of this training program is "control and enthusiasm." The ultimate goal is an attentive, enthusiastic dog, under complete control, that responds immediately and eagerly to all commands.

There is no such thing as instant obedience. It takes work and concentration. You'll find that the rewards from training a dog to be a devoted companion are well worth the effort it involves.

Before working with the dog, read the entire PreNovice section. Study each word and visualizereach step and the expected performance. Trainin\&-i divided into eight lesson plans. Each lesso pla) contains exercises that build upon eac (other, taking $<$ the trainer/dog team through the Pre-Nokice skill s. The sequence of teaching the exerdisevis extreme $\$$ important. Note how each ex rcisg develops and progresses to a final goal.

Several of the beginuting exercises arror required in Pre-Novic Oghence clasfe put are essential for a solidraving foundation. The Sit-ad Accept-Praiserg C ntrolled Wantig exetcies presented ir Lson One 気e two such exarsiss.

Sit-art-Accept-Praishopares a drg pitearn and
 wath the trainer; $\quad$ a a stopermand, and " $R$ " as a relea.e. Practice this ${ }^{\text {mercise every }}$ raining sesfon. Successfu beaching it eliminates many proment later on

Qonroned Walkien, anso an exercise that is not done in the obed incecompetition, prepares the dog for heeling and uaches attention. This exercise should be mastered efore training for heeling begins.

For other exercises, such as the Sit-Stay and Down-Stay, the standard of performance is higher
than that expected in a Pre-Novice obedience class. For instance, in training, a dog is asked to do the Sit-Stay for longer than 1 minute and the Down-Stay for longer than 3 minutes. Training bra gøal beyond the minimum performance requied $\alpha \%$ obedience class helps the dog and gives you abetter chance of success in competition.

Keep the training tim to bout 20 minutes a day. Each dog will progrgss at /fferent rate. Don't rush. You should sfeth at least a week, though may need to spenc pr 3 weeks, on each lessor plan. Some, teai shaster a step after sevean cepetitions, whethers require many repetition sto develop \&e same level of understandina) Manes re that the lesson plan ismastered before prograssing. As. oy progress whtie dog, continue to Nevew prerrys lessons he dog pritus reliably, cininate all corrections. If the \$o ${ }^{1}$ having roble with an exercise, you protath have adygneed too quickly. Begin again at sypane of the ex rises. If you or the dog become Hystrated, c (1) fie $4-\mathrm{H}$ leader.

Occasionnl Yood rewards can be used on every exerci@. -od rewards, play, and enthusiastic praise wirthrease the dog's interest in training. Keep a 0 Onin, enthusiastic attitude when working with Ir dog. Remember, dog training should be fun! Memorize the training terms. Study the lesson plan before each training session so you are thoroughly familiar with the instruction. Take this material to every training session, and refer to it constantly. After training, record the dog's progress. Be a consistent, fair, and enthusiastic trainer; patient, critical, yet generous with praise. Never say, "I can't'-keep a positive attitude. Train regularly, set high standards, and constantly evaluate the "team" performance. Study, work, and have fun training your dog!

Mastering the important fundamentals in the PreNovice section will produce a well-mannered, well-trained pet and a reliable, enthusiastic dog with a solid foundation for advanced training.

## Training Terms

First Contact: The first contact is always happy! Anytime the dog comes to the trainer or the trainer goes to the dog, the dog is praised. The only exception is if the dog is in the act of doing something wrong.
Praise: Praise is always exuberant! Motivate the dog with lots of praise. While teaching, praise throughout the entire exercise. As the dog becomes reliable, vary the place of encouragement, and occasionally praise only at the end of the exercise.
Vocal Praise: Examples include, "Are you ready?" "You ready?" "Come on, let's go!" "That's-a-way!" "Good dog!" "There you go!" "That's what I want!" "Good!"
Food Rewards: The random use of small food rewards throughout training increases the dog's attention and eagerness to do the obedience exercises. The trainer may use food rewards on all exercises. However, food rewards are not necessary.
Commands: Always command, never nag. Teach the dog to listen by using calm, quiet comaninds. When the dog knows the command, insist n an immediate response and use lots 1 prise. The $\mathbb{X}$ trainer may use the commands in the lesson plan or choose different words, as pisas the sami word and associated action ary tonsisten
"No" Command: The "No commandid , Ways firm! "No" means gto. Don't usef while heeling. Use " $N$ " 0 some exefists, as outhedr in the lesson plans, o stop the gog from genndeting an eo
"Watch Me Commanà. "Watch Mo"~ans pay atereig and is ucerbroughoutinining. "OK Release: (hesK" repers always enthusiastic. "OK, With lots of prive, releases the dog from aldexercises.
"Pop" Ced Correetitn "Pop" is a lead correction ing a 4- to $6 . \mathrm{m}_{\mathrm{m}} \mathrm{h}$ jerk and immediate release. It is geared tue, ze and temperament of the dog. Correations jove the dog guidance and are always as gentle ens possible. Timing is important! The "pop" comes the instant before or just as a mistake occurs, not after it happens. Well-timed corrections and praise are the keys to success in
dog training. In moving exercises, use "pop" with praise. In stationary exercises, use "pop" with a "No" command.

Reading the Dog: The ability to know what the dog is going to do before it does it, to anticipate a mistake and know what correction is needed, is called reading the dog.
Automatic Corrections: Lead orroct Ons given just before a mistake occurs can provent errors. Learn to read the dog, anticipaterters, and give automatic corrections wen meded.
Voice Control: The yoicens a training tool that din change a dog's titude during training. Dere ap voice contol. Adapt the tone of voice et efruce the dexired vaction.
Attitude: Vhe trainer must have the (1tijude that Ariniig is fun. The trainer's atitade reflects in the agg perfornange. Try to oriate the dog and siasticialunake traini\% un, and never hesitate to ahom exerci®an play with the dog. A good traicer keeps trany exciting and fun! Boring ramers creatoring dogs.
Response. 6 rell-trained dog responds instantly to all compands. Be critical; always insist on an irmbate response to commands.
arying Log: Use a calendar with large squares to keep track of actual training time and progress.
Repetition: Dogs master exercises through repetition. Some dogs master a step after several repetitions; others take many more repetitions to reach the same level. Practice the exercises, alternating the steps. Be enthusiastic and motivate the dog; make repetition enjoyable.
Attention: The dog should be attentive to the trainer during all exercises. An inattentive dog cannot be trained to do anything well. Since many training problems are caused by lack of attention, the trainer should work on attention throughout training.
Distractions: Distractions are added to increase the dog's attention and reliability on an exercise. When the dog masters an exercise, train around distractions that take the dog's attention off of the trainer; be ready to correct, encourage, and praise.

