

# 2x2 Workbook

SUSAN GARRETT'S

*weave  
training*

*12 poles in 12 days*

## Susan Garrett's 2x2 Weave Pole Training

### 3 Key Skills to Training Success

1. DASH
  - Desire (get the dog's arousal up)
  - Accuracy (allow the dog to thoughtfully work through the weave training)
  - Speed (comes with understanding)
  - Habitat (train in many different locations)
2. Keep training sessions really short - less really is more
3. Keep really good records of your sessions - know your dog's success percentage so you know when to move on

### Foundation Skills - 2x2 training will progress much faster with these skills (Crate Games for #1 & #2)

1. Shaping
2. Self-control in the face of great distractions
3. Body awareness - most importantly, backing up

### Key Training Points

1. Pay attention to your "Reward Line". Trainers that develop a reward line end up with a dog that drives through the poles and exits with his head straight and looking for the reward because of the consistent placement of reinforcement.
2. Allow your dog to make his own choice. Training is about value and choice, so resist the temptation to help your dog with body lures or worse yet, throwing your cookie or toy ahead of the dog through the poles to encourage him to move forward.
3. Move on. Don't leave the poles open for an exaggerated period of time. If you do, the dog will learn that weaving is just running through a set of poles and never learn how to collect himself and weight shift to get a proper entry and bend back around poles 2 and 3. Work the arc, but don't keep the gate open for too long. Most dogs are weaving six poles within a week.
4. Challenge the Dog. Make sure you're working the arc through all the stages of training. Although it's tempting to go back to a straight on approach if your dog has failed a few times, it doesn't teach him to have an understanding of weave entries. Don't be afraid to allow the dog to fail.
5. Consistent response to failure. When the dog makes a mistake early in the training (at the two-pole stage), say nothing. Just call him back and start again. However, once the dog is up to four or more poles and is really driving hard, it shows that there is value for the poles. If you allow the dog to continue to weave, he would be gaining reinforcement for a mistake. Use a non-reward marker like "Oops" then call the dog's name and start again. If you are clear and concise with your responses when your dog fails, it will help to quickly build understanding.

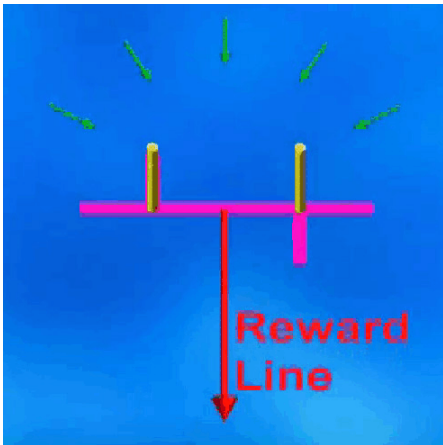
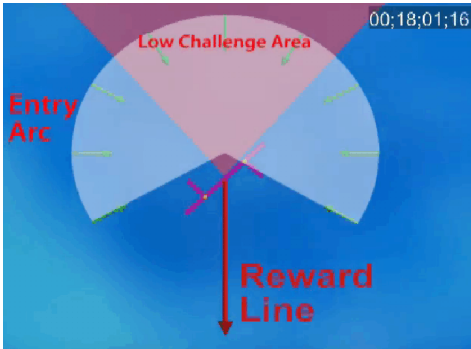



6. Allow your dog to problem solve. If your dog stalls out because he's not sure what you want, resist the temptation to help. If you've built lots of value, the dog will come back. There's a tendency to help by giving a release or by making it easier once there's been one or two failures. Let the dog fail and then figure it out. In the long run, the training will go much faster once your dog has the understanding of how to fail and recover from it. If the dog has experience in shaping, the lesson of "never give up" will be there.
7. Refocus your dog after an error. After a failure, use your non-reward marker (if you're at that stage), stand still, and call him back. Refocusing the dog (maybe take him by the collar, rev him up again, and then let him go toward the poles) will help increase the likelihood of success on the following repetition.
8. Remember DASH. Get the dog really excited before you start each training session by doing collar grabs, growling, playing tug, or maybe the 1-2-3 Game, and letting him explode toward the poles. Don't allow the dog to continue to methodically, slowly move through the weave poles, or you will be building that slow movement into your weave performance.
9. Allow the dog to be thoughtful - this goes hand in hand with DASH. Remember that the dog may slow down after an error, so allow him to become thoughtful as he works through the challenge. Speed comes with understanding.
10. Vary your body position. From the very beginning at the two-pole stage, vary your body position by standing still, running, spinning, running ahead, etc. while the dog is in the poles.

