



**Instructor:**

KC Lasco, Professional Certified Dog Trainer

**Training Center Location:**

All Dogs +1 Team Training Center  
5811 E. Richmond Rd  
Prescott Valley, AZ 86314

**Park & Walk Location (2 blocks):**

E. Killen Loop Trail  
4636 N James Ct  
Prescott Valley, AZ 86314

**Class Equipment Provided:**

- Chew Item/ food-stuffed toy
- Elevated Cooling/Comfort Cot
- Favorite Toy
- 6' Leather Leash
- Water Bowl + Bottled Water

**Class Equipment Required:**

- ☐ Collar (no choke, pinch or shock collars)
- ☐ Variety of Training Treats & Pouch (approx. 100 pea sized)

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**102 WEEK 1**  
**“DOWN” CUE Part 1**  
**Distance + Implied Stay + Verbal Cue**

**TRAINING GOAL(S):**

Consistently offers a “down” position at your side with implied stay until cued “released”, and responds to verbal cue “down”.

**DESCRIPTION:**

Wow, your Pup is making great progress! Now that he has mastered the “sit” and “release” cues, he is now primed to learn the “down” cue. By the end of this session, your Pup will consistently offer a “down” at your side (reinforcement zone) and will stay until cued “release”. With fun and stimulating positive reinforcement techniques, you'll be able to gradually increase your Pup's "implied stay" with distance, duration, and distractions. Your Pup is going to “get down” with this exercise and will be eager to please you with the positive reinforcement techniques you will take home with you to practice and master in preparation for Part 2 of the “down” cue!

**102 WEEK 1**  
**“Fetch” & “Drop” Cues**

**TRAINING GOAL(S):**

Retrieves a toy back to you and “drops” it when cued.

**DESCRIPTION:**

How many times have you found your Pup chewing on inappropriate objects or food and/or playing “keep away”? That's all about to change with the “drop” cue; and the “fetch” cue is a super fun way to introduce it while simultaneously teaching your Pup how to play appropriately with toys. After this training session, your Pup will immediately drop whatever he has in his mouth – happily. This could potentially be a lifesaving skill someday yet is super fun for both of you to play and practice on a regular basis to maintain the behavior. So, let's “drop” what we're doing and play fetch!

## **102 WEEK 2**

### **“DOWN” CUE Part 2**

### **Implied Stay + Distractions**

#### **TRAINING GOAL(S):**

Develops impulse control to maintain down position with distractions for 10 minutes.

#### **DESCRIPTION:**

Part 2 of the “down” cue is adding tempting distractions while your Pup works on impulse control for longer durations. We are going to add some typical household distractions that will really test your teammate’s ability to just chill out and watch the world go by for 10 minutes all while marking the behavior with tasty treats and lots of praise. Your Pup will learn that settling in a “down” position amongst stimulating distractions equals positive reinforcement, and that lunging for the distraction does not. We are delivering the message to your Pup that he is making excellent choices through positive reinforcement, and guiding him back into “down” position when he forgets.

## **102 WEEK 2**

### **Touch Game**

#### **TRAINING GOAL(S):**

Deliberately touches his nose to your open palm upon hearing the verbal cue “touch”, essentially acting as a target that your Pup is instructed to “touch” with his nose.

#### **DESCRIPTION:**

The “touch” cue is a form of “nose targeting” inviting your Pup to deliberately touch his nose to your open hand, essentially acting as a target, often used as a basic training cue to gain your Pup’s focus, and control his movement by guiding him with the hand position. Plus, “nose targeting” can be used to calm your Pup in stressful situations by providing a simple task to perform, and reinforces positive interactions between you and your canine companion.

## **102 WEEK 3**

### **Review Follow the Leash Cues + “Heel” & “Side” Cues**

#### **TRAINING GOAL(S):**

Learns verbal cues “heel” & “side” & responds by following the leash cues into a full circle auto sit at your left side (“heel”) or right side (“side”).