Problems: There will be few problems if the trainer is thoroughly familiar with the instructions for each exercise, progresses slowly, and gives the dog a lot of practice with each step. Critically evaluate the dog's performance, striving for perfection of each step before advancing. If problems occur, reread the steps for that exercise, study each word, get a good mental picture; then review each step with the dog, advancing only when the dog performs reliably.
Anticipation: When the dog does an exercise before the command is given, it's a good sign that the dog is learning the exercise, but it's also a warning sign that the trainer is "pattern training" (doing the same pattern over and over again in the same way) rather than "command training." Teach the dog to listen for the commands. Read the dog and command "No" before the dog breaks or anticipates an exercise. If the command comes too late and the dog breaks position, abort the exercise with "OK," then repeat the exercise on-lead with a gentle automatic correction.
Come Position: In this position, the dog is sitting straight in front of the trainer's feet, closeopegh that the trainer could touch the dog's head whout moving either foot or stretching f9, Tara The dog $x$ should not touch the trainer or sit betwan the feal
Heel Position: In this position che (og is strakeht is line with the direction the taint is facin, at the trainer's left side, and as crse as posgite to the trainer's left leg winnurowding. the area from the dog's head th © O/g's shoulder should be. In * a line with the tratyers hip. Thegog can b? sitting, strid hg, ying, or helihg.
Heelinghead Iold-Hend Dosition-Copections: Placene ight thuyt though thogad's looped hitaw, gather ypsume slack Xe the right thumb r index fing fr, wod make aftwaround the entire lead. Keer the right hand Rgse to the body, by the left hirea waist leven 7 pe left hand, below waist le cewn fingers noinding forward, loosely holds the Jack part fithelead. The lead should be loose, with the s.mppointed toward the ground or horizonta. When the dog gets out of the heel position, use the left hand to "pop" the lead in the direction the dog should move as you praise enthusiastically. Detailed heeling instructions are outlined in Lesson Two.

Handling: Handling techniques that are deliberate, smooth, and consistent make an accurate performance easier for the dog and create a picture of teamwork.
Exercise Ending: Keep the dog enthused during training by using a variety of exercise endings. As the dog completes the main part $q$ an exercise, sometimes give an "OK" releate, cytarge backward praising, or throw oull, or give the dog a food reward. Occasional pa Formal Front and Finish.
Formal Front and Finist With the dog sitting in the "Come" possi, $n$, the trainer gives the com mand "Heel ; the aog should go quickly to fthe heel position, ater several seconds, gj release and praise.

Tri.ing Colkar. Collar co Osisns, used during training (eqphre quick, ©olplete closure of the traingo 4 lar and ©quetiate release. A closelixk bain collar $\mathbf{N}$ emore than 2 or 3 inches Targer than the 08 's neck, serves well for train-
ing. Make sure the collar is on correctly, so it releases immediately. Slip the chain through itself, make a " $P$ " with the collar, stand in front of the dog, and slip the collar over


Training Lead: A leather lead carries the correction to the training collar better than a loose web or nylon lead. A 4- or 6-foot leather lead with a swivel snap on one end and a looped handle will make training easier. Use a $3 / 4$-inch-wide lead for large dogs; a $1 / 4$-inch to $1 / 2$-inch-wide lead for small and medium dogs.


As members advance, they will need more equipment. Sometimes, finding quality training equipment can be a problem for members lining yt of town or in isolated areas. In consultation min your 4-H leader, you may be able to pardase training supplies through a mail-or.ar buiness that exclusively handles dog trainingequipment. Ashe your 4-H leader for a list of deald that handle equipment!
 Pre-Novice

Open to 4 I mbers whelave not ana Novice with the dog the $\mathrm{Kare}^{2}$ showing. 5


## Pre-Novice Exercise Performance and Scoring

## AKC Obedience Regulations

All exercises are performed and scored as outlined in the AKC Obedience Regulations. The following Pre-Novice Exercise Performance and Scoring is contained in the AKC O/edience Publication. Since there are occasional 1 k ryke changes, you'll find it extremely helpfur toporder a free copy of the AKC Obedience Reg Trains directly from the American Kennel Club ${ }^{\text {n }}$, adison Avenue, New York, New York 10010.
Heel On-Leash
The princial hatare of this exercise istheayitity of the dog and budler to work as a teangonders for the excece are:

"Fasix "enturn" hander signifies that the handler must run, with dog $n$ forward at noticeably aceated spefol trexecuting the About turn, the Iandler will a ${ }^{\text {ans }}$ s do a Right About turn. Orders Sor "Halts © "Turns" will be given only when the handlei is moving at a "Normal" speed.

Terders may be given in any sequence and ray be repeated as necessary, but the Judge shall Gtent to standardize the heeling pattern for all dogs in any class.

The leash may be held in either hand or in both hands, provided the hands are in a natural position. However, any tightening or jerking of the leash or any act, signal, or command which in the Judge's opinion gives the dog assistance, shall be penalized.

The handler shall enter the ring with her dog on a loose leash and stand with the dog sitting in the Heel position. The Judge shall ask if the handler is ready before giving the order, "Forward." The handler may give a command or signal to Heel, and shall walk briskly and in a natural manner with her dog on a loose leash. The dog shall walk close to the left side of the handler without swinging wide, lagging, forging, or crowding.

Whether heeling or sitting, the dog must not interfere with the handler's freedom of motion at any time.

