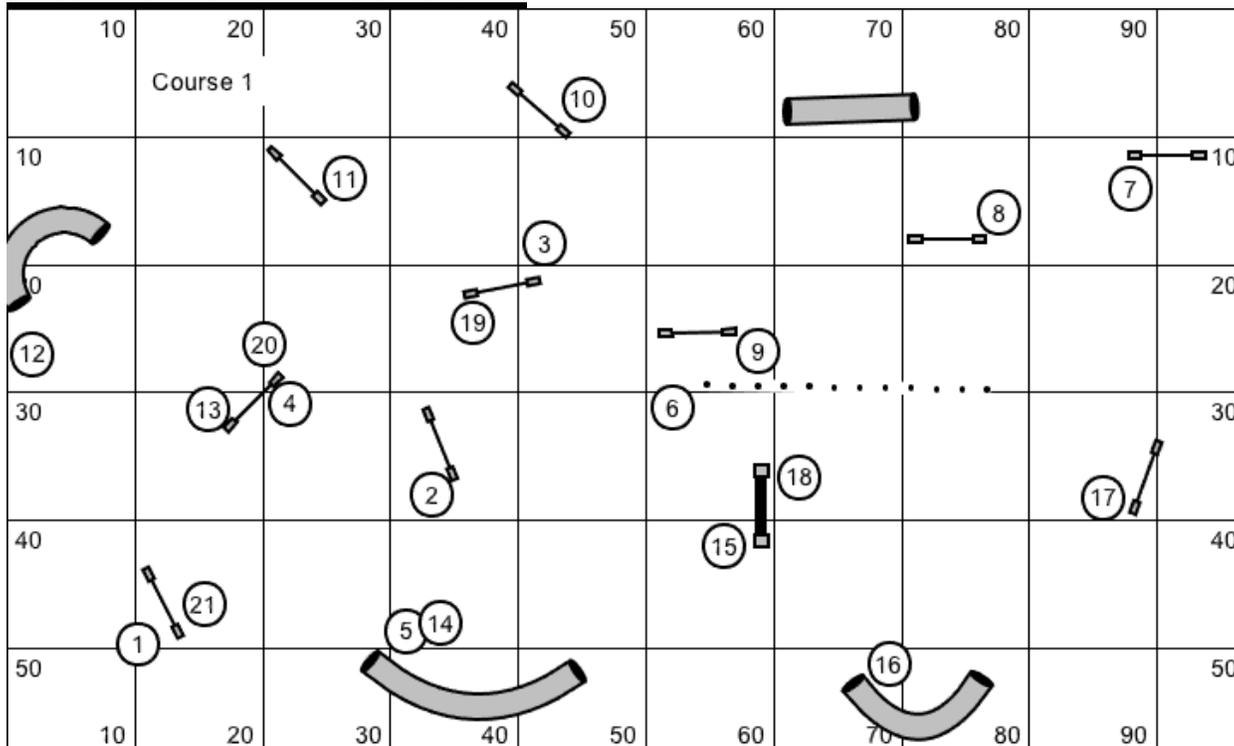


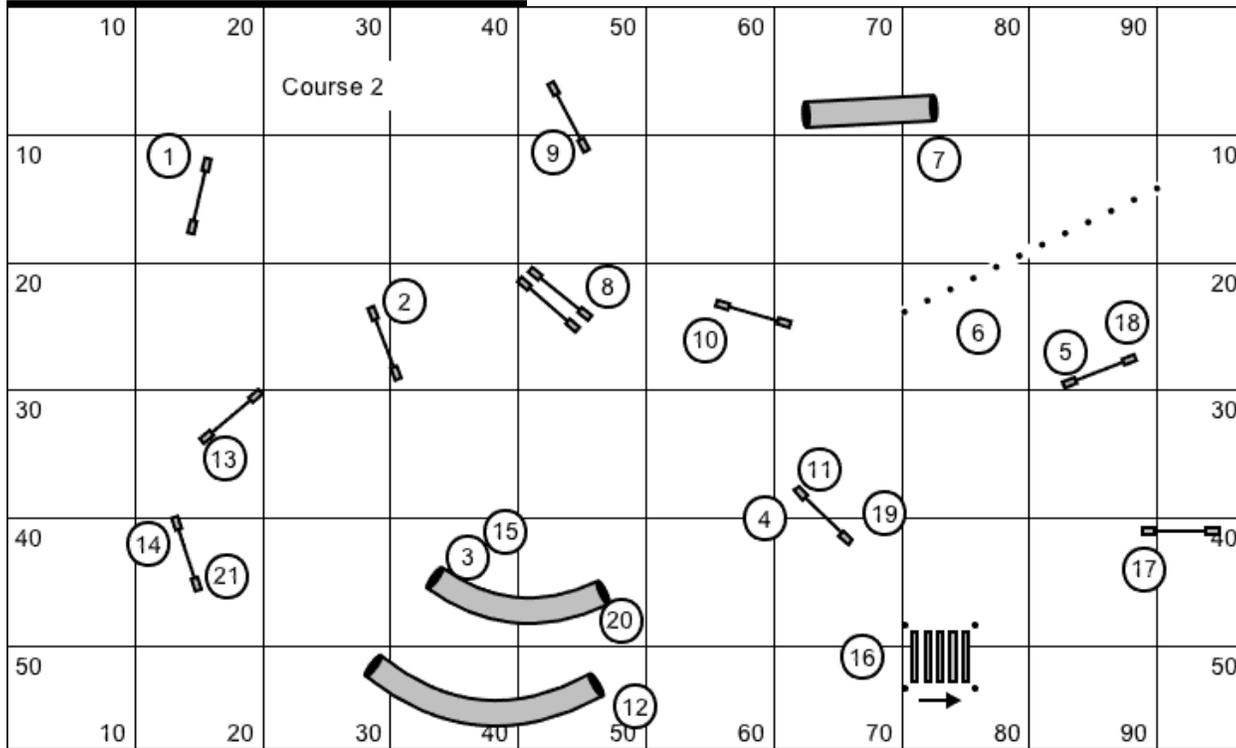
## International Courses

Tuesday nights at Shape Up is my favorite training night, its international course night from 6-9:30pm. We have 16 dog and handlers plus Jessica and myself training in a very high energy and exciting environment, this is to mirror the environment at the most competitive agility events. We start with a dynamic warm up for the handlers, led by one of my students, followed by a course build and a 5 minute walk through. We randomly draw the running order and ask that everyone runs in "competition mode" no training in the ring, just one shot. It is a good opportunity