# AgilityFlix

30 -30 training

30-30 refers to a goal I have for training all obstacle behaviors. I would like my dog to be comfortable going 30 feet to take an obstacle and I would like to be able to give them permission to do so from up to 30 feet away.

I begin working this skill immediately as I train the obstacle, but if you have not yet done so, you can work on it at any time. If you are going to train on an obstacle, start with a wing jump or hoop. I say "if", because you may want to train it on a crate, food dish, around a tree or any other non-agility obstacle first - to make sure you work out the kinks in your body language, placement of reward etc.

Step 1: Set your dog up maybe 10 feet back from a low jump - height is not important. The jump is straight ahead of them.

Place a target at least 10 feet past the jump. This can be a toy, target plate, treat, whatever your dog will drive to.

Position yourself about 10 feet back from the jump and close to your dog. Wait until they look at you to release them. Release, and step toward the "X" with the foot closest to your dog. Use your near hand as well.
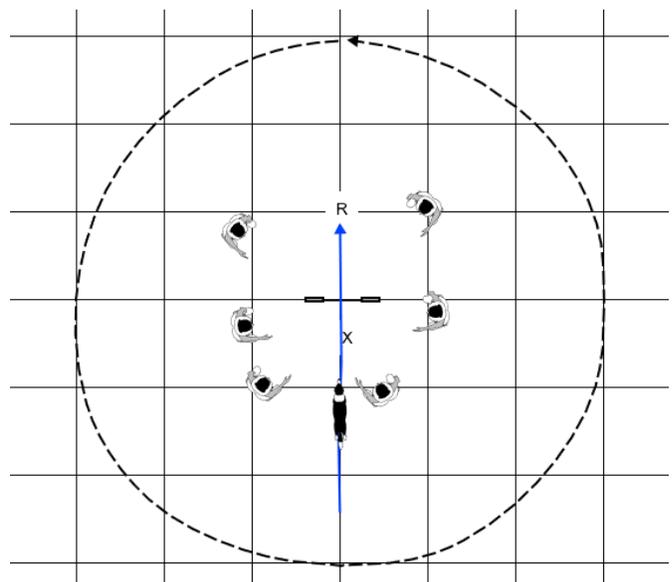
Repeat this same game when you are standing in at least the 3 locations shown working both sides of the jump. Remember to use the arm and leg closest to the dog to send them.

 Common training errors to watch out for.

 First - when you are on the landing side of the jump, it might feel weird to be pushing your dog onto the jump instead of recalling them. A good rule of thumb is this - if your dog is looking past the jump at you- they are in danger of coming straight to you on release. Your pressure will turn their head toward the "X" and they will drive over the jump instead.

Second is the curse of the sneaky toe (refer to the related article). When you are very close to your dog, your pressure toward the "X" can be pretty sloppy and your dog will get the jump. In fact they are pretty much guaranteed to get it, since we put a toy on the landing side. However as you start to expand your distance, if your pressure is not accurate, the clarity will break down.

Tips: Look at the "X" when you release your dog and step directly toward it. Don't look at the jump. Stop after each send and double check the toe on the foot that sent the dog. It is not the toe that is the problem per se, but if it sneaks off the pressure point- it takes your whole body with it. Leaving your hands out of it and only send with your step - can usually help.

When you are good at this (note your dog will automatically be good at this). Go on to step 2.
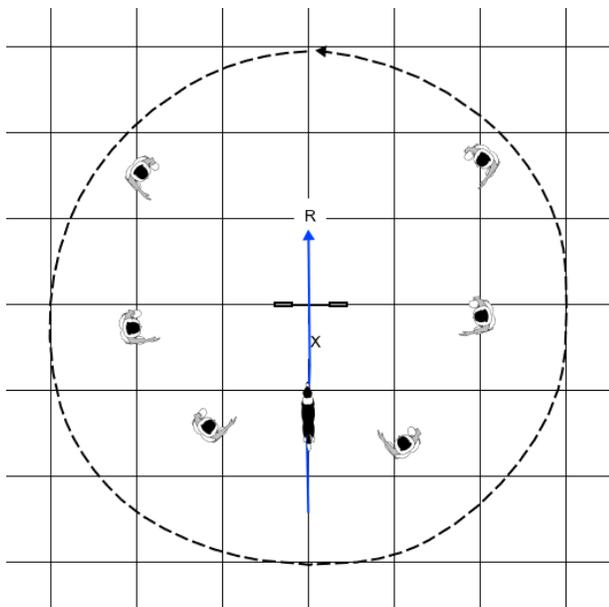
Step 2: Leave your dog in the same spot, but now as you work your way around, add more distance to your send. The only tricky thing here is that you don't want to develop a muscle memory of one step and stop. So, while your dog is learning to be more comfortable with you communicating the path from a greater distance - **YOU are going to practice sending with the near foot (and hand), and then following through** with two more steps toward the original "X". When I practice, I tell myself "OK (to release the dog), push, push, push".