At each order to Halt, the handler will stop and her dog shall sit straight and promptly in the Heel position without command or signal, and shall not move until the handler again moves forward on order from the Judge. It is permissible after each Halt, before moving again, for the handler to give a command or signal to Heel. The Judge shall say "Exercise finished" after this portion of the exercise.

## Figure 8 (On-Leash)

Before starting the Figure 8, the Judge shall ask if the handler is ready. The Figure 8 signifies that on specific orders from the Judge to Forward and Halt, the handler and dog, from a starting position about equidistant from the two Stewards and facing the Judge, shall walk briskly twice completely around and between the two Stewards, who shall stand 8 feet apart.

The Figure 8 in the Pre-Novice classes shall be done on-leash. The handler may choose to go in either direction. There shall be no About Turn or Fast or Slow in the Figure 8, but the Judge must order at least one Halt during and another Halt at the end of this portion of the exercise.

Heel on Leash and Figure 8 Scoring
If a dog is unmanageable, or if its hardrrenstantly controls its performance by tys gingon the leash or adapts pace to that of the dog, the dog mu be scored zero.

Substantial deductions sha 1 be made for adai. tional commands or signals Heel and for faiture of dog or handler to noticedoly accelerate celd forward for the Fas and oticeably (ectlerate spead. forward for the Slow such things a lagging, hêfing wide, for crowdig noor sits, harby failing to wat at a brisk pace, ocear onal gui@ate with leas8,gnd other impretions in eang.
n scoring the elercise th 5 age shall accompany the hafder at a disdral listance so that he or she cmen bsgrve any sig ai or commands given by the Kaler to the gos The Judge must do so without interfesing with dith dog or handler.

## Stand for N Ratination (On-Leash)

The principal features of this exercise are that the dog stand in position before and during the examination, and that the dog display neither shyness nor resentment.

Orders are "Stand your dog and leave when you are ready," "Back to your dog," and "Exercise finished." There will be no further command from the Judge to the handler to leave the dog.

The handler will take his dog to the place indicated by the Judge, and on Judge's order, the handler will stand and/or pose his dog on leagh by the method of his choice, taking any rosefabie time if he chooses to pose the dog as ine swow ring.

When he is ready, the handler will stand with the dog in the heel position and g'e nis command and/ or signal to the dog to Say, wak forward about 6 feet in front of the dog, farn arsand, and stand facing ie dog. The handler w hold the leash in one or hot hands. Hands vill ye close to the handler'spo (y)

The Judge shatrapproach the dog frorphefront, and shalr touch only the dog's head, yoop, and hindsuartrs, using the fingers and panre of one hand
 wherg pon the andler shall as around behind his dog and retunt the Heel@gition. The dog must Jemain skang until after, the Judge has said "Exerdig anished.; $Z$ Stand Ior Exanflation, Scoring The scorishis exercise will not start until the andler batgien the command and/or signal to Stay, gradt for such things as rough treatment of the dosta it handler or active resistance by the dog to its Natyler's attempts to make it stand. Either of Cote shall be penalized substantially.

A dog shall be scored zero if it displays shyness or resentment, growls or snaps at any time, sits or lies down before or during the examination, or moves away from the place where it was left either before or during the examination.

Minor or substantial deductions, depending on the circumstance, shall be made for a dog that moves its feet at any time or sits or moves away after the examination has been completed.

## Recall

The principal features of this exercise are that the dog stay where left until called by its handler, and that the dog respond promptly to the handler's command or signal to "Come."

Orders are "Leave your dog," "Call your dog," and "Finish."

On order from the Judge, the handler may give command and/or signal to the dog to stay in the Sit
position while the handler walks forward about 6 feet to the end of the leash, where the handler shall turn and stand in a natural manner, hands at the side, facing the dog.

On Judge's order or signal, the handler will give command or signal for the dog to Come. The dog must come directly in at a brisk pace and sit straight, centered immediately in front of the handler's feet, close enough that the handler could readily touch its head without moving either foot or having to stretch forward. The dog must not touch the handler or sit between his feet.

On Judge's order, the handler will give command or signal to Finish and the dog must go smartly to the Heel position and Sit. The manner in which the dog finishes shall be optional with the handler provided that it is prompt and that the dog Sits straight at Heel.

## Recall, Scoring

A dog must receive a score of zero for the following: not Staying without additional command or signal, failure to Come on the first command or signal, moving from the place where left before being called or signaled, not sitting close enoranso that the handler could readily touch its h ad jitnout stretching or moving either foot.

Substantial deductions shall be made for a sloy response to the Come, varying woty the extent af *e slowness; failure of the dog $\mathrm{Oc}_{\mathrm{co}}$ pe at a brke tro or gallop; for the dog's standin. or ying doninistead of waiting in the Sit pesition for failues Sit in Front; failure to Firs) Sit at Hes( OMor extra command or signal Sst or Finised.

Minor to suthatar ial deductions shall be nage depending on the specific ci whstancegitheach case for failure to come directix into the bapale.

Mneryeductions arid be made ar slow or poor Suts Pinishes whicbare not 4 oft or smart, for Naching the havdler on comi gom or while finishing, and for situing betwe handler's feet.

The principal feature of these exercises is that the dog amain in Ae fiting or Down position, whichever is requiredby the particular exercise.

Orders ae "Sit your dogs" or "Down your dogs," "Leave your dogs," and "Back to your dogs."

All the competing dogs in the class take these exercises together, except that if there are 12 or more
dogs they shall, at the Judge's option, be judged in groups of not less than 6 nor more than 12 dogs. When the same Judge does more than one SubNovice class, the classes may be combined provided there are not more than 12 dogs competing in the combined classes.

The Judge shall divide the class into approximately equal sections. The Group ex Acises shall be judged after each section. The oegs tat are in the ring shall be lined up in catelog order along one of the four sides of the ring

For the Long Sit tha hanglers shall, on order fron the Judge, commatd andar signal their dogs to 11 y they are not alreac sitting. On further order fro the Judge to eave their dogs, the handler sh(i) yive a command arturn signal to Stay and iphearately leave the dogs. The handlers will ydik Gout 6 feet to the end of the leash, turn, holding heir leash in dog.