to run under pressure and practice pushing yourself to run hard and not play it safe. Before building the next course everyone has the opportunity to fix or reward one thing on course, the rest is homework. We repeat this for 3 different courses that I create based on different international judges. Sometimes we run jumpers, sometimes, agility, as you can see I try to nest a few things to make course changes quick. Here are the 3 courses we will be running next week. Jessica and I will be posting video of our dogs running the Tuesday night courses in the classroom so you can see our handling choices.

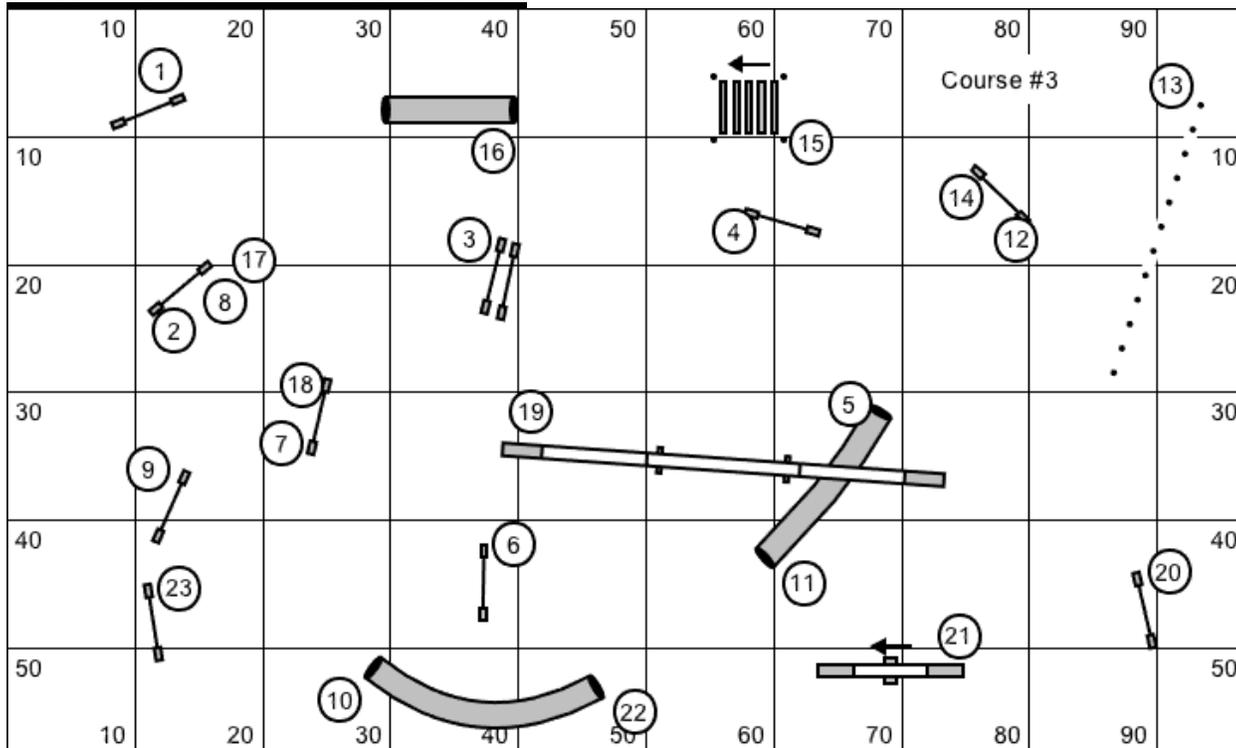
### International Course 1:



