

Next Level Dogs Foundations

Follow the lessons listed here. When you have gone through these steps, you will get the most out of your private lessons. Not mastering these will just make you spend more time and money, as.... **we WILL be doing this material first!!!** This Foundation Lesson Plan will save you the money of doing simple foundation work in a your paid private lessons, and It will save me time in doing private lessons with people who are not committed to the process. No matter what your issues or goals are..... **These are foundational concepts and skills you must have to do any future work in this system.** This is NOT as time consuming as it sounds. You can do one session of each of these things throughout the day for a few minutes and that's 15-30 total minutes. **If you don't have 15-30 minutes a day to dedicate to training..... I'm not the trainer for you.**

LESSON PLAN:

1. **Understand the Layered Stress Model** (<https://youtu.be/gbqeXcEk8vM>)
2. **Master the Solo Leash Skills.** (<https://youtu.be/y-u-KjNdEh4>)
3. **House management**
 - a. Drag Line or Umbilical Training. (<https://youtu.be/i6zQJmKm8gY>)
 - b. Teach the words- "Up", "Stay"/"OK", & "Watch Out". (<https://youtu.be/fmphQpsnnSg>)
 - c. Teaching "No". (<https://youtu.be/9C8W-l8n6dk>)
4. **Practice Stand On the Leash for beginning conditioning relaxation.**
(<https://youtu.be/jwaerzwqrRQ>)
5. **Food As Training: Existential food is a huge motivator.** We want to teach skills with it. And..... Teach dogs to overcome resistance to get it. Put your dog's daily ration in a training bag. Throughout the day do mini sessions of these training concepts.
 - a. Condition Your Training Marks with food. (<https://youtu.be/mvrBRE6v4zY>)
 - b. Condition The Collar Tap (<https://youtu.be/iZisFn05ueU>)
 - c. "Puzzle Bowls": Whatever you have left at the end of the day (even if it's the whole day's worth because you couldn't train), put in a "puzzle" type bowl and feed in their crate. This will teach them how to overcome resistance for their food. That is a **REALLY IMPORTANT** part of rewards based training. It will also keep their crate tolerance solid which is important for all dogs. And.... It's just fun and biologically fulfilling!!!
 - i. *For best results vary the puzzle bowls, or.... Get creative and make your own!*
 - ii. *Remember.... Use the window of opportunity, and the marks. Even for just putting their dinner in the puzzle bowl. It's all training!*
 - iii. *If you've used all your food that day..... skip the puzzle bowl. Save it for when you have less time for hands on training.*
 - iv. *They MAY have free access to "non interactive" chewing implements such as bones, antlers, kongs, in their crate.*
6. **Condition Your Training Marks with Toys:** (<https://youtu.be/qghflNmcErA>)
7. **Condition Your Training Marks with personal games or rough-house with your dog,**
(<https://youtu.be/qM63pLCRFmQ>)
8. **In this stage, use a padded, comfortable, back attachment harness, and food lures, to get around outside the house until collar trained. For right now..... Only attach the line to the collar in the home or DURING a training session regardless of location.**
 - a. *If you are NOT going to do harness sports. And walking on a padded harness is not possible.... You may walk on any NON-COLLAR based device. Front attachment harness, halti, etc..*