If a dog et up and st.05to roam or follows its handlert or a dog moves so as to interfere with anotloty the yd ? hall promptly instruct the ha nover or one pry ho Stewards to take the dog out of Ge ing or toxefit away from the other dogs. After 1 gute from the time he or she has ordered thathandlers to leave their dogs, the Judge will (iv) the order to return, whereupon the handlers rius promptly go back to their dogs, each walking 2youd and in back of his own dog to the Heel position. The dogs must not move from the Sitting position until after the Judge has said, "Exercise finished." The Judge shall not give the order "Exercise finished" until the handlers have returned to the Heel position.

Before starting the Long Down, the Judge shall ask if the handlers are ready. The Long Down is done in the same manner as the Long Sit except that instead of sitting their dogs, the handlers shall, on order from the Judge, down their dogs without touching either the dogs or their collars, and except further that the Judge will order the handlers to return after 3 minutes. The dogs must not move from the Down position until after the Judge has said, "Exercise finished."

The dogs shall not be required to sit at the end of the Down exercise.

## Group Exercises, Scoring

During these exercises, the Judge shall stand in such position that all the dogs are in his or her line of vision, and where he or she can see all the handlers in the ring without having to turn around.

Scoring of the exercises will not start until after the Judge has ordered the handlers to leave their dogs, except for such things as rough treatment of a dog by its handler or resistance by a dog to its handler's attempts to make it Sit or lie Down. These shall be penalized substantially; in extreme cases, the dog may be excused.

A handler whose dog assumes a position in such a manner that it could interfere with an adjacent competing dog shall be required to reposition his or her dog and shall be substantially penalized also; in extreme cases the dog may be excused.

A score of zero is required for the following: the dog's moving at any time, during either exercise, a
substantial distance away from the place where it was left; or going over to any other dog; or staying on the spot where it was left but not remaining in whichever position is required by the particular exercise until the handler has returned to the Heel position; or repeatedly barking or whining.

A substantial deduction shall be made for a dog that moves even a minor distance arayfroth the place where it was left or that bohs on hines only once or twice, or that change its povition after the handler has returned to the hed position and before the Judge has given the -rder 'Exercise finished."

Depending on the circunstance, a substantial or minor deduction sha be made for touching the de or its collar in etting the dog into the Dowergs. tion.

The Iudg shall not give the order "exyelse finished' ${ }^{\text {ntil }}$ the handlers have reurned to the Heel

# Pre－Novice Training Outline 



## Pre-Novice Lesson One

## Sit and Accept Praise

1. Dog Sits Still by Trainer's Left Side and Accepts Praise: Dog standing at left side, hold lead in right hand close to collar; put left hand, thumb towards the body, on dog's rear. Command "Sit" one time; quickly pop straight up with right hand as left hand pushes down and slightly forward. Praise enthusiastically as dog sits; continue to praise. Every time dog starts to move, command "No" and pop straight up. When the dog stops moving, praise enthusiastically. If dog gets up, begin again. After several seconds, give "OK" release, move from sit, praise.

Goal: Dog, sitting straight and still, accepts exuberant praise.
2. Dog Sits Still and Watches Trainer: Dog sitting still at left side, accepting praise, start to get its attention. Command "Watch Me" (repeat fre-quently-encouraging tone) as left hand scratches dog's right ear and right hand, still on lead close to collar, lifts dog's chin towards you, praise. After several seconds, give "OK" releas', my ve from sit, praise. If dog moves befor retrased, trainer has advanced too quickly; rewnw Step 1. advance only when dog perforns-diably.

than waist level, 8 to 10 inches away from the body, ready to make corrections.

1. Dog Alert to Trainer's Motion: Dog standing at left side, assume proper lead hold. Using enthusiastic vocal praise, briskly walk tw ids distraction. When dog's attention w/ders ace dog, move to end of lead; simultaneously pop towards you, praise, charge backwar praising. When the dog catches you, prare. Repeat the exercise.
Goal: Dog is at entive and alert to trainer's mation, ignores distryant, won't let lead tighten.

## Controuled Walking-Stepawo

Lead Hold and Hand Position: Placeright thumb
throug the lead's looped hande. gather up some sla k and plase ever right @ub or index finger; close fingrrs around en $B$ lead. Left hand grasps lead firm, making fist directly below right hanf he lead and ways be loose, with the maspointing figher than was level, by left hip, close to your body, reatoo make corrections.
2. Dogkilks at Trainer's Left Side: Dog standing 2nus side, assume proper lead hold. Walk Dord briskly, talking enthusiastically to dog. Dog Keeps Up and Watches Trainer: If dog is attentive and walks close by left side, use enthusiastic vocal praise to motivate the dog. Dog Lunges: If dog walks in front, simultaneously pop straight towards you, praise, briskly move backward praising. Or, do a quick right about turn, keeping feet together, pop straight forward after the turn, praise. Dog is to you, praise, begin again. Repeat as needed. Dog Lags: If dog walks behind, quickly turn to face dog; simultaneously pop straight towards you, praise, then charge backward praising. When dog gets to you, praise, begin again.
Dog Looks Away-Or Isn't Close to Left Side: If dog is inattentive or is not close to the left side, quickly face dog; simultaneously pop straight towards you, praise, then charge backward praising. Dog catches you, praise, begin again.

Goal: Dog walks close by trainer's left side, eyes on trainer, tail wagging.

## Pre-Novice Lesson Two

## Heeling

Before Beginning: Review training terms, pages 2 and 3. Study Heel Position, heeling lead hold and hand position, "pop"-lead correction, and praise.