#### **DESCRIPTION:**

Welcome back! In 101 you learned how to use the leash like a steering wheel to guide your dog into the “heel” & “side” position, and your Pup learned to follow the leash rather than pulling ahead like a “sleigh” dog. Now, it’s time to add the verbal cues “heel” & “side”; crucial for navigating busy areas with distractions. The “heel” & “side” cues teach your Pup to walk closely along your left or right side with his head aligned with your knee or hip, maintaining this position while you move; not behind or in front of you but by your right or left side. These cues not only greatly assist with moving past distractions by swapping sides, but also help keep his focus and attention on you rather than the approaching distractions. This is one more giant step towards a lifetime of enjoyable and peaceful loose leash walks!

## **102 WEEK 3**

### **LOOSE LEASH WALKING Part 3**

#### **Figure 8s + Distance + Distractions**

#### **TRAINING GOAL(S):**

Maintains loose leash walking position for long distances and in the presence of approaching environmental distractions.

#### **DESCRIPTION:**

We are picking up where we left off in 101 and taking loose walking to the next level! Now that your Pup automatically sits at your side when you stop walking, it’s time to work on increasing the distance your Pup can maintain a loose leash walking position while gradually increasing distractions in the environment. We will head outside on leash to start practicing loose leash walking in various patterns while gradually increasing distance between stops as your Pup gets better and better at remaining along your side with a loose leash. Let’s keep the momentum going with lots and lots of practice at home in preparation for next week’s more advanced level of distraction challenges. You’ve got this!

## **102 WEEK 4**

### **“Paws Up” & “Off” Cues**

#### **TRAINING GOAL(S):**

Places his front paws on a designated object (ex. platform, box, or hand) when given the verbal cue "paws up" and holds position until cued "off".

#### **DESCRIPTION:**

The “Paws up” cue instructs your Pup to place his front paws on a designated object, like a platform, box, or even your hand, when given the verbal cue "paws up"; essentially telling him to target that specific spot with his front paws. This trick builds coordination and balance as well as helps your dog develop better control over his paws and body placement. The "paws up" command can be used in many situations, including: to get your dog's attention when you need him to focus on you; preventing jumping on people or furniture unless invited; to aid with basic obedience by teaching targeting; to aid with grooming; to help lift your dog onto tables or into vehicles; to help build confidence, and of course, for adorable photo poses. It's also a fun trick that can be used as a stepping stone to teach other behaviors like jump, targeting or staying on a specific spot.

## **102 WEEK 4**

### **“SIT” CUE Part 3**

#### **“Sit” + Implied Stay + Distractions**

#### **TRAINING GOAL(S):**

“Sits” on verbal cue and maintains position until released even with distractions present.

#### **DESCRIPTION:**

An "implied stay" means that your dog is expected to hold a position, like a sit or down, until given a “release” cue, without needing a separate verbal cue like "stay" each time. Rather, the act of asking your Pup to perform a stationary behavior automatically implies he should remain in that position until told otherwise. Instead of saying "stay" after giving a "sit" or "down" command, your Pup will understand that he should remain in that position until released without needing constant reminders. Implied stay training cultivates a mindset where your dog naturally waits for further instructions after performing a cue. By not needing to constantly say "stay," training sessions can flow more naturally and feel less repetitive for your dog.

## 102 WEEK 5

### “Jump” Cue

#### TRAINING GOALS:

Promptly responds to verbal cue “jump” by confidently jumping onto the leash cued object with all 4 paws until cued “off”.

#### DESCRIPTION:

The “jump” cue has many applications starting with serving as the foundation for teaching the “car” cue. Another highlight of teaching a “jump” cue is taming that jumping energy! With a fun “jump” cue, you can channel your Pup’s excitement to specific & appropriate moments and places, keeping him from jumping on people uninvited. It’s also a confidence booster & good exercise! A well-taught “jump” cue empowers your dog to leap onto and over objects of various heights and distances with ease and clarity, making every jump an adventure! As always, using positive reinforcement to teach the “jump” cue transforms training into a joyful experience, with treats and praise when he jumps on cue! Plus, teaching tricks like jumping not only hones skills but deepens the connection between you and your canine companion through focused training and joyful moments together.

## 102 WEEK 5

### LOOSE LEASH WALKING Part 4

#### Level 1 Distractions Approaching

#### Implied Stay + Distractions

#### TRAINING GOAL(S):

Mastery of loose leash walking and impulse control skills in the face of more stimulating public & environmental experiences approaching, in a safe and controlled way that helps your Pup become comfortable and remain well-mannered around people, other dogs & animals, new places, and different activities.

#### DESCRIPTION:

Wow! Look at the progress you and your teammate have made! Let’s keep challenging your Pup’s loose leash walking skills with even greater environmental distractions! Up until now, we have limited loose leash walking distractions to semi-stimulating ones at a distance. Let’s see how he does when one of your fellow teammates begins approaching him straight on; or the coach walks up to him while squeaking a ball. Will he break his “sit” or “down” position? If yes, that’s okay! He must fail sometimes to learn what you want him to do; exactly the reason for this exercise! Your Pup will get better and better at ignoring the world going by, instead, keeping his focus on you whenever you require him to do so & until you release him to do otherwise. Not because he must, but because he *chooses* to! It’s his choice! You’re simply going to help him make that right choice & reward him when he does! He will get to experience the pride & joy of mastering this skill and making his favorite human proud of him! We are gearing up for the final challenge so practice, practice, practice at home!

## **102 WEEK 6**

### **Graduation + Puppy Social**

Congratulations, Pet Parents & Pups! 🎉 You've done it again! It's time to celebrate another incredible journey you've taken over the past 5 weeks and the dedication you've shown to reach this milestone! I couldn't be prouder of you both, and your teammates will be too! So, let's take some time to revel in your accomplishments alongside your fellow teammates with a super fun Pupp-eroni Pizza Party & Puppy Social packed with lots of pet parent positive reinforcement. You deserve it!

On behalf of your Pup, thank you for continuing to invest in your furry family members quality of life and the unbreakable bond you now share with your loyal canine companion. You are an inspiration and positive role model to other pet parent and Pups wherever your adventures take you. Stick with it! You and your furry family member are worth it! 🐾❤️ I'll hope to see you both again in 103 Team Training!

### **102 Course Overview**

Welcome back, 101 Team Graduates! We're thrilled to have you join us again! In 101, you and your amazing Pup mastered essential manners and learned several crucial building block verbal, hand, and leash cues that he now recognizes and happily responds too like a pro! Huge congrats on that achievement! Now, get ready for 102, where we'll elevate the fun and raise the bar! This course focuses on advanced education and training, taking your skills to the next level while maintaining what you've already learned. We'll enhance your Pup's behavioral repertoire with more sophisticated cues, emphasizing impulse control, focus, and attention amidst real-life distractions.

From loose leash walking to friendly meet-greets, and even socialization in exciting environments like the dog park, we've got you covered! 102 is all about creating a well-behaved, well-socialized companion in a lively, supportive group setting in preparation for practicing everything you have learned outside of the classroom.

Expect to dive into more advanced manners and cues using positive reinforcement, and providing healthy outlets and opportunities for your Pup's energy. Plus, we'll keep the atmosphere fun, safe, and relaxed, making every session enjoyable for both you and your canine companion!

Let's continue to build that amazing bond of trust and understanding between you your Pup while fostering new friendships among fellow pet parents. Get ready for an exciting journey ahead!



102 is designed with these goals in mind:

- Instilling a goal on the part of pet parents to continuously work with your Dog to create a well-behaved, well-socialized companion in a fun, relaxed, safe, non-judgmental team training class curricula.
- Providing additional but more advanced foundational manners & cues using positive reinforcement methods giving your dog more acceptable outlets for his energy.
- Providing a fun, safe, & relaxed step-by-step group class environment for both you and your Pup in real-life relevance.
- Continued learning and practicing real-life, practical canine skills and using those skills in everyday situations, so your Pup develops into a well-behaved member of your household and a welcome part of society.
- Continued learning how to properly manage so-called “unruly” dog behaviors so that your Pup is welcome in more social situations by incorporating skills he learns in team training classes into daily living with him.
- Gradually raising the criteria with already acquired cues and behaviors with distance, duration, and distractions.
- Enhancing the bond and trust between you and your Pup through continued education and promotion of positive reinforcement training.
- Providing you with training opportunities to hone your Pup’s real-life skills and to receive feedback on developing those skills with your Pup at home.
- Providing real-life tools so that you can include your Pup fully into your life with real-life relevance.
- Incorporating fun and enriching tricks, games, & play breaks.
- Strengthen the trust and bond relationship between you and your dog through effective communication, understanding and quality time spent together.
- Fostering new and supportive relationships between fellow pet parents and their dogs.