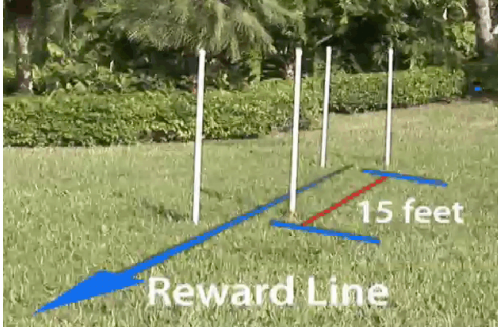

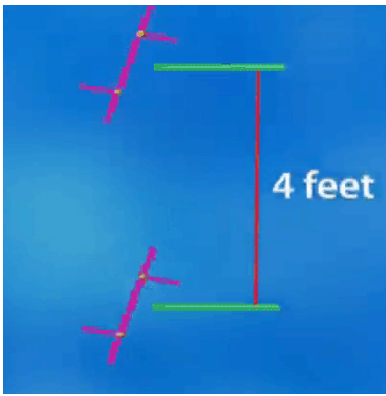


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**Always establish your reward line before starting your session!**

Stage of Training	Steps
<p><u>Chapter 1</u> Shaping the First 2 Poles</p>	<ul style="list-style-type: none"> <li>Establish a transfer of value - use <u>really</u> high value rewards.</li> <li>Only reinforce a stationary response (looking at the poles) 1-2 times.</li> <li>Raise your criteria &amp; get the dog moving toward the poles.</li> <li>Don't let the dog go back and forth through the poles.</li> <li>The reinforcement line <u>always</u> goes forward.</li> </ul> 
<p><u>Stage 1</u> Building Value</p>	<ul style="list-style-type: none"> <li>Stand still and let the dog choose.</li> <li><b>Rewards should always be on the reinforcement line.</b></li> <li>Don't lure with your body. Let the dog choose before you move in to reward.</li> <li>Dogs with no experience in shaping should be on leash to limit the area of reinforcement .</li> </ul>
<p><u>Stage 2</u> Testing the Value</p>	<ul style="list-style-type: none"> <li>Step back from the poles - is there enough value for the dog to move forward on his own?</li> <li>Allow the dog to think - don't lure or prompt with your voice or body.</li> <li>Resist the temptation to say "OK" or coax the dog.</li> <li>Stay close to the poles until the dog sees value in them.</li> </ul>
<p><u>Stage 3</u> Swing Shift - 2 o'clock and 8 o'clock</p>	<ul style="list-style-type: none"> <li>Rotate the poles to 2 and 8 o'clock.</li> <li>Move around an arc that encompasses all approaches to a correct weave entry.</li> <li>If the dog chooses an incorrect entry, don't allow him to continue forward.</li> </ul> <div style="display: flex; justify-content: space-around;"> <div data-bbox="472 1178 940 1524">  <p>To begin each session, the arc is bounded by the poles (a very thin slice of the pie) so the challenge is very low.</p> </div> <div data-bbox="995 1178 1507 1524">  <p>With success, the arc will extend well past the poles and beyond.</p> </div> </div>
<p><u>Chapter 2</u> Moving the Poles</p>	<ul style="list-style-type: none"> <li>Move to a grass surface so the dog can dig in and gain some speed.</li> <li>If you need to continue using cookies a while longer, stay on a hard surface so the dog can find the cookies easily.</li> <li>Give yourself a visual target for your reward line (like a tree or cone in the distance, leash or spray paint on the ground).</li> </ul>
<p><u>Stage 4</u> Working the Arc</p>	<ul style="list-style-type: none"> <li>Continue to work the arc.</li> <li>Sometimes stand still and sometimes run as a distraction to the dog.</li> <li>Don't want the dog to become dependent on your body as a prompt.</li> </ul>