## Heeling-Starts: Dog sitting

 in heel position, watching trainer. Say dog's name, command "Heel" as you simultaneously pop forward, praise, step off on left foot, walking forward briskly, talking enthusiastically to dog. Practice starts, using automatic corrections, until dog responds quickly to "Heel" command.Heeling: Make heeling a game; use enthusiastic vocal praise throughout the entire exercise to motivate the dog.
Moving Left-‘U"-Turn
While heeling, change direction by mang a tight 180-degree Left-About-Face. As ygunu hop behind your body, praise, quickly aring knees un to surprise the dog (for a smal $-\operatorname{dog}$, stide feet), pop forward coming out of earn praise. After several weeks, occasional y el minate learad knee corrections.
Heeling-Antonatic sirstep ne
Command S Pop Up-GHsh Downinvie heeling whod dog in pefect heel portion and withou 1 wing do $\times \mathrm{n}_{\mathrm{m}}$ at the rig ti and on $x$ ead close to colnar, yrepare to stox. As you GAFa stop, coil mand "Si" w.in right hand as the left hand (tyind pwards your bod $O$ pushes down and slightly forward on dog's rear. Dog quickly sits in heel position, praise. If dog doesn't sit straight in heel position, step forward and repeat entire step.


Place dog in sit position every stop during the first week of training.

## Corrections for heeling problems

Heeling-Problems: Never correcruth the voice while heeling; make lead cortentions only with immediate praise. Be critip of heel position. The moment the dog moygonu of position, make the appropriate correctio pr ise, continue heeling. Minor Lunge (1 to 3 Inches: Pop back, phi@ enthusiastic ili) ar do a quick, tight 90-dehteft turn. As yo tur), pop behind your bod, wekly bring hees up to surprise dog (small fors slide feet \%popforward coming out of 1 rn) praise. Minor Lag of 1 to 3 Inches: Po, Forward, praise en husiastican .
Severe orysistent L $\|_{\text {ge or Lag: See Lesson }}$ One, Tontrolled Walkin!-Step Two, Dog Luge- $\operatorname{Dog} \mathrm{Hag}$ ?
Fealing Too $\mathcal{C}$ ge: Make a quick 90 -degree left vurn or left urn, using lead and knee corrections.
Healing Too Wide or Looks Away: Make a quick ondegree right turn, pop forward after turn, praise.

30-Second Sit-Stay-Directly in Front: Dog sitting in heel position, assume heeling lead hold. Take left hand off lead; command "Stay" as you swing left hand, palm towards dog, fingers pointing down, in front of dog's nose for hand signal. Step out on right foot, pivoting directly in front of dog. Both hands are on lead, close together (no slack in lead, but no tension either), ready to give corrections. Watch your dog! Command "No" and pop straight up for any movement or lack of attention. Command "Watch Me" (demanding tone), turn dog's head towards you. After several seconds, pivot back to heel position, give "OK" release and extra praise. Absolutely no praise from in front;

extra praise at end of exercise. If dog stands before released, you are too late to make a
correction, begin again. Gradually increase time directly in front to 30 seconds.

## Pre-Novice Lesson Three

## Heeling

Before Beginning: Review Lesson Two; know Corrections for Heeling Problems. Keep lead loose, snap pointing down or horizontal. Heel around distractions; be ready to give quick, effective corrections. "Pop" with praise! Make heeling fun; never correct with the voice; use lots of praise.

Stationary Right-About-Turn: Dog sitting in heel position, assume Heeling Lead Hold with extremely slack lead. Command "Watch Me" one time as you quickly make 180-degree Right-About-Face, put hands down low to pop forward after turn, praise; move forward quickly. Dog reaches heel position, praise, continue heeling; or give "OK" release.
Goal: Dog watches on command and does quint tight Right-About-Turn. This exercise refitocus "Watch Me " command and establishot a ou dation for moving Right-About-Turp.

## Heeling-Automatic si4-Step, iwo

Command "Sit"-Pop Up whic heeling with correct Heeling Lead Hold, with dog Orerfect heel position, wit 0 , hand on lead dirtac below left hand, prepaito * stop. As ygusiap, omman CS'? quickly mop straight ondog sits in heelposition, ©rate. If $\operatorname{dog}$ gits slowy, sits conned, or doesintst, praciee utomatiestestep Oesson Two. Ay re pate Stepscreand Twg areeded.
Rendorysit
Rein 0 rc $\Leftarrow$ st" Contmapd: Assume Controlled Waking Lead 1 1g (see Controlled WalkingStep Two, L/ssom Qne). Give "OK" release, get dog exci-d, rommand "Sit," step towards dog as you pop straight up, praise. When dog sits, praise, give "OK" release, praise; then repeat. Practice around major distractions; gradually eliminate step towards dog and correction.

## Informal Comefore

Dog Comes While Heeling: While feling with dog in perfect heel position, say dogs name, simultaneously command "Come, Fop towards, praise, trot directly backward, r , ising. Dog is to you, throw arms out, give ' $\mathbf{~} \mathrm{K}^{\prime}$ ' release, praise. If dog runs past you, pi by to face dog, pop towards you, praise, perkepackward praising. Af On
several week, when dog pivots towards several week when dog pivots towards you "Come" command, occasionally eliming correstion
Goal: While heeling, dog responds alickly to "Cgme" comprand,runs to canchrainer.

1-Minusit-Stay $\mathbf{x}_{2}$ steps in Front: Dog sitting aneel position, sume heeling lead hold. dommand siny using voice and signal. Step out on righ fortaking two small steps forward; turn to faas Qg. Command "Watch Me" (demanding tone Uhrn dog's head towards you. Both hands ace. lead, close together (no slack in lead, but
fo tension either), ready to give corrections. Be
ready to command "No" and pop straight up for
any movement or lack of attention. After 1 minute,
fo tension either), ready to give corrections. Be
ready to command "No" and pop straight up for
any movement or lack of attention. After 1 minute,
fo tension either), ready to give corrections. Be
ready to command "No" and pop straight up for
any movement or lack of attention. After 1 minute, pivot back to heel position, give "OK" release, praise. Absolutely no praise from in front; extra praise at end of exercise! If dog stands before released, the correction is too late; begin again.


Goal: Dog sits quickly on command.

## Pre-Novice Lesson Three-continued Sit-Stay with Trainer Motion

Jump to the Right: Dog on Sit-Stay, trainer two small steps in front, facing dog. Hold lead in right hand; command "Watch Me" and quickly jump to the right. If dog moves, command "No" as you step towards the dog sliding left hand up lead to pop straight up. Step back in front of dog, repeat entire exercise.

Jump to the Left: Same As Jump to the Right, except reverse lead hold, putting left thumb through the lead's looped handle, gather up some slack and quickly jump to the left.

