



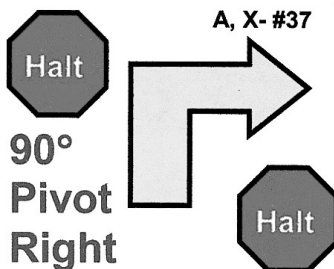
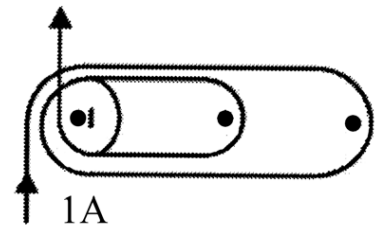
Rally-O Homework • Week 3

Brittan Winthrop, CPDT-KA



N, A, X- 21 **Spiral Right**

At this station, three cones are placed in a straight line approximately five feet apart. The “Right” direction indicates that the handler turns to the right when moving around each of the cones (clockwise). This places your dog on the outside of the turns. While your dog is a heel, pass the first cone and proceed to and around the third one, then loop the first cone, proceed to and around the second, then loop the first cone one last time. Each of the three spirals circles the first cone. The Spiral Left is performed the same except that the turns of the spiral are to the handler’s left (counterclockwise) and the dog is on the inside of the turns. Remember to encourage your dog to stay with you and pat your leg to get him close to you. This can be a very dizzying station! After you have mastered this direction now try a spiral left with the dog on the inside of the cones.



A, X- #37

90 Degree Pivot Right

You will see this sign in Level 1 APDT trials and Level 2 AKC trials. With your dog sitting in the heel position, pivot 90 degrees in place to your right and halt. Your dog moves with you resumes a sit in the heel position when you halt. You will now be facing a different direction and may continue to the next station. This exercise is also practiced pivoting to the left which can be more difficult since your dog will have to move backwards and tuck in his backside.



A, X- #104

Turn Right 1 Step Call to Heel

This station is very similar to the 90 degree pivot except that you will ask your dog to stay while you take a step to the right. Remember to move with your right foot first so he knows that he is required to stay and is not tempted to follow. Keep up with the footwork! The more consistent you are the easier it will be for your dog!

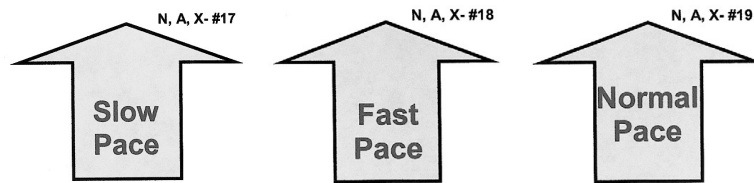


A, X- #118

Leave Dog 2 Steps Call to Heel

Approach this station and ask your dog to halt. Ask him to stay while you take two steps forward (with your right foot first). After taking your two steps pause briefly and call your dog to heel and continue walking. Immediately after calling your dog you should continue walking and let your dog catch up with you. He should move at a brisk pace to catch up with you so encourage him by patting your leg and sounding cheerful!

Slow Fast Normal Pace



You will see these signs in all levels of Rally. When passing the sign make your pace decrease or increase at a noticeable rate. You should be taking very slow steps passing the slow pace sign and jogging past the fast pace sign. Once you pass the normal pace sign continue your normal pace with your dog. There are also signs that will ask you to halt first before changing your pace. Just make sure you take off immediately in your fast or slow pace after asking your dog to sit.

More on Heel

Start thinking about getting your dog to heel in all directions! In the more advanced levels your dog should be able to heel walking backwards next to you, and know how to tuck in his backside when you are turning or pivoting to the left. This takes lots of PRACTICE and patience. Start clicking (or saying "yes") only when he is in a perfect heel position. Again, try using a wall or x-pen when backing up, and only ask for one step at a time. Make sure your dog knows how fabulous he is when he is getting it right!