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Stage of Training	Steps
<p><u>Chapter 3</u> Going to Two Sets of 2x2s</p>	<ul style="list-style-type: none"> <li>Start where you left off in the previous session.</li> <li>Establish your reward line and work the dog around the arc.</li> <li>Continue changing your body position.</li> </ul>
<p><u>Stage 5</u> 2 More Poles</p>	<ul style="list-style-type: none"> <li>If the dog can find the entry from anywhere, add the 2<sup>nd</sup> set of poles.</li> </ul> <div style="display: flex; justify-content: space-around;">   </div> <p>Place the 2<sup>nd</sup> set 15' in front of the 1<sup>st</sup> set (for a mini dog - 9' to 12').</p> <p>At first, stand high on the arc and reinforce between the two sets of poles.</p>
<p><u>Stage 6 - Moving the Poles Closer Together</u></p>	<ul style="list-style-type: none"> <li>Bring the 2<sup>nd</sup> set of poles in closer, about 7' away from the 1<sup>st</sup> set.</li> </ul>
<p><u>Chapter 4</u> Move the Two Sets of 2x2s</p>	<ul style="list-style-type: none"> <li>Start in a new location with the poles the same distance as the previous session.</li> <li>Once in awhile (maybe every 5 to 6 reps), reward after the 1<sup>st</sup> set of poles.</li> <li>Can use a cue "Go" to send the dog to the poles since sending from a greater distance.</li> </ul>
<p><u>Stage 7</u> Turning Back Time to 1 and 7 o'clock</p>	<ul style="list-style-type: none"> <li>If the dog is starting to move the poles, stake them in the ground.</li> <li>Move the poles closer (about 4' apart) and rotate the poles to 1 and 7 o'clock.</li> <li>Keep the poles at 4' and gradually rotate both sets of the poles, keeping them approximately the same angle and on the reward line.</li> <li>Eventually move the two bases together until you have competition-spaced poles.</li> <li>Don't use a formal "Weave" cue yet since the behavior has not been fully learned.</li> </ul> 

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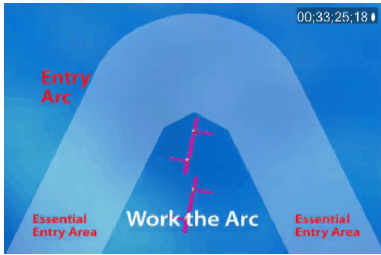
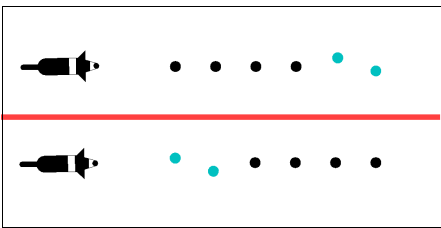
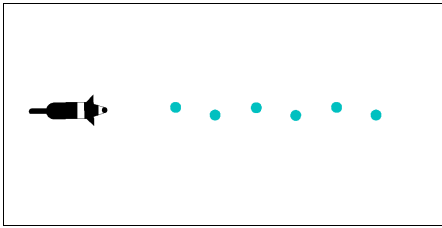
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Stage of Training	Steps
<p><u>Chapter 5</u> Moving the Game</p>	<ul style="list-style-type: none"> <li>• Change locations to help generalize the behavior.</li> <li>• With the poles in the same configuration, work around the arc.</li> <li>• Don't make the challenge harder yet (rotating or moving the poles closer) since you're in a new location.</li> <li>• For the next session in the new location: start this way again and then rotate the poles.</li> <li>• Be patient - allow the dog to fail.</li> </ul>
<p><u>Chapter 6</u> Proofing and Closing the Poles</p>	<ul style="list-style-type: none"> <li>• Don't go to four straight poles yet.</li> <li>• Continue to work the arc.</li> <li>• Stay at this stage for a day or two until the dog can find the entry and drive forward.</li> <li>• When your dog fails, don't let him shape you to make it easier and stay in the center.</li> </ul> 
<p><u>Stage 8</u> Now We're Weaving</p>	<ul style="list-style-type: none"> <li>• When successful working around the arc, move the four poles in a straight line.</li> <li>• The dog should be driving to find the weave poles on his own.</li> </ul>
<p><u>Chapter 7 - Adding a Jump and Going to 6 Poles</u></p>	<ul style="list-style-type: none"> <li>• Add a new challenge by introducing a jump.</li> </ul>
<p><u>Stage 9</u> Overcoming Obstacles</p>	<ul style="list-style-type: none"> <li>• Work the arc by moving the jump.</li> <li>• Can also add in rear crosses at the weaves.</li> </ul>
<p><u>Stage 10</u> Rollin' a Six</p>	<div style="display: flex; justify-content: space-around;"> <div data-bbox="495 1045 933 1270">  <p>Before having 6 poles in a straight line, add the 3<sup>rd</sup> set of 2x2s as an open gate in front of or behind a set of 4 poles.</p> </div> <div data-bbox="1042 1045 1481 1270">  <p>With 6 poles, you can also open up the 2x2s slightly so the dog can blast through.</p> </div> </div> <ul style="list-style-type: none"> <li>• Only keep the 2x2s open for a few repetitions, then close them again.</li> </ul>