Return to Dog: After jumping, pivot back to heel position, give "OK" release, move from sit, praise. Occasionally do a series jumps before returning.

Goal: Dog, intensely watching traker's motion, maintains sit position.

## Pre-Novice Lesson

## Heeling

Before Beginning: Review Lessons Two and Three. Practice all heeling exercises.

Moving Right-About-Turn: While heeling, do tight 180-degree right-about-face, keeping feet close together, pop forward after turn, praise; continue heeling.
Change of Pace-Slow: While heeling, siment neously change to slow pace, pop bac pape. Change back to normal pace with gop oryard and praise.

## Heeling-Automatre sitStep Three

Eliminate Command and Correctip 8 hile heeling with conrergleeling Lerd Nold, witbdog in perfect heel pasion, withou, srowing dank put righthyto lead diect y below' kat hond, prepare stop. Read he dog! As yo Copp, sopretimes commar@ss," dog sis $\$$ neel
 Als and correction. Altemkte Steps One ${ }^{11}$ ough Three. Gradually elimenate comman and correction. If dog sits slow its crooked, ondoesn't sit, practice -Celing-Autongtiç Sit-Steps One and Two. Goal: Fast, stand automatic sit, no correction needed

## Random Recall

Dog Cume.While Distracted: Assumg Controlled Welking Lead Hold (see Contralld WalkingSipsOne andTwo, Lesson (are). Random sidations when dog is dis rasted, turn to face dog; sax (og)s name, c fihand "Come," pop towackou, praisp briskly move away from dog (ryaising. Were dog comes, throw arms Wut, give " QR (i) lease, praise, repeat. If dog runs past, pingeto fice dog, pop towards you, praise, move appraising. After several weeks, when dogex pots towards you on "Come" command, accas onally eliminate automatic correction. 4 Dog ignores distractions, responds quickly to "Come" command, runs to catch trainer.

## Sit For Examination

Dog Examined by Trainer: Dog sitting in heel position; put right hand on lead close to collar. Left hand examines dog's ears, eyes, mouth, back and paws. Praise during examination. Command "No" and pop straight up for any movement or lack of attention. After examination, give "OK" release, move from sit, praise.

Dog Examined by Others: Dog sitting in heel position, command "Stay," pivot directly in front of dog. Both hands on lead, close together (no slack in lead, but no tension either), command "watch me." Person approaches and touches dog's head and back. Be ready to command "No" and pop straight up for any movement or lack of attention. After examination, pivot back to heel position, give "OK" release, move from sit, praise.

## Pre-Novice Lesson Four-continued

## Down

Teach Down Command: Dog sitting in heel position; bend down, slide lead under left foot, keep heel on ground. Put both hands on lead, below looped handle; command "Down" (repeated frequently-encouraging tone) and quietly praise as you gently pull slack up under the foot, applying a steady pressure to the training collar. As dog makes any downward motion, slowly pull slack under the foot so continuous collar tension is maintained. Be patient; go slowly! Keep both hands on lead and heel on ground; continue to repeat "Down" command and quietly praise, patiently waiting for dog to assume down position. When dog downs, praise and release collar tension; but keep left foot on lead and beth hands ready to re-apply slight downward pirssurv should dog start to get up before released. Continue to praise. After 10 to 20 seduce, give "OK" release, move from down, praise.
If Dog Stands: Left foot stays woad to maiman steady downward pressur ;turn with $\operatorname{dog}$. needed. Keep both hansen lead to ad ustslack; continue to repeat "Down" command (6) quietly praise as you parer ait for dos to down. If Dog Fights: Release pressure nd begincagan. Trainer besanaced too quickly! Dog shovel not become fir tic if train\% proceeds slow 6 ste dy even, collar Cogon, and on y adjusts slack aldo hakes do ny ard motion $Z$
ArMour Four Get Caught 1 nthap: Keep heel On ground, reach down Nh left hand and slide snap yare the foot yo asieady downward pressure, maintained ${ }^{\text {a }}$
Goal. Dog lear assuming a down position releases callactension.

## Sit-Stay-Step Three

3-Minute Sit-Stay-2 Steps in Front: Same as Sit-Stay-Step Two, Lesson Three, except dog must stay for $\mathbf{3}$ minutes, and trainer should praise quietly during the exercise.
Return to Heel Position-Circle Dog: Dog on Sit-Stay, trainer two small steps front, facing dog. Return to heel position 1 cm Jig around dog to the right. While circling, told slack with left hand, keeping lead on dress right side. Correct for any movement with "No" and pop straight up. When back heel position, give "OK" release andextra praise.


## Pre-Novice Lesson Five

## Heeling

Polish Heeling Exercises: Continue to review all heeling exercises. Train in new, distracting places; insist on attention and proper heel position. Keep an enthusiastic attitude; use lots of praise.
Zig-Zag Heeling: While heeling, zig-zag smoothly right and left. Pop forward or behind your body as needed to keep dog in heel position.
Change of Pace-Fast: While heeling, simultaneously change to fast pace, pop forward, praise. Change back to normal pace with pop back and praise.

## Informal Recall

Dog Comes from Sit-Stay: Dog sitting in heel position, command "Stay" using voice and signal. Walk straight away to end of lead; turn to face dog. Say dog's name, command "Come" as you pop towards you, praise, charge backward praising. Dog comes, give "OK" release, prave. If dog runs past, pivot to face dog, pop towa ds you, praise, move backward praiging. To eliminate anticipation, alternate $\mathrm{In}^{2}$ rmat Recall with Sit-Stay; vary time dog simy berore callians When dog comes quickly elim pate corrextion.
Goal: Dog maintains Sit-Stay, en runs quicNly to trainer on "Come" ammand.
Stationary 9 onefors
Teaches C.m. Position: Dossting in bee posi-tion-put buth hands an ead, close pet er, no hig organ waist le Eno slack i lead. Comnapa Come"avel step back right foot, pop Owards yon, graise; takedo mbre than two or Whree steps backward. Vandog is straight in front apumand " 5 t, pop straight up, praise. Log its in come position, pivot back to heel pu ition, give ${ }^{(O) " \text { release, praise. If dog }}$ doesn't sit \&raigh and close in front on first comman (n, inmediately abort exercise with "OK" and praise. Practice Random Sits, Lesson Four, until dog always responds promptly to "Sit" command; then, repeat Stationary Comefore.
Goal: Dog goes from heel position to come position; sits straight and close in front.

