

# McHenry County 4-H Dog Obedience

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WEEK 4 – JUNE 10- JUNE 16

PRE-NOVICE & NOVICE

**COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES**



# Dog Obedience

Pre-Novice & Novice

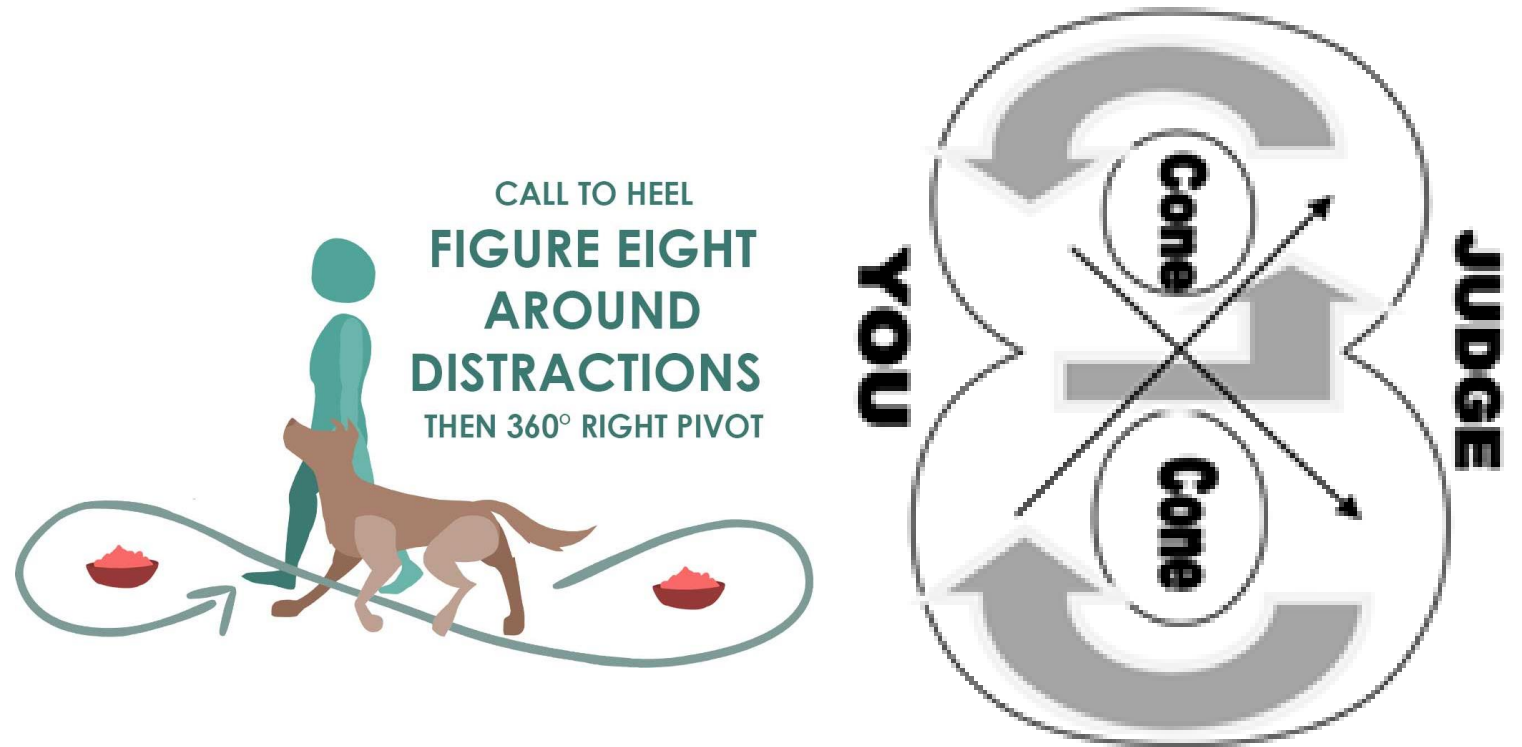
WEEK 4 – June 10- June 16

Video Lesson

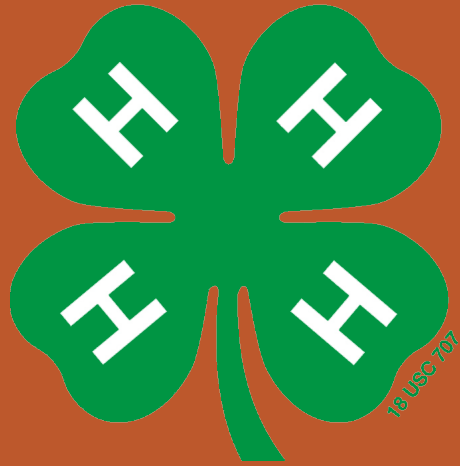
Figure 8 Heeling:

<https://www.facebook.com/Allendogtraining/videos/850392095325120/>

## Practice – Figure 8



For the Figure Eight, the handler will stand and the dog will sit in heel position facing the judge, midway between the two stewards who will be standing 8 feet apart. The handler may go around either steward first, heeling in a figure 8 pattern, starting and stopping as the judge orders.