**International Course 2:**



**International Course 3:**



## Skill Proofing

Thursdays are all about skills! I run 4 drop in classes throughout the day, each 90 minutes where up to 9 students work through multiple drills to push our skills to the limits and continue to build more value and stronger understanding. We start each week with a back to basics skill review, putting value into a one jump or flatwork exercise, then we increase the level of difficulty to really challenge the dogs understanding. After that we break into station work that includes short drills to test and reinforce different skills. The environment is fast paced and most stations are timed at 1 or 2 minutes so the dogs on and off the floor many times throughout the class. In these classes we have dogs working at all different levels, the drills are meant to be able to flexible, lots of ways to break things down or make things more challenging for the most advanced dogs. Jessica and Lux take a working spot in one of the four classes and teach another so I can work Never in a different class. Between the two of us we will aim to provide video of our pups working through the skill stations, showing each exercise, our errors and how we work to build stronger understanding. The skills and drills change each week but include everything from handling skills to weave proofing, distance work etc.

## Warm Up Skills:

### Warm up - Backside Commitment

Testing your commitment to the backside using motion as a distraction

- send laterally and run hard straight ahead
- goal is to be approx 15' ahead when the dog lands
- dont help with arm or dropping shoulder
- work both sides

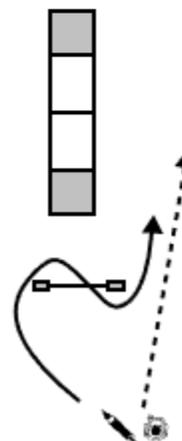


### Proofing Backside Commitment

Testing your commitment to the backside using a high value obstacle, could be a tunnel, contact, weaves

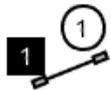
As dog drives to the backside, they will see forward motion from the handler and an obstacle in their face

To build more value for commitment, try to toss the reward back on landing



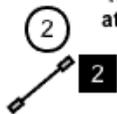
## Throw Back Drills:

### Throw Back Drills



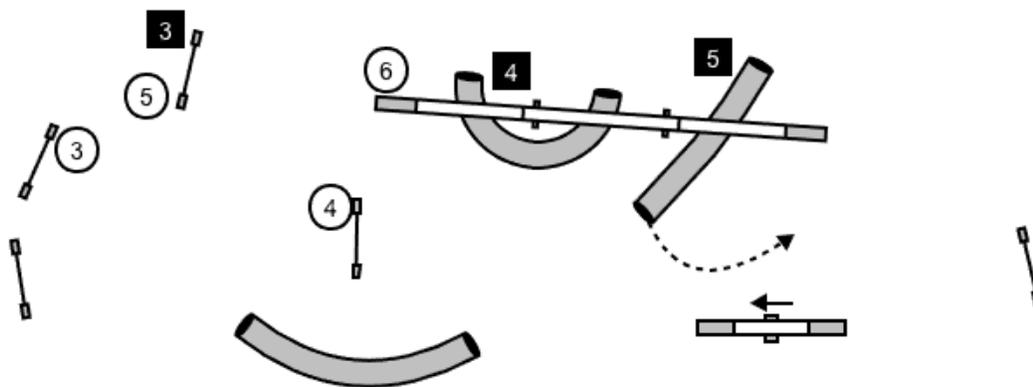
White circles:

- Lead out for a throw back blind on #3
- Leave nice and early so you can get a FC at 4
- Push to the neck of 5 and reward contact
- If you leave early enough, dog should not look at off course jump after 3



Black Squares:

- Throw back blind on 2
- leave early to get ahead for Threadle into tunnel
- continue to move forward to get another threadle into tunnel 5, making sure dog sees forward motion reward for left turn out of tunnel

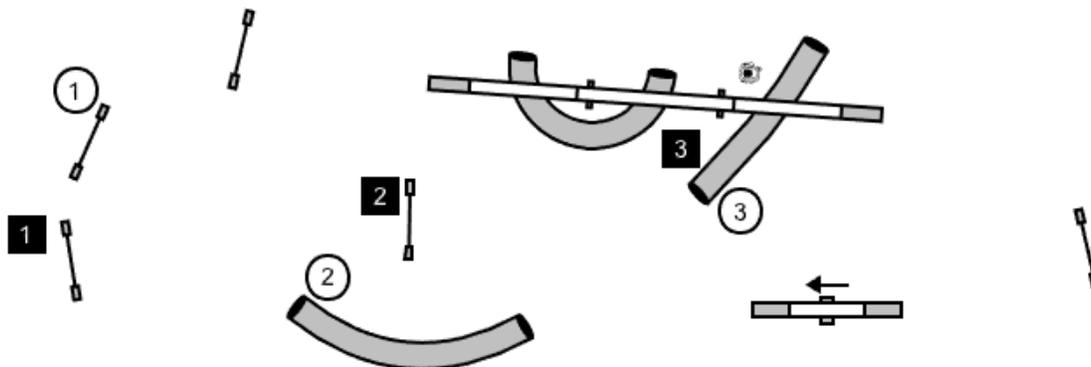


