

# Clean Run®

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## Power Paws Drills: Really Reliable Backsides

These short one-, two-, and three-jump drills are the author's "go to" exercises for teaching really reliable backsides. But the best thing about the drills is that you don't need much space or equipment to work on them. By Nancy Gyes



## Starting Off Right: How Much Is Too Much?

Often puppies are asked to perform high repetitions of activities before they fully understand the behavior being asked for and before their bones, muscles, and joints are ready to perform at that level. By Bobbie Lyons, CCFT, KPA CPT, Cert CF



## How Not to Lose Your 2-On/2-Off Contacts, Part 2

This month we look at the prerequisite skills for this contact maintenance program and get started with the training. You will proof your dog's 2-on/2-off position using you as the temptation as well as food and toys. By Sandy Rogers

## Features

### 5 Editorializing: It's a Process

Improvement is a long, gradual process and although you can't make much forward progress in any given training session, you can make big steps backward by creating fear and resistance. By Tamarack Hill Farm

### 9 Training Freedom: Here I Go Again!

This month the three youngsters start learning collection on cue, sequencing sets of two poles, as well as continuing with their contact training. By Jo Sermon

### 13 25% Solution for Fine Tuning Teamwork

This month's drills, which fit in a 60ft. x 40ft. area, focus on rear crosses, false turns, and practicing course handling. By John Reid

### 29 Team Small Dog Agility Humility: Cross Training for Agility (Kind Of)

If you're like me, an easily bored agility aficionado, who wants to be competitive but can be waylaid by what's in the basket on a cooking show, here's an exercise-ish program that can help you get through four reds in Snooker without asphyxiating before finishing the closing. By Laura Hartwick

### 34 Practically Training - Turn Cues: Verbals, Part 2

If you are often caught far enough behind your dog that you can no longer influence him with physical commands, or if you would like to excel at the higher level distance challenges more consistently, then you should train your dog to turn when he hears a verbal command. By Sandy Rogers

### 39 Plan for Action

The author discusses her experiences at the 2018 AKC National Agility Championships and whether her training preparations paid off, as well as shares her take-home lessons for more training. By Mia Grant

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### 15 Learning Shouldn't Hurt: Why Punishment for Agility Dogs Is Bad

Any form of intimidation used to reduce behaviour will have a negative impact on the learner. Dogs are sentient beings with thoughts, feelings, and emotions, and can easily shut down if they feel unsafe in their learning environment. By Kate Mallatratt

### 19 Build Reliable Focus in the Queue

If your dog gets distracted while you are waiting for your turn to run, you need to teach him to stay focused and connected with you no matter what's happening in the environment. Emma Parsons, BA, KPA CTP, APDT, CDBC



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### 37 Strengthen Your Ability to Memorize Courses

Some handlers take their ability to remember a 20-obstacle course for granted, but for a good percentage of handlers, it is a struggle. However, through trial and error and lots of practice handlers can find ways to help themselves remember. By Tammy Moody

### 45 The Importance of Warm-Up and Cool-Down Exercises

Canine agility is an explosive sport and requires high muscle activity in short durations. Without warm-up and cool-down routines, you can unintentionally put your dog at risk for a poor run, or worse, an injury. By Doctors Malcolm Ware, Matt Brunke, and Rebecca Ainsworth

## Cover Dog

MACH Edens Sunshine Angel Bear MJS, MXB, T2B, XF, PDCH, PJCH-Platinum, PTM-Platinum, PSCH-Bronze, PRCH-Bronze, PGCH, a.k.a. Lexi, a 12-year-old Pomeranian owned by Beth Carlson of California. Photo by Mia Grant.

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