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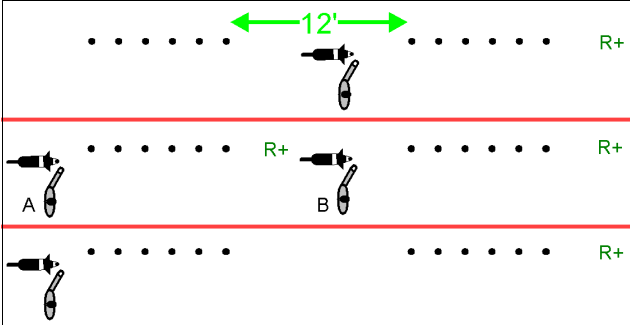
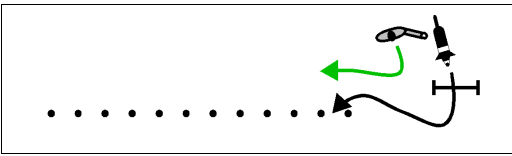
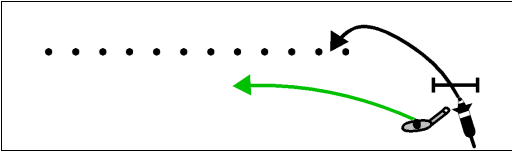
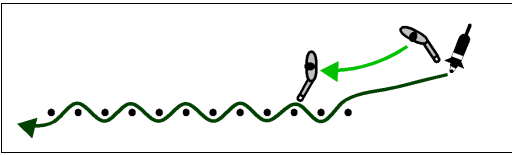
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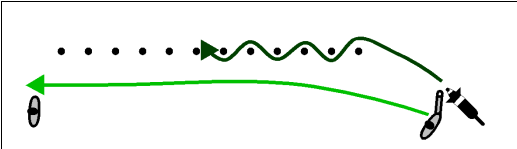
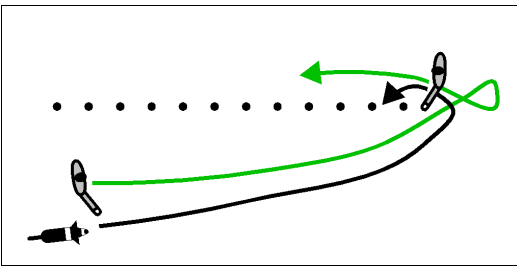
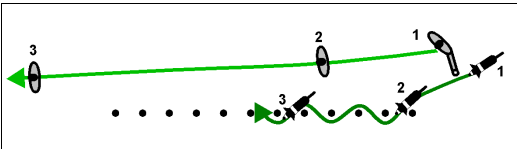


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**Always establish your reward line before starting your session!**