## Flip Finish-Step One

Finish Exercise: This exercise teaches the dog to go from come position to heel position.
Pop Up and Step Right: Dog sittingrin heel position, command "Stay" using voice anc Agnâ, pivot directly in front of dog to corme position. Both hands on lead, close togetres no higher than waist level, no slack in lead- $-W_{1}$ it rapid action, simultaneously command " H pel," pop straight up, praise bring left knee 4 psideways, stepping forwar and to the righa, small dog, gently slide log (00t between do 's front feet), praise. Left feot (atds where fog's let hind foot was; contiy beeling.

## SiASty-Step Foyr

-Mi)ute Sit-s a, End of Ce, a, Dog sitting in neel pasi (On comman(18tay" using voice and signakstap out on righ loot; walk straight away to $\sqrt[1]{4} 91$ lead; $\times \mathbf{y}$ face dog. After 4 minutes, emar to heel(P) Mion, give "OK" release and extra praik Wactice Sit-Stay, Steps One through Four, aro 610 major distractions; demand attention.

## Dar(10) Correction

Nowns on Command: After spending 1 week teaching the "Down" command as directed in Lesson Four, teach dog to down on command. Dog sitting in heel position; hold lead close to collar with both hands (left hand palm up, right hand palm down, close fingers around lead). For small dog, hold lead close to collar with right hand. Command "Down," quickly give gentle downward pop over dog's right leg. Dog downs, praise, give "OK" release, move from down, praise. Practice around major distractions; gradually eliminate correction.
Goal: Dog downs quickly on command.

## Down-Stay-Steps One through Four

4-Minute Down-Stay-End of Lead: Dog down in heel position, follow format of Sit-Stay-Steps One through Four. Correct with "No" and a downward pop for any movement. Quietly praise when dog holds position.

# Pre-Novice Lesson Six 

## Heeling

Before Beginning: Continue to review heeling exercises, Lessons Two through Five. Be enthusiastic; keep a loose lead; train around distractions; insist on proper heel position. Keep it fun!
Heeling Test: Dog on lead, sitting in heel position; put lead behind your neck, then drape looped handle over your right shoulder. Command "Watch Me," take hands off lead. Command "Heel," give hand signal by moving left hand in same motion as pop, step forward confidently on left foot, praise enthusiastically. Practice heeling exercises; critically analyze dog's performance. First mistake, put left hand on lead, make necessary correction; continue heeling. If mistake continues, give "OK" release, assume correct Heeling Lead Hold, practice portion of exercise where mistake occurred several times with automatic correction; then, repeat Heeling Test.
Goal: Dog, with happy attitude, maintains heel position; fast, straight sits, no corrections nearea.

## Comefore

Dog Comes While Heeling-Sitin Come Posir tion: While heeling with derg in perfect hed position, put both handsce se jgether, mead, below waist level, no slacijn lead. Sayang's name, command "Ome" as you step eck on right foot, pop to ar ls you, presise, take no more than tur to gree steps.Jectward. Weredog is straigh ini frunt, commend "Sit," pap eraight up, praise. Oog sits in ${ }^{(1)}$ me position, 11 ot back to herpsition, giye "g $K$ " releasé, praise. If dog coen'sit straigh ard close in. Bit on first conmand, imefeasately abof e enercise with "OK" add praise. Pactice Rargm Sit, Lesson Four and Stationari Comefort ceon Five, until dog alyay responds quickiy to "Sit" command; then, rep at Comefor Atternate Informal Comefore and Comef
Goal: Whilhecling, dog responds quickly to "Come" command; sits in come position.

## Flip Finish-Step Two

Pop Up-Step Forward-Halt: Same as Step One, Lesson Five, except take one step forward, simultaneously halt, command "Sit," pop straight up, praise. Dog sits in beelposition, praise; give "OK" release, m/e fap/sit, praise. If dog starts to sit crooked continue forward motion or quickly tum left trore stopping. To eliminate anticipation alte, nate Flip Finish with Sit-Stay-Step Ope, Les_n Two.

## Stand Fof E, aminationSteps Rne and Two

10-Secord Stand-Stay-At Side: Dox sit ing in heel position hoy lead closea collar left hapo (all up,
 straig 1 Prenard andteft band lifts straight up under dog; dog cturne, praise. Command "Stay," remain at dog's od move left hand over dog's back, sides and houlders. If dog starts to sit, command "NoStand," then gently restand dog. Absolutely no lead correction, use voice control only! After 10 seconds, give "OK" release, move from stand, praise.
30-Second Stand-Stay-Directly in Front: Stand dog as in Step One, praise, place dog's feet in comfortable position. Command "Stay" using voice and signal, step out on right foot, pivot directly in front of dog. Command "Watch Me" as you lift up under dog's chin. Pivot back to heel position, give "OK" release, praise. Gradually increase time in front to 30 seconds. If dog starts to sit or move before released, command "NoStand" as you gently reposition dog.

## Sit-Stay And Down-Stay-Step 5

5-Minute Stay-End of Lead: Same as Lesson 4, Step 4, except gradually increase time in front to 5 minutes. Remember to praise, quietly!

## Pre-Novice Lesson Seven

## Heeling

Polish Heeling Exercises: Continue to review all heeling exercises; occasionally practice Heeling Test to analyze heeling performance.
Stationary Right Turn: Dog sitting in heel position, command "Heel," quickly pivot on heel of right foot turning 90 degrees, step forward on left foot, pop forward, praise; continue heeling.
Stationary Left Turn: Dog sitting in heel position, command "Heel," quickly pivot on heel of left foot turning 90 degrees, pop behind your body, praise, bring right knee up to surprise dog (small dog, slide foot), step forward on right foot, pop forward, praise; continue heeling.
Sliding Side-Step-Right: While heeling, take a side-step to the right, pop behind your body, praise, step forward on left foot, pop forward, praise; continue heeling.