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Pre-Novice & Novice

WEEK 4 – June 10- June 16

Video Lesson

Figure 8 on Leash:

<https://www.facebook.com/Allendogtraining/videos/850392095325120/>

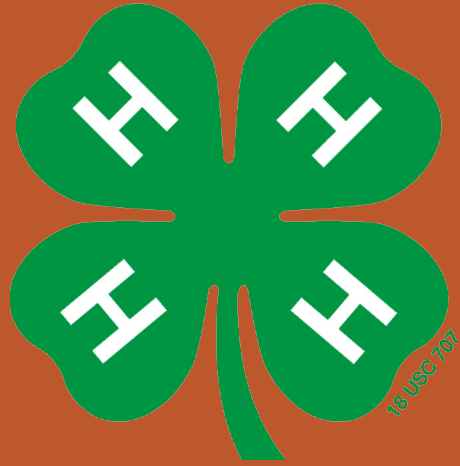
## Figure 8

The purpose of the Figure 8 exercise to teach your dog changes in pace while going in a Figure 8 pattern. The dog must stay in the heel position as you walk in the Figure 8 pattern.

When the dog is between you and the cone (dog on the inside) the dog will not be covering as much ground as you, so the dog will have to go slow. Sometimes you have to remind the dog where the heel position is so you can say “their name, heel” and remind them where the position is or you can also use the word “easy.”

When you are between the dog and the cone (dog on the outside) the dog will be covering more ground than you, so the dog will have to speed up. Sometimes you have to remind the dog where the heel position is so you can say “their name, heel” and remind them where the position is or you can encourage them around the outside by saying “come on, come on.”

To begin teaching this exercise start so you are lined up across from the judge. Stand 3 feet back from the center of the pattern with your dog sitting in heel position. Start the exercise by going to the left first (the side your dog is on). Walk around the cone reminding your dog where the heel position is and saying “easy” if need be. Then cut through the center of the pattern and walk around the other cone reminding your dog where the heel position is and saying “come on, come on” if needed. Then cut back through the center and start the pattern over again and continue with the pattern until the judge says “Halt.” Continue making the pattern several times, halting occasionally throughout.



# Dog Obedience

Pre-Novice & Novice

WEEK 4 – June 10-16

Video Lesson

Slow & Fast change of pace:

<https://youtu.be/wfaDO5NoImI>

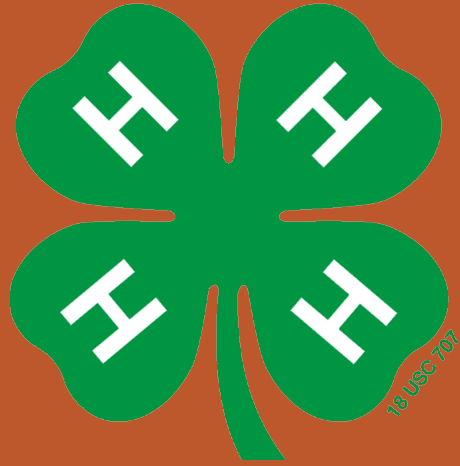
## Slow & Fast Change of Pace

### Slow Time

As you are heeling, change your pace so you are walking slower (keep the same stride length but slow them down). Walk at least 10 feet at this pace then return to your regular heeling pace (normal). There should be a noticeable change in your dog's pace also (from trotting beside you to walking beside you).

### Fast Time

As you are heeling, change your pace so you are walking faster for small dogs or at a slow jog for big dogs. Go at this pace for at least 10 feet then return to your regular heeling pace (normal). There should be a noticeable change in your dog's pace also (from just trotting beside you to a fast trot or running beside you).



