Course Plan Everyday Obedience Courses

Session 1

Theory

- **Environmental Adaptation:** Create a safe and secure place for the dog to explore at its own pace.
- **Check-in and Check-out:** Ensure the dog's motivation for rewards and engagement through active choices in training or activities.
- **Rest and Recovery:** Understand the importance of periods of rest and recovery.
- **Rewards and Reward Signals:** Use praise, treats, or play to motivate and reinforce desired behaviors.
- **Check-in and Check-out:** Determine the dog's motivation for rewards, provide opportunities for active choices in training or activities, and give a clear end to the training session or activity.
- **Reward Development:** Find the right reward to motivate, encourage, and reinforce desired behaviors in the dog.
- **Conditioning Words and Signals:** Associate words or signals with specific behaviors through positive reinforcement.
- **Handling with Positive Reinforcement:** Train the puppy to be handled without fear or stress, such as during brushing or nail clipping.
- **Silent Training:** Train the dog without verbal cues and encourage independent thinking.

Exercises

- Exercise - Environmental Adaptation
- Exercise - Cuddling Together, 3-Second Rule
- Exercise - Determine the Dog's Motivation for Rewards (Check-in the Dog)
- Exercise - Determine if the Dog is Motivated for Cooperation ("Are you ready?")
- Exercise - End Training or Activity (Check-out the Dog)
- Exercise - Find the Right Reward
- Exercise - "Brainwashing" the Dog's Name
- Exercise - "Brainwashing" the Reward Signal
- Exercise - Fear Free Handling
- Exercise - Silent Training
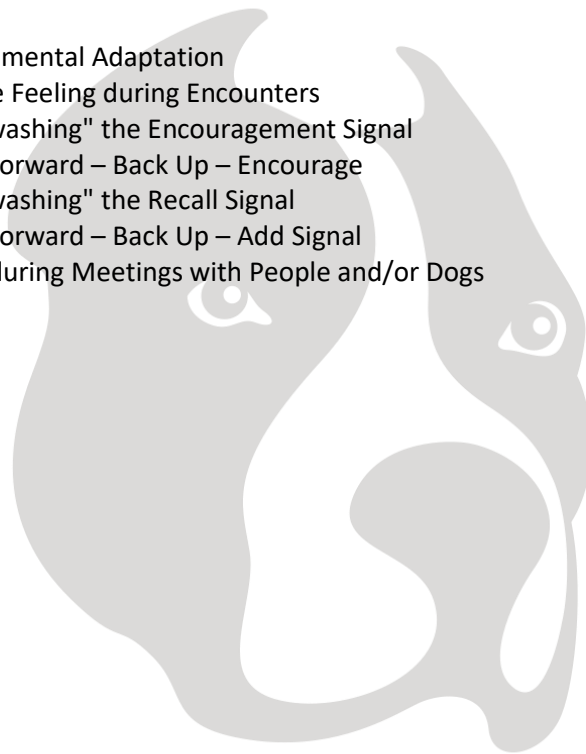
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Session 2

Theory

- **Positive Feeling during Dog Encounters:** Train the dog to feel secure and positive during meetings with other dogs or people.
- **Recall:** Train the dog to associate the recall signal with rewards and to always return happily when called.

Exercises

- Exercise - Environmental Adaptation
- Exercise - Positive Feeling during Encounters
- Exercise - "Brainwashing" the Encouragement Signal
- Exercise - Move Forward – Back Up – Encourage
- Exercise - "Brainwashing" the Recall Signal
- Exercise - Move Forward – Back Up – Add Signal
- Exercise - Recall during Meetings with People and/or Dogs
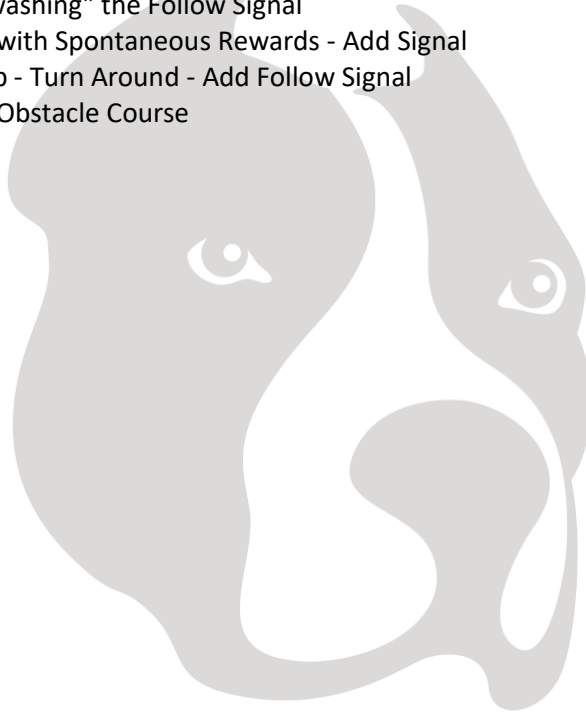
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Session 3

Theory

- **Loose Leash Walking:** Motivate the dog to follow you on a loose leash for enjoyable walks.

Exercises

- Exercise - Environmental Adaptation
- Exercise - Loose Leash Walking with Spontaneous Rewards
- Exercise - Back Up - Turn Around – Follow
- Exercise - "Brainwashing" the Follow Signal
- Exercise - Follow with Spontaneous Rewards - Add Signal
- Exercise - Back Up - Turn Around - Add Follow Signal
- Exercise - Follow Obstacle Course

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Session 4

Theory

- **Stay:** Motivate the dog to confidently stay in one place until you return.
- **Breaking Unwanted Behaviors:** Redirect the dog's attention from unwanted to desired behaviors with rewards and positive reinforcement.

Exercises

- Exercise - Environmental Adaptation
- Exercise - Motivation for External Reward
- Exercise - Stay: Decrease - Increase Time
- Exercise - Stay: Decrease - Increase Distance
- Exercise - Stay: Decrease - Increase Time and Distance
- Exercise - "Brainwashing" the Stay Signal - External Reward
- Exercise - Stay - Add the Stay Signal
- Exercise - Stay in Motion
- Exercise - Motivation for Eye Contact
- Exercise - "Brainwashing" the "Hello" Signal
- Exercise - Add the "Hello" Signal
- Exercise - "Hello" in Real Situations

Course Plan Everyday Obedience Courses

Session 5

Theory

- **Enrichment:** Promote the dog's well-being by meeting its natural behavioral needs and reducing stress.

Exercises

- Exercise - Environmental Adaptation
- Exercise - Enrichment Walk

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