

# Sequencing 2, Week 1

## **Skill: Front Cross**

One instructor does Station 1 and station 4. The other does station 2 and 3. All students should start at station 1. While one group does station 4, the other group does station 2 and 3.

### **Station 1**

Work front cross on the flat with leash and treats. Start with dog in heal position (handlers left side). Walk forward then turn right keeping dog in the heal position. Walk forward again and turn right but switch sides with the dog so that the dog is now on the handlers right side. Walk forward and turn left switching sides so that dog is on the handlers left side. Practice this exercise a few times. Treat as you are switching sides. Dog must stay focused on the handler at all times.

Explain criteria for a front cross. You use a front cross to turn the dog and it enables the handler to run the dog on a different side. A front cross must be done as close to the next obstacle as possible, so the handler must get ahead of the dog's path. It also must be done where the dog is turning. Not before the turn or after it.

After practicing the front cross on the flat, you now progress to one jump (jump # 1). Set dog up in heal position (Left side). Handler needs treat, treat bag or treat tube, or toy in their right hand. With their left hand, the handler sends the dog over jump 2. As the dog lands, the handler calls *here*, turning left, showing the dog the toy, treat, etc. that is in their right hand. Repeat this on the other side. The goal is to first get the dog to turn, but then get a tighter turn each time. Tossing items that the dog wants is a good way to get tight turns.

Now the handlers are ready for the two jumps. Start with dog on left behind jump 1. Lead out, having a treat, toy, etc. in the right hand. Send the dog over jump 1 and front cross, turning left to send dog over jump #2 with the right hand. You may treat with the right hand.

Do the exercise now on the other side using black 1 and 2.

### **Station 2**

Ask students where does the dog turn. It is between #1 and #2, or between #2 and #3. A front cross could be put in any of those places, but we will put it between #1 and #2. Start with white numbers with dog on the right. Lead out and front cross, sending the dog to #2 with the left hand

Reverse exercise with the black numbers with the dog on the left.

### **Station 3**

Ask students where does the dog turn. It is between #1 and #2, or between #2 and #3. A front cross could be put in any of those places, but we will put it between #1 and #2. Start with the white numbers with dog on the left. Lead out and front cross, sending the dog over the A-frame with the right hand.

Reverse exercise using the black numbers with dog on the right.

### **Station 4**

Start with the white numbers with dog on the left. Ask handlers where does the dog turn. He turns after the see-saw. Therefore a front cross needs to be between #2 and #3. It should be close to the tunnel. Point out, however, that good contacts must be learned first. The instructor needs to have a target set up and treat the dog while the handler gets into position for the front cross. To begin the exercise, the handler leads out between #1 and #2. Send the dog over jump 1 and see-saw with the left hand. Front cross after #2, sending the dog to the tunnel with the right hand. Finish with the weaves and jump 5, using the right hand. Use 6 offset weaves.

Reverse exercise using the black numbers and reverse the see-saw. Ask handlers where does the dog turn. It is between #3 and #4, so that is where the front cross is placed, and it should be close the see-saw. To begin exercise, start with the dog on the left. Send through with left hand. As the dog commits to the tunnel, the handler moves into the front cross position, picking the dog up on their right side. Finish sending over # 5 with the right hand.

### **Student Reminders:**

Remind students that in order to progress, practice during the week is very important. These skills will never be mastered in 6 weeks, without continuous practice. In order to progress to the competition class, a front cross must be mastered. They must also be able to enter a set of off-set weaves from any obstacle and at various angles.