

## **Agility Foundations for the Adolescent Dog**

### **3 Session Curriculum:**

#### **Session 1:**

##### **Week 1:**

- Platform Work: Beginning Start Lines
- Driving Forward – “Go” – Without Handler Motion
- Speedy Returns – Following the Handler

##### **Week 2:**

- Continued Platform – Building Distance
- Driving Forward – “Go” – With Handler Motion
- Wing Wraps – Offering to Wrap (No Handler Motion or Cues)

##### **Week 3:**

- Following the Handler On The Flat – Handler vs Obstacle Focus
- Obstacle Commitment – Sending to obstacles and moving away

##### **Week 4:**

- Lateral Push – On the Flat
- Lead Changes – On the Flat
- Tandem Turn – On the Flat

##### **Week 5:**

- Wing Wraps – Send to Wing
- Zen Sit – Beginning Rear Cross

#### **Session 2:**

##### **Week 1:**

- Wing Wraps – Obstacle Commitment
- Rear Cross – Head Turns and Send on the Flat

##### **Week 2:**

- Offering Jumps – Using the whole jump, bar on the ground (Frontside and Backside)
- Blind Cross -On the Flat

##### **Week 3:**

- Adding the Send after a Wing Wrap
- Handler Focus – 90 degree turns
- Lead Changes with Wings (Front and Blind)

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## **Agility Foundations for the Adolescent Dog**

Week 4:

- Front Cross - On a Wing
- Lateral Push – On a Wing

Week 5:

- Handler Focus – 150 degree Turns On the Flat
- Handler Focus – Sends vs Rhythm Changes

Session 3:

Week 1:

- Flip Away – On a Wing
- Send to Backside and “Go”

Week 2:

- Lap Turn – On a Wing (Threadle Rear)
- Rear Cross – On a Wing

Week 3:

- Send to Back and Front Cross (On a Wing)
- Handler Focus vs Rhythm (Sends vs Rhythm – On a Wing)

Week 4:

- Forced Front - on a Wing
- Handler Focus vs Rhythm (Sends vs Rhythm – On a Jump – Front or Backside)

Week 5:

- Lead Changes – Over Jumps