Here is why this is so important: IF you send and then come to a dead stop, your dog should send out to the jump, read the deceleration cue
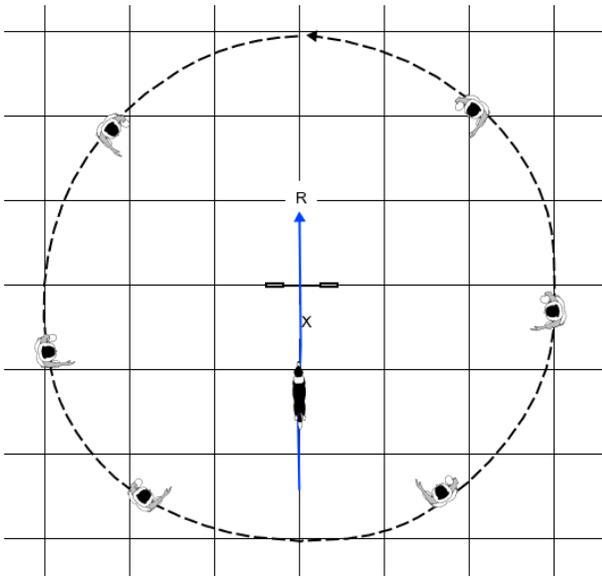
and turn toward you on the jump. It's nice to have a 30 foot send to a wrap - but that is not what you are rewarding right now- so send with the near foot and follow through two more steps. Push-push-push!

Keep playing until you can be anywhere on the circle as far out as you want to have the skill. 30 feet is probably more than you need but I explain why I like that in a different article.

What you should see is the dog looks at you, you release - they snap their head toward the correct "X" and drive over the jump.

Step 3: Now all you do is move your dog back incrementally, mixing up your positions and sending them farther and farther as they show they are comfortable.
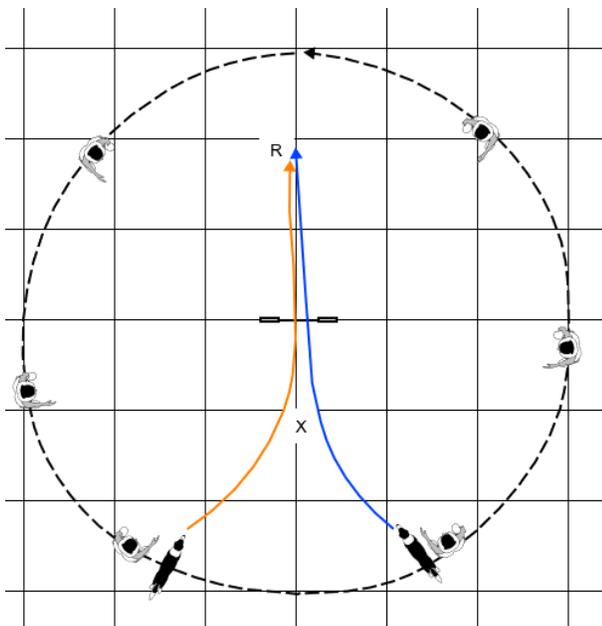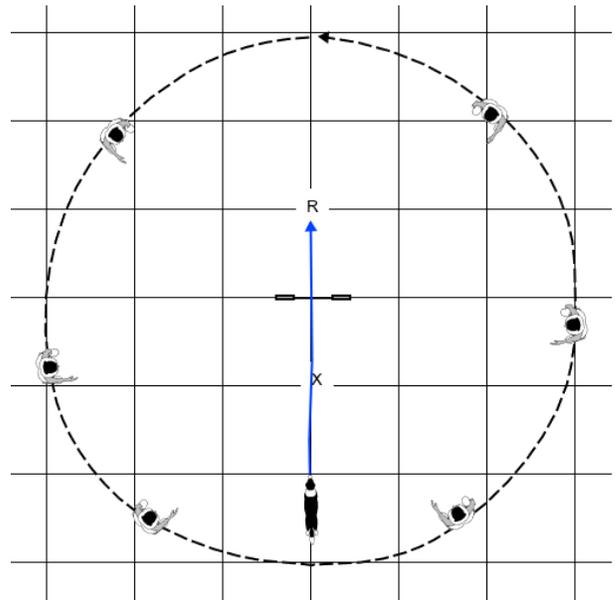
Step 4: Now, you begin to move your dog to different locations, so they not only have to look away from you, but move away as well. You are still on the inside of the arc to the jump. In other words, for the handler on the right, start the dog anywhere on the right side so they take the blue path to the jump. Also don't worry about where their feet are facing - you are going to turn their head anyway!
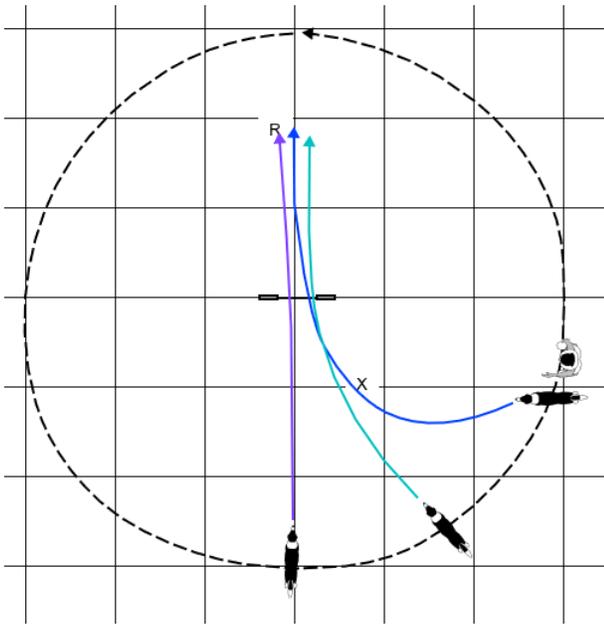
I am also going to suggest that at this point you move the reward farther out, say 20 feet past the jump.