Stage of Training	Steps
<p><u>Chapter 8</u> Adding the 2<sup>nd</sup> Set of 6 Poles</p>	<ul style="list-style-type: none"> <li>Remove the 2x2s and go to a solid base of 6 poles.</li> <li>Continue to do some easy reps so the dog can get some rhythm in the poles.</li> <li>Watch for the dog to begin single stepping which indicates he's feeling comfortable in the poles</li> </ul>
<p><u>Stage 11</u> Rollin' Double Sixes</p>	<ul style="list-style-type: none"> <li>With success on the 6-pole challenges, add a 2<sup>nd</sup> set of 6 poles (12'-15' away).</li> <li>Start with the 2<sup>nd</sup> set of poles to help the dog gain confidence.</li> <li>Then do the 1<sup>st</sup> set and reward between the two sets. From there, send the dog to the 2<sup>nd</sup> set &amp; reward.</li> <li>It may start to appear as if you're interfering with your dog as you reward after the 1<sup>st</sup> set since he wants to continue on. When the dog shows this level of confidence, have him do both sets (can use "Go" and body motion to cue the 2<sup>nd</sup> set) before getting the reinforcement.</li> <li>Move the two sets of poles closer together ( about 6' apart).</li> <li>Do a couple of easy entries to get the dog's confidence up, then try some tougher entries.</li> </ul> 
<p><u>Chapter 9</u> Changing Habitat and Six Plus Six Equals Twelve</p>	<ul style="list-style-type: none"> <li>Change the location again.</li> <li>Do the last set and reward.</li> <li>Do both the 1<sup>st</sup> and 2<sup>nd</sup> set and reward.</li> <li>If the dog makes a mistake in the 1<sup>st</sup> set and then does it again successfully, make sure to reward the correct behavior and not continue on to the 2<sup>nd</sup> set.</li> <li>After 80% success in two sessions, move the two sets of 6 together to make 12 poles.</li> <li>Don't ask for any challenging entries until you build some success doing the 12 poles.</li> </ul>
<p><u>Chapter 10</u> Building Drive and Footwork</p>	<ul style="list-style-type: none"> <li>Your dog should be showing confidence by staying in the poles regardless of the challenges you throw at him:</li> </ul> <p>Set up a tight wrap after a jump to the poles to encourage the dog to enter the poles from the wrong side.</p>  <p>A wrap entry with handler's body far enough up the poles that it encourages the dog to enter at the 2<sup>nd</sup> or 3<sup>rd</sup> pole.</p>  <p>Stop moving after the dog enters the 1<sup>st</sup> pole (support the line with arm up).</p> 

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Stage of Training	Steps
<p>Chapter 10 (cont.)</p>	<p>Race ahead after sending the dog in the poles.</p>  <p>A front cross before the poles.</p>  <p>Jazz up the dog and run past the entry before the dog gets in and continue to run 20' past the exit.</p> 
<p>Chapter 11 Cranking up the Distraction</p>	<ul style="list-style-type: none"> <li>• This stage focuses on the dog's understanding of the job of weaving</li> <li>• Stake down 3 sets of 2x2s in a straight line &amp; reward the dog for just weaving six poles.</li> <li>• Then add distractions to try to get the dog to not weave (running along with the dog in the poles while squeaking a toy or waving it around in circles, etc.).</li> <li>• The dog may fail a lot at this stage and/or slow down in the poles. When the dog learns that his job is to stay in the poles, you'll see an increase in speed.</li> <li>• If the dog has an error and continues to have the same error, open the 1<sup>st</sup> set of two poles up to an angle that makes it easy for the dog to find his entry. With success once or twice, gradually close it up again.</li> </ul>

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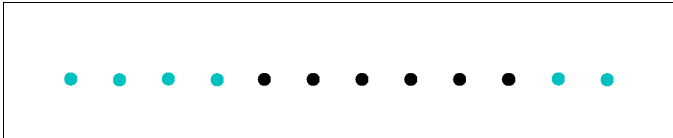
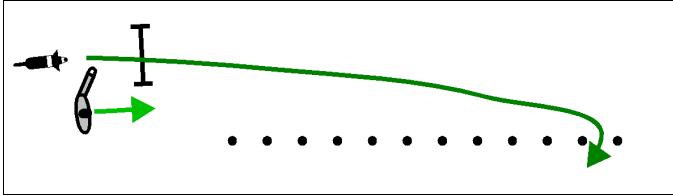
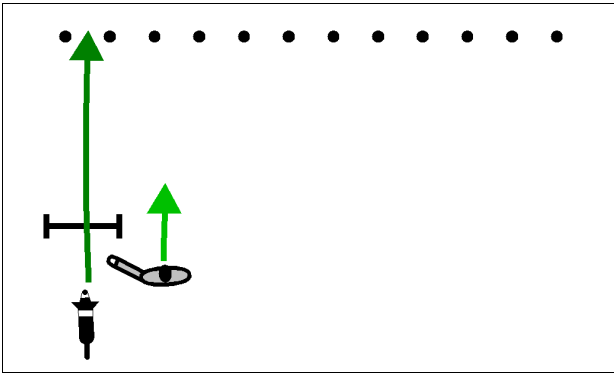


