

## WAG Beginner Part 1 (Level 1A) – Week 1

### HOMEWORK

**Practice each exercise at least 3 times during the week for 5-10 minutes**

#### **Impulse Control**

- Hold food in closed hand and place hand near dog's nose. The dog does not need to be in any particular position
- Ignore dog's attempts to lick or paw the food from your hand.
- When the dog stops trying to get the food, open your hand. Close it again immediately when dog makes a move to get the food.
- Keep repeating the step in the bullet point above.
- When you can open your hand and the dog hesitates at least a full second without trying to get the food, then say "Okay" (or whatever your release word is) and allow the dog to get the food. You may need to move your hand towards the dog at first, or point to the food with your other hand.
- Repeat the process.
- DO NOT say "no" or "leave it". You don't want the dog to think he can't have the treat. He should be eagerly staring at it, but wait for permission to take it.
- As the dog gets better, make it harder by trying the following before releasing the dog to the food:
  - wait longer with your hand open before releasing the dog to the food (no more than a few seconds)
  - lower the open hand with the food towards the ground (just a few inches)
  - move the open hand with food away from the dog (just a few inches)

#### **Restrained Recalls**

- Have someone hold your dog, or toss a treat away from you to get them a few feet away from you
- Run away from the dog, looking over your shoulder on the side you want the dog to come to, and call the dog to chase you
- Continue running and looking over your shoulder until the dog catches you
- Keep the at your side with the toy or treat as they catch you and deliver the reward with the dog your side facing the same way you are (don't encourage the dog to wrap around and step in front of you, as that would be bad on an agility course)
- Play with your dog for 15-30 seconds. Play could be tug with the toy, shoving the dog and then jumping away, light rough-housing, or play like another dog would (crouch and freeze, then unexpectedly dodge to the side, like another dog play bowing and inviting your dog to chase).

#### **Practice Plank**

If you have a plank at home, continue to practice shaping your dog to get on the plank with all four feet. If he gets on, use rapid-fire rewards to keep him there for several seconds before calling him off. You should start to see your dog eagerly running to get on the plank every time you get it out.