## Recall

Dog Comes from Sit-Stay-Sits in Cofe $P$ sition: Dog on lead, sitting in heel position; \&mmand , "Stay" using voice and signal. Wau straight. away to end of lead; turn to trepest to face dad. Say dog's name, commad "Cume" as youpop toward you, praise, chared way prasing. (Occasionally hold lead ir left han Sinultaneously give ce npagn, correction, and hand signal by moving isht arm didelly out froin shoulder make huick monon wardstehst.) return a*remmediately to matural psition at side; chrge away praiemp Dog is ranging towards xou, ge her up tralek. Wherge is straight in Gropt, commandsit," prawe. Pog sits in come position, prowack to hé pesition, give "OK" release, praise. Whan 8 gy performs reliably, occafiopally elimintat motion and "Sit" commonarit dog doesn sit straight and close on fint commpa, abort exercise with "OK" and praise. Rénfyrce "Sit" command and come position wim Random Sits, Lesson Three and Stationary Comefore, Lesson Five. Alternate Informal Recall, Recall, and Sit-Stay. Remem-ber-in competition, trainer stands still!
Goal: Dog maintains Sit-Stay; responds quickly to "Come" command; sits in come position.

## Flip Finish-

Steps Three and Four
Pop Up and Stand Still: Dog on lead, sitting in come position. Both hands on lead, close together, no higher than waist level, no sher indead. Your right foot remains in posit on! Min rapid action, simultaneously command "Hed," pop straight up, bring left knee upsiddays then quickly back to original position sma dog, slide left foot between dog's font ferk, praise. Dog flips to heel position, CMmand "Sit," praise. Gradtr" eliminate (Sit' rommand. If dog doestrat ${ }^{\prime}$ frediately fip tobell position on commat pop stragnt up, praise, walk straigh thlefugh, contque heeling. Review Flip Fanh Steps One Tino, Lessons Five and Six. dog starts to sit c ooked, qu CNy'do a lef(tugn or left pivot before dog its.
Format nof(t) Standx the, hands at side, command "reel," deg APy to heel position, praise. Alternate Step 1
Goal: n finmand, dog quickly leaves come p $\Omega$ Horl by moving past trainer's left side, turning Cin in heel position.

## Stand For ExaminationStep Three

30-Second Stand—End of Lead: Stand dog as in Stand for Examination-Step One, Lesson Six. Stand for Examination-Step One, Lesson Six.
Command "Stay" using voice and signal, walk straight away to end of lead, turn to the


Two. . 3

## Pre-Novice Lesson Eight

## Heeling

Polish Heeling Exercises: Review all heeling exercises, Lessons Two through Seven. Keep an enthusiastic attitude; motivate the dog; correct only if needed. Occasionally practice Heeling Test to analyze heeling performance.

Stationary Left-"U"-Turn: Dog sitting in heel position, command "Heel," quickly do a tight 180-degree Left-About-Face, pop behind your body, praise, bring knees up to surprise dog (small dog, slide feet), step forward on left foot, pop forward, praise; continue heeling.

Spiral Right and Left: While heeling, make a large circle to the right or left, gradually decreasing diameter to small, tight circle. If needed, pop forward during spiral right; pop behind the body during spiral left to keep dog in heel position.

Circle Right and Left: While heeling, make a quick, tight, complete circle to the right ondot If needed, pop forward during circle rignt pop behind the body during circle left tokkep dg in heel position; continue heeling.

## Figure 8

Before Beginning: Dog mardsood Spiral Right and Left, Circle Rightand Deft, and (bayge of Pace.

Heel in Fiture 8 palt Figure 8: Heel in $\mathrm{F}_{\mathrm{l}}$ gur 8 pattery asound two objects (orpyoper, 8 feet a ary circling ine object firs. rrainer matatains the sam Cpeed and an en radius arourCopects. Doz must adjust pate tos ay in hed Pystion. Po Pgek going into le tiorn, pop onvard comipant of left turn, raise. If dog is ut of paificiron circumference, break exécise, heel pha) During training, somet Me circle sam object twice; sometimes sque-of cornes, conetimes do halts between objects. What o dutomatically changes pace during Figne \& pattern, eliminate corrections. To increase speed and improve heel position, use soft food treats to lure the dog around right object. Give the treat as the dog completes right lobe of Figure 8, praise, repeat.

## Flip Finish with

 Recall and ComeforeCombine Flip Finish with Recall and Comefore: When dog knows Flip Finish and come position, occasionally combine Finish wit Recalk and Comefore. After dog sits in cg e pafion, avoid anticipation of Finish by using a variety of exercise endings; sometime give "OK" release, praise; sometimes pilot bayk to heel position, give "OK" release some mes command "Heel' dog flips to heel pofition, give "OK" release praise.
Goal: Afte chargug to trainer and sittin، come position, Ag waits, watches trainer. thgir flips to heal posjion on command. Command " ${ }^{3}$ ars Using voice and signal. Walk straighta 4 to end of lead; turn to the left to face do Rave someone approach and touch dog $h$ ad and back. After examination, return to 1 ee position by circling around dog to the right. (2) nill circling, hold slack with left hand, keeping lead on dog's right side. Pause in heel position, give "OK" release, praise. If dog resists examination, immediately return to heel position, give "OK" release; then, practice Sit for Examination, Lesson Four, with automatic correction. When dog reliably performs Sit for Examination, repeat Stand for Examination.
Goal: Dog maintains position until released, watches trainer, accepts examination.


## 4-H Dog Obedience Score Sheet <br> Pre-Novice Class

Contestant's Number $\qquad$ Grade Division $\qquad$ Date

Name of Show $\qquad$ Judge


## TOTAL NET SCORE

RIBBON AWARDS (Dogs wlii be placed in Blue, Red and White award groups at the judges discretion. No minimum score is required to piace
in any award group.) In any award group.)
ORECONSTATE UNVERSTY $r$ ?
EXTENSION SERVICE


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[^0]:    Published July 1998.