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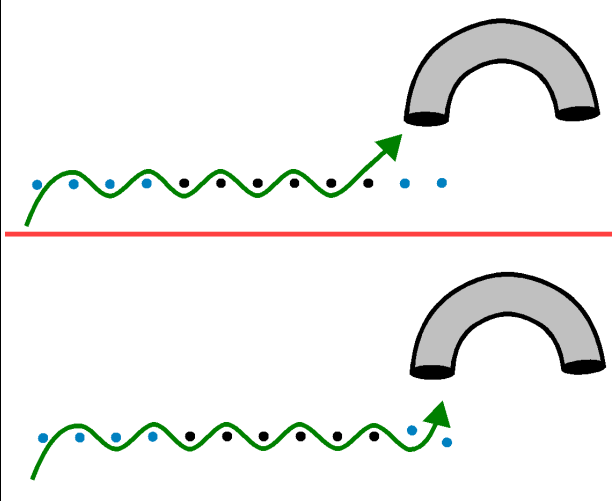
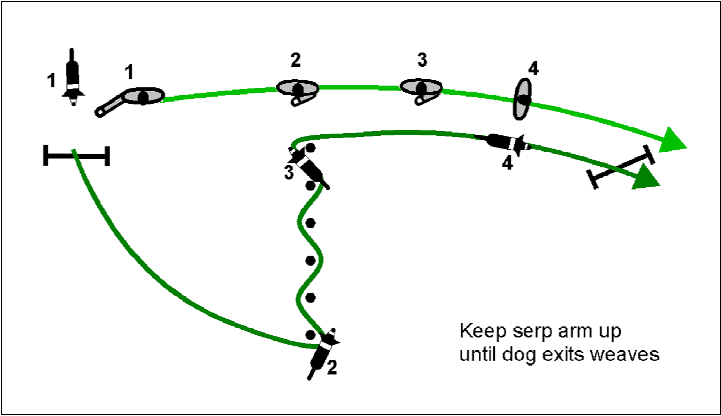
Running Contact Trainer



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Stage of Training	Steps
<p><u>Stage 12 - Fancy Footwork</u></p>	<ul style="list-style-type: none"> <li>If the dog is weaving 12 poles but inconsistent with his striding (both single and double stepping), this setup will help the dog will learn to drive fast and will figure out his footwork:           <ul style="list-style-type: none"> <li>You need a thin rope, a bunch of stakes, and 6 sets of 2x2s.</li> <li>Rotate all of the 2x2s so you can put a rope through the middle of them.</li> <li>Attach a thin line to one stake and put it in the ground at the beginning of the weaves and run the line through the middle of the 6 sets of 2x2s.</li> <li>Put a loop in the end of the rope and stake it down at the end of the poles. Make sure the rope is nice and tight.</li> <li>Rotate each 2x2 so the poles almost touch the line, but the line should not be bending.</li> <li>Stake the poles and remove the rope and stakes before sending the dog through.</li> </ul> </li> </ul> 
<p><u>Chapter 12</u> Challenging Trendi</p>	<ul style="list-style-type: none"> <li>The 12-pole setup that will be used for the next month or so is of a set of 6 poles in the middle with a set of 2x2s at one end and two sets of 2x2s at the other end.</li> <li>At first, stake all of the poles down so there is one complete set of twelve, and then adjust the 2x2s as needed.</li> <li>This session focuses on greater distractions like:           <ul style="list-style-type: none"> <li>Hard entries like a jump at the far end of the weaves.</li> <li>Start with a jump perpendicular to the poles so the dog enters with more speed.</li> </ul> </li> </ul>   

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Stage of Training	Steps
<p>Chapter 12 (cont.)</p>	<p data-bbox="461 506 862 615">Tempt the dog to pull out of the poles early by putting a tunnel right before the end of the poles.</p>  <p data-bbox="461 1035 683 1066">Serpenting the weaves.</p>  <p data-bbox="1252 1203 1458 1245">Keep serp arm up until dog exits weaves</p>



# Agility A Go Go