## Layering Lead Out Skills:

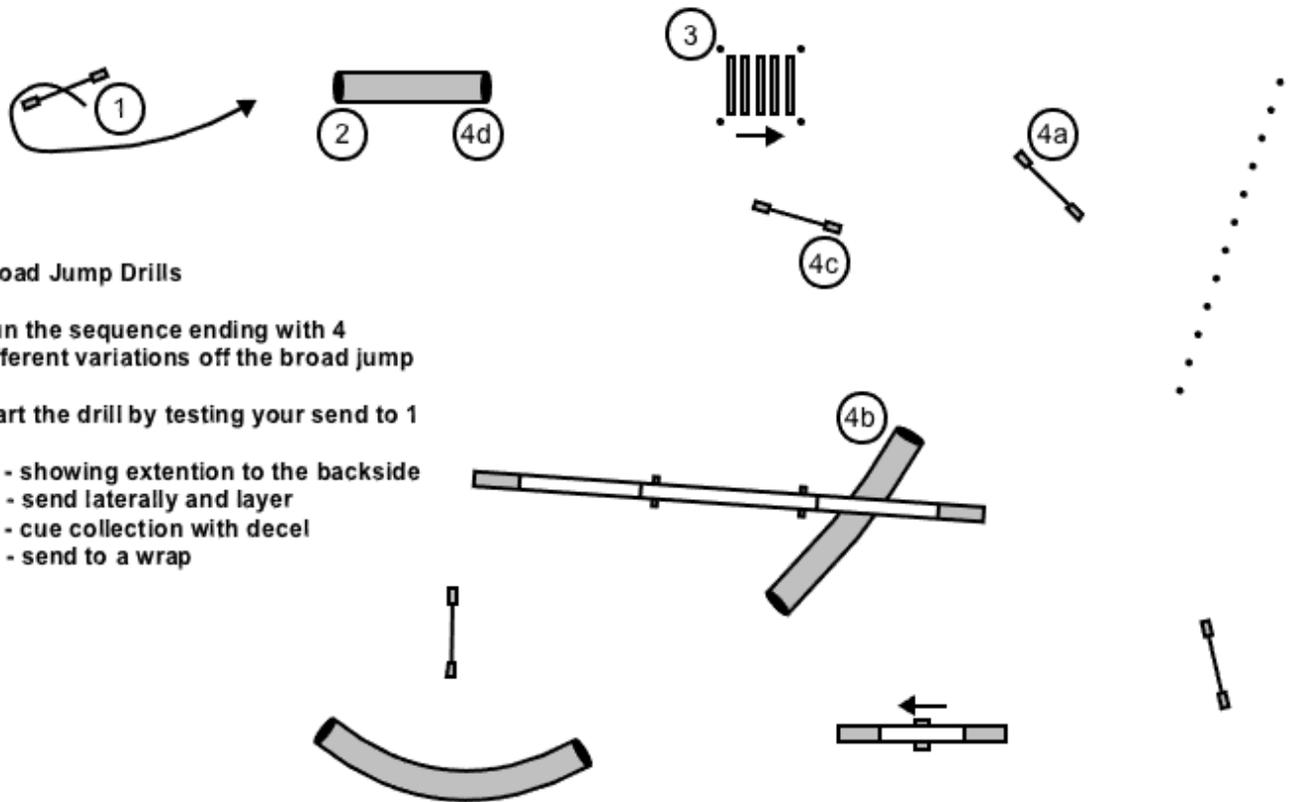
### Lateral Lead out and Layering

Work on rewarding the dog for driving different lines from a lateral lead out

- use verbals to help
- set the dog up on the appropriate angle
- to make it easier start closer and build distance
- toss reward on the dogs line



**Broad Jump Sequences:**



**Broad Jump Drills**

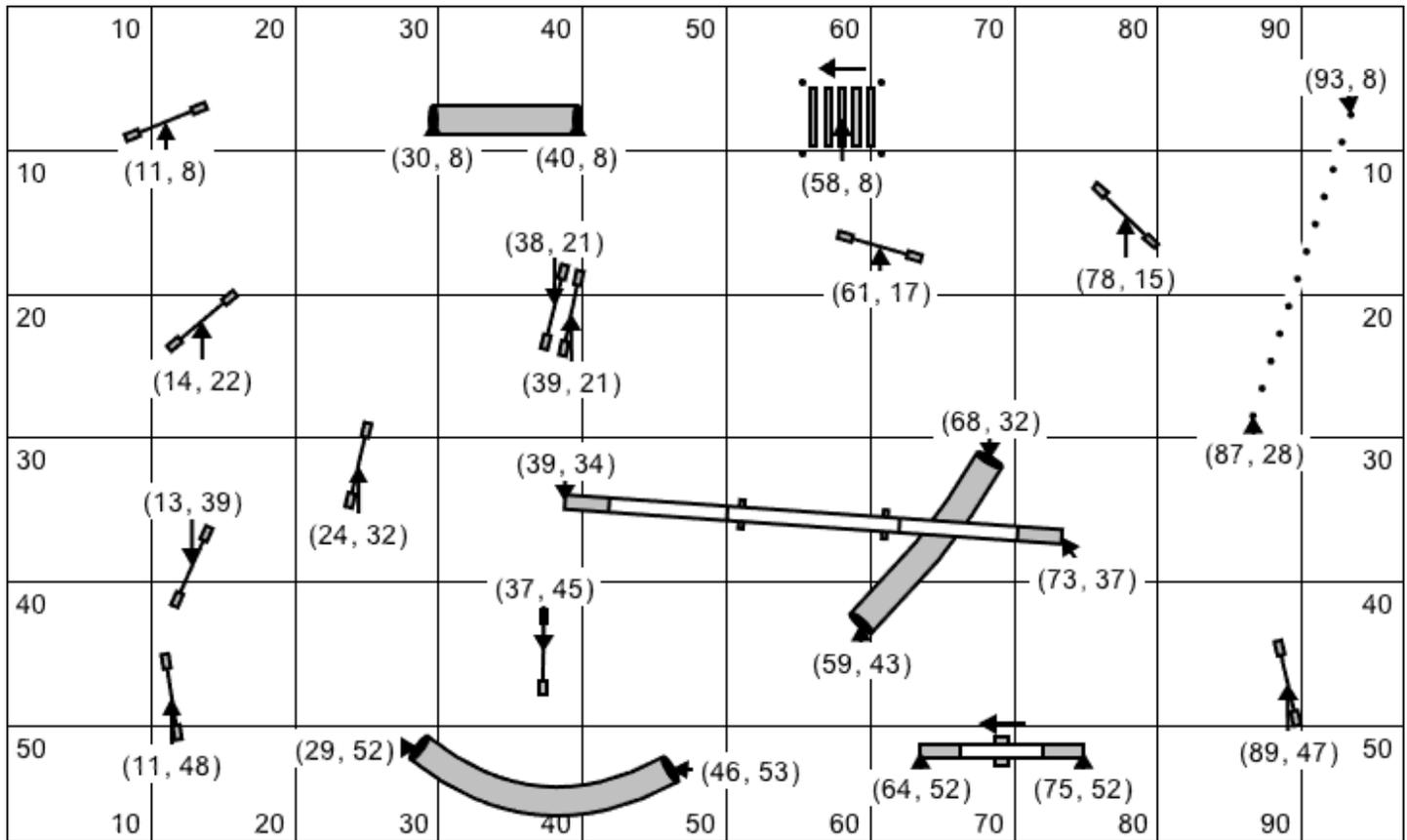
Run the sequence ending with 4 different variations off the broad jump