# Dog Obedience

Pre-Novice & Novice

WEEK 4 – June 10-16

Video Lesson

Slow & Fast change of pace:

<https://youtu.be/wfaDO5NoImI>

## Slow & Fast Change of Pace

### Slow Down Steps

Slow down steps are performed when the judge says halt and you want your dog to stop and sit beside you properly. When you stop immediately your dog does not have time to prepare itself to stop immediately and sit. It would be the same thing as if someone stopped immediately in front of you and expected you to stop without running into them. However, since they stopped immediately you are more than likely going to run into them instead. So, after the judge says “Halt,” you need to take 1-3 slow down steps to prepare your dog to stop and sit properly beside you (if too many slow down steps are taken, they may confuse this with the slow time).

Consistency also helps with this, for instance always bring your left foot up last; if the dog is watching your left leg/foot and it stops the dog will know to stop and sit.



# Dog Obedience

Pre-Novice & Novice

WEEK 4 – June 10-16

**Video Lesson – Correct heel position and heeling:**

<https://youtu.be/wfaDO5NoImI>

## *Practice - Correct Heel Position & Heeling*

### Heeling

Your dog should be sitting in heel position. The command for this exercise is “your dog’s name and heel” (Fido Heel) in a pleasant voice. Start off walking by stepping out with your left foot first at an appropriate pace for your dog in a straight line. If the dog forges ahead of you or is behind you, or heeling wide, quickly encourage them back to the correct position by using your left hand on the leash to make a correction while using your voice to remind them to heel by saying “their name, heel.” Praise your dog when they are in the correct position. After walking 15 - 25 steps, stop and place your dog in a sit position as you command “Sit.” Also practice your Slow Time, Fast Time, Right Turn, Left Turn and About Turn while heeling.



# Dog Obedience

Pre-Novice & Novice

WEEK 4 – June 10- June 16

Video Lesson

Finish -

<https://youtu.be/hDRC33EW92E>

## NEW - FINISH

Finish

The purpose of the finish is to teach your dog to go to heel position when sitting in front of you. There are two types of finishes: the finish where the dog goes around you or the swing finish where the dog swings to your left side. Practice the finish and recall separately. If you practice them together your dog may want to anticipate the finish when the whole exercise is performed together in the ring (you will get points deducted for this).

**Around Finish:** Tell your dog to wait and step directly in front of them; stepping out with your right foot first. Use the command “your dog’s name, heel” (Fido heel). Step back with your right foot and have your dog go around you switching the leash in your hands behind your back (from right to left). Guide your dog to the heel position and have them sit in the heel position.



# Dog Obedience

Pre-Novice & Novice

WEEK 4 – June 10- June 16

Video Lesson

Finish -

<https://youtu.be/hDRC33EW92E>

## Cont'd - FINISH

Swing Finish: Tell your dog to wait and step directly in front of them; stepping out with your right foot first. Use the command “your dog’s name, heel” (Fido heel). Step back with your left foot, guide your dog to your left side and have them turn into you, towards your left leg. Guide your dog to the heel position and have them sit in the heel position.

Helpful tip

Do NOT give your dog a treat for stays until the end of all the work you are going to do with the stay exercises are complete. This is due to the fact that your dog may get too excited expecting a treat each time and will want to get up and move around/not stay for the whole time (you want them focused on the stay, not on the treat at the end). A calm praise is a great reward after each stay instead.



# WEEK 4 – VIDEO ASSIGNMENTS

Please watch these videos to help you learn these skills. Practice with your furry friend EVERYDAY!

- Correct heel position and heeling: <https://youtu.be/wfaDO5NoImI>
- Slow and fast Chang of pace: <https://youtu.be/Biolzi157Hw>
- Finish: <https://youtu.be/hDRC33EW92E>

Remember to warm up with the "WATCH" command.

Work on:

- Straight SITS
- Correct HEEL position & Heeling
- Figure 8
- SIT-STAY
- HEELING on leash each day as often as possible. *The more times you practice - the better.*

For more helpful hints see Minnesota 4-H Dog Project:  
[https://docs.google.com/document/d/1O9biQUe0RyntAojKOv0-plMummcddhhR9\\_dn4LB6pz8A/edit](https://docs.google.com/document/d/1O9biQUe0RyntAojKOv0-plMummcddhhR9_dn4LB6pz8A/edit)

## 4-H Dog Obedience

Pre-Novice & Novice

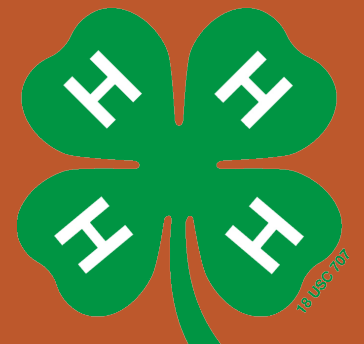
WEEK 4 – June 10- June 16

### Instructors:

Lisa Lillie, Lead Instructor: [lapdogs31@gmail.com](mailto:lapdogs31@gmail.com)

Ashley Emmert, Obedience, Rally O: [Horses301@yahoo.com](mailto:Horses301@yahoo.com)

Michele Aavang, 4-H Coordinator: [maavang@illinois.edu](mailto:maavang@illinois.edu)



# WEEK 3 – VIDEO ASSIGNMENTS

Please watch these videos to help you learn these skills. Practice with your furry friend EVERYDAY!

