

## GB Training Instructions

### General Information:

1. Always do some warm-up training with your dog before starting any sports (a bit of running or some easy exercises to start with).
2. Never train on a full stomach or feed your dog just after the training. Small snacks as a reward are allowed.
3. Slowly increase the tasks your dog should perform and do not expect too much of him.
4. Adjust the sport to suit your dog and please consider the breed, age, capabilities and size of your dog.
5. Plan in extra time for breaks during the training, so that your dog does not overexert himself and continues to have fun. Always provide a bowl of water for drinking and let him catch his breath after drinking.
6. Remember that the training should always end on a positive note with a feeling of success.
7. Puppies and young dogs should only be trained after consulting a veterinarian in order to avoid potential injuries.

**Important:** Stroke and praise your dog during training – this will motivate him and help him to trust you.

### The training can start:

The agility seesaw is the most difficult obstacle with contact zone. The dog does not only have to learn to walk over a plank, but to balance at the pivot point.

In the beginning the training should be carried out with a second person. Both trainer and helper should accompany the dog step by step, on one side of the seesaw each, so that the dog cannot jump off or fall off.

Please take care that your dog does not jump off the seesaw until it touches the ground again. To ensure

this, let your dog sit or stand for a short while on the green-coloured area (contact zone).

In case of overcautious dogs the plank should be placed on the ground first. Lead your dog over the plank several times, so that it can get used to it.

### Training:

Position yourself with the leashed dog and the second person in front of the agility seesaw. With one hand hold your dog securely on the leash. The other hand keeps the treats: In the beginning reward your dog with a treat for every step it takes and encourage it to step onto the seesaw (the second person walks alongside the seesaw on the other side). Follow your dog to the seesaw's pivot point and let it stay there for a little while. The dog should now learn to find the pivot point of the seesaw and to walk down again slowly. The helper should hold the plank and lower it to the ground slowly, so that the dog will not become scared. Reward your dog with a treat while the seesaw goes down.

After the plank has touched the ground end this exercise with the dog pausing on the contact zone in a sitting position. Remain standing next to your dog in an upright position.

Repeat this exercise with the dog walking on your left side as well as on your right side. When your dog walks over the seesaw easily, you may train without a second person.

In order to challenge your dog even more, you can gradually increase the speed as well as the distance between yourself and your dog. Please note that each exercise should end with the dog touching the contact zone.

If your dog likes the training with the agility seesaw, you can challenge it with an agility slalom. This agility equipment teaches the dog precise shifts in direction and increases the power of concentration. The agility slalom is one of the most difficult agility equipments.