Start the drill by testing your send to 1

- 4a - showing extension to the backside
- 4b - send laterally and layer
- 4c - cue collection with decel
- 4d - send to a wrap

**Weekly Set Up**

Also provided in these lessons will be the weekly set up we use here in Edmonton. We keep each set up on the floor for 2 weeks which gives everyone lots of opportunity to come and train any homework. Along with the weekly set up, I provide my local students with 3 extra course numberings in case they need some training inspiration. These courses are all built on the same set up so there is no course building and lots of different challenges to work through.



**CRCD:**

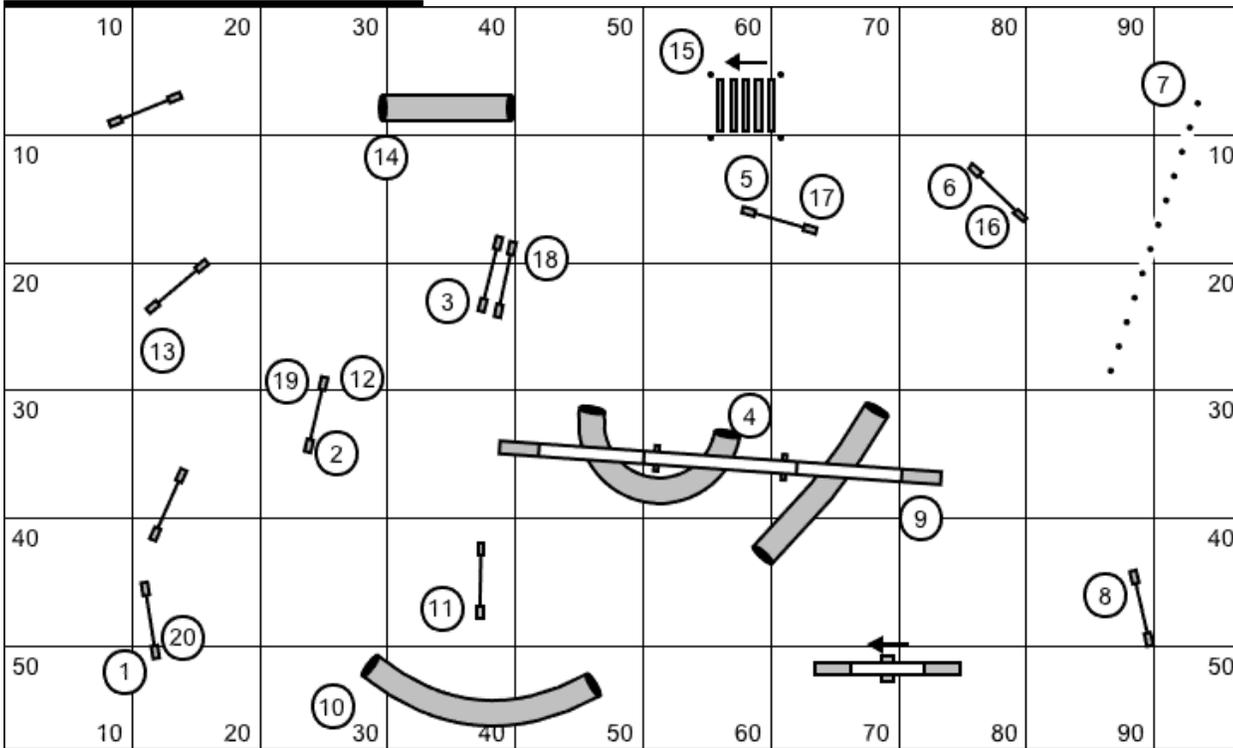
Begin Course Designer  
Version 4

For a free viewer, go to [www.coursedesigner.com/viewer](http://www.coursedesigner.com/viewer)

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End Course Designer

**Practice Course 1:**



**Practice Course 2:**