Step 5: The only thing different about step 5 is that we are going to keep you in one spot and move your dog around a bit. Once you have picked a spot and done a few different starting locations for the dog, pick a different spot. Continue to position yourself on the inside of the arc to the jump as shown.

Fading out the direct lure: In addition, if you have a good throw - get rid of the pre-placed target or toy, and reward your dog with a thrown toy or treat instead.

This can be tricky. You still have to put pressure on the "X" but throw toward the "R". You also will want to throw right about as they are crossing the "X". If you wait to throw, you will just teach your dog to look at you over jumps. You won't like that.

If this isn't working out well, then move the target or toy about 30 feet past the jump and put a second low jump or hoop right before the target. This begins to fade the immediate lure of the reward.

Step 6: In this step, we introduce the concept of a redirect onto the jump. The characteristic of these exercises is that you are on the outside of the arc to the jump. A good way to think about this is that there are two paths - the blue path coming toward you and the orange path turning back out.

In the example, the dog is on my left so, I use the off-hand (right) to pull my dog in toward the X1 spot. As they pass through that spot, I change hands and body language and push them toward X2.

This type of cue is typical serpentine/threadle/RFP (whatever you call it) body language. If you use a different cue that means "come toward me but anticipate a turn away" - use that instead.

The position shown is the most extreme position so work up to this angle and distance. If your dog has trouble, cut the distances in half and work up to them.

Tip: Let your feet move. When you are pulling, let your weight shift back or even step back. When you are pushing, let your weight shift forward and step forward. It isn't just about waving your hands.

Step 7: Now we put the skill in flow. At this point you can put your dog anywhere as shown, and you can be anywhere inside the arc. So, just send them to the first jump and as they commit to the X1 spot - turn your attention and pressure to push on X2.

Reward after the second jump. Remember to push-push-push!

Step 8: This is a bit of a checkpoint. Put yourself in the middle of the left circle with your dog on your left and release. See if you can handle this at a walk. When you want to add pressure, walk toward the half way point on the path. When you want your dog to come

in toward you for the figure-8- but you are on the outside of the arc, use your redirect cue to pull your dog toward you but let them know they should anticipate a turn away and then add pressure back in to actually push-push-push. Or you m might find that you are so far away from your dog, that you can easily walk onto your front cross lines - do that instead. Break this down into 2-3 obstacle chunks until you can put it together in flow.