

SETTING UP A TRAINING SESSION

BY MOE STRENFEL

BASED ON THE LECTURES OF BOB BAILEY

ANY DEVIATION FROM BOB'S LECTURES ARE SOLEY MOE'S INTERPRETATION OR MISINTERPRETATION!

THINK

1. Review any notes, books, etc.
2. Watch video or live demonstrations of contacts or weaves or handling maneuvers or whatever behavior you are trying to accomplish (<http://agilityvideoservice.com/library.html>)
3. Get a very detailed vision of what end behavior you are trying to accomplish
4. Observe your own animal and how they move so you can anticipate behaviors

PLAN

1. Write out a detailed description what the final/goal behavior should look like
2. Visualize it down to the last toe nail
 - a. Train YOUR eye
3. Break it down into small criteria so the rate of reinforcement is kept high
4. Decide what will be reinforced and what will NOT be reinforced in each training session
5. Practice the mechanics for the training session WITHOUT the animal until you are fluid and quick
 - a. Learn to give treats, from either hand, without dropping them
 - b. Learn to give a verbal marker or click without moving your reinforcement hand
 - i. Learn to use a clicker (if using one) with either hand
 - c. Learn to deliver the reinforcement quickly after the marker to a predetermined location
 - i. Learn to precisely throw a reinforcer (toy) to a specific location

JUST BEFORE THE “DO” OR THE “PRE-DO-DO”

1. Get your training area ready BEFORE the animal comes out to work
 - a. Remove any distractions (other dogs, food, toys, etc.) unless that is part of your comprehension work
2. Prepare food into SMALL pieces ahead of time, not during the training session
 - a. Make sure the reinforcement has value to the animal
3. Use a kitchen timer (2 to 3 minutes) or limit yourself to a workable number of treats (say 10 to 15)
4. Set up a video camera or have someone tape you (make sure they do not talk to you during the training however)
5. PRACTICE the mechanics without the animal first!

DO

- Bring the animal into the training area and immediately go to work
 - Don't chit chat with others
- Keep the time limited to 30 seconds to 2 minutes OR a workable number of treats (10 - 15)
 - Training sessions can be broken apart by play, especially if you need excitement/speed
- Take animal out of training area when finished or put into containment (crate or xpen) so you can do your review & then plan your next session
- This session is NOT finished until you review and start planning your next session!

REVIEW

Look at your videotaped session and ask yourself these questions:

- Are you better off at the end of the training session than at the start?
 - If yes, continue with current plan
- Did the animal have an 80% success rate during this session?
 - If yes, continue with plan
- If no, to either above, then revisit:
 - TIMING, CRITERIA, RATE OF REINFORCEMENT
 - Or if all is well with above, go back to the THINK & PLAN stages

You should be spending WAY more time in the thinking and planning stages than the actual "doing".

THINK-PLAN-DO-REVIEW
