



# **ALIX & THE PACK**



BACK TO BASICS COURSE  
*HOSTED BY ALIX & NATALIE*

# Training Course Itinerary

"The biggest mistake dog owners make is going too fast, too quick. Believe me, we are not in a rush to teach your puppy all sorts of commands. Your puppy needs to first understand the "game" they're in before you explain to them the rules. In other words, your dog needs to see you as high value and have drive to work."

– Alix, Lead Trainer

## Session 1

### Setting up Relationship & Communication

In the first week, there will be two sessions. The first session will focus solely on learning theory (which means it will be an inside session). This will include classical and operant conditioning, marker words & the correct way to use commands.

## Session 2

### The leash as a tool

This session is all about building a beautiful walk. We will therefore focus on creating a loose leash and help you become fluent in leash handling, providing consequence through correctional and directional pressure and redirecting focus.

## Session 3

### Proofing

The third session (in the second week) will teach you how to introduce the three D's – distance, duration, distraction in order to ensure your commands are proofed in every environment.

# Training Course Itinerary

The first breakthrough for many dog owners is recognising that their principle role in obedience training is to supply consequences, as opposed to giving commands. Because cues don't drive behaviour, consequences do. The main focus in early obedience training is manufacturing, recognising and reinforcing those reinforceable responses at every possible opportunity.

## Session 4

### Recall

Recall is arguably the most important command your dog will learn therefore we want to focus an entire session on teaching you and your dog a bomb proof recall.

For the Back to Basics Course, it is necessary you have a **silicone treat pouch, crate or bed, a regular short leash, a long line (5+ metres) and a tug toy.**