- Beg 1 + 2 - Heeling part 2: <https://www.facebook.com/Alendogtraining/videos/596397447513411/>
- Figure 8: <https://www.facebook.com/Alendogtraining/videos/850392095325120/>
- Sit for exam: <https://www.facebook.com/Alendogtraining/videos/2084679831629319/>
- Recall: <https://www.facebook.com/Alendogtraining/videos/1120158308169674/>
- Videos for ANY obedience – Heeling: <https://youtu.be/wfaDO5NoImI>

Remember to warm up with the "WATCH" command.

Work on:

- Straight SITS
- HEEL position
- SIT-STAY
- HEELING on leash each day for 10-15 min OR as often as possible. *The more times you practice - the better.*

For more helpful hints see Minnesota 4-H Dog Project:  
[https://docs.google.com/document/d/1O9biQUe0RyntAojKOv0-pIMummcDhhR9\\_dn4LB6pz8A/edit](https://docs.google.com/document/d/1O9biQUe0RyntAojKOv0-pIMummcDhhR9_dn4LB6pz8A/edit)

## 4-H Dog Obedience

Pre-Novice & Novice

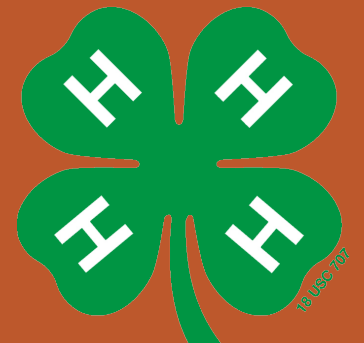
WEEK 3 – June 3 - 9

### Instructors:

Lisa Lillie, Lead Instructor: [lapdogs31@gmail.com](mailto:lapdogs31@gmail.com)

Ashley Emmert, Obedience, Rally O: [Horses301@yahoo.com](mailto:Horses301@yahoo.com)

Michele Aavang, 4-H Coordinator: [maavang@illinois.edu](mailto:maavang@illinois.edu)



# WEEK 2 – VIDEO ASSIGNMENTS

Please watch these videos to help you learn these skills. Practice with your furry friend EVERYDAY!

1. Heel on Leash part 1:

<https://www.facebook.com/Allendogtraining/videos/2893514440689466/?d=null&vh=e>

2. Sit, stay:

<https://www.facebook.com/Allendogtraining/videos/1028674333996010/?d=null&vh=e>

*For more helpful hints see Minnesota 4-H Dog Project:*

[https://docs.google.com/document/d/1O9biQUe0RyntAojKOv0-pIMummcdhhR9\\_dn4LB6pz8A/edit](https://docs.google.com/document/d/1O9biQUe0RyntAojKOv0-pIMummcdhhR9_dn4LB6pz8A/edit)

## 4-H Dog Obedience

Pre-Novice & Novice

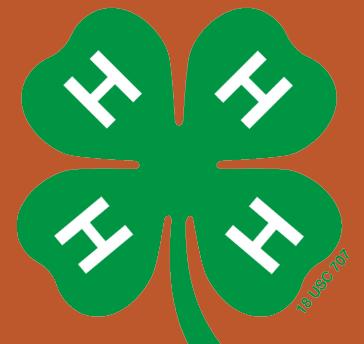
WEEK 2 – May 27- June 3

### Instructors:

Lisa Lillie, Lead Instructor: [lapdogs31@gmail.com](mailto:lapdogs31@gmail.com)

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Michele Aavang, 4-H Coordinator: [maavang@illinois.edu](mailto:maavang@illinois.edu)



# WEEK 1 – VIDEO ASSIGNMENTS

Please watch these videos to help you learn these skills.  
Practice with your furry friend EVERYDAY!

1. Watch Me Command: <https://youtu.be/ZYl9eTu-X84>
2. Sit: <https://youtu.be/Zrh0tklFVaM>
3. Stay: <https://youtu.be/tnhpH1IEy4g>
4. Heel: <https://youtu.be/wfaDO5NoImI>

## 4-H Dog Obedience

WEEK 1 – May 20-26

### Instructors:

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