

DOG AGILITY:



bar jump
training



Looking for fun ways to play with your dog? Try dog agility, an obstacle race course for dogs! People train their dogs to perform a number of tasks including weaving through poles, going through tunnels, walking up teeter-totters and jumping over bars.

Agility requires some patient training. Follow these steps to train your dog to jump a bar:

1. Start with your dog on a leash facing a very low bar – about 10 cm high.
2. Lead your dog over the bar using the “jump” command. As she crosses, toss a treat in front of her as a reward.



3. While on leash, practise jogging up to the bar several times with her. Each time, call “jump” and toss a treat or toy in front of her. This teaches her that good things happen when she jumps (she gets a treat!). Plus, her forward movement prepares her for the next obstacle.
4. Once she gets it with the leash, try to do the same steps without the leash.
5. Increase the height by a small amount. Continue to practise before raising the bar. You could also set up another jump a few metres ahead and have her jump twice.



Don't be frustrated if she isn't a “jumper” or loses interest. Dogs also like short training sessions – 10 to 15 minutes is about right. Keep practice sessions fun and soon she will look forward to learning the next agility obstacle.



WHAT YOU NEED:

- A bar, such as a broom handle
- Some blocks to adjust the bar height
- Treats or your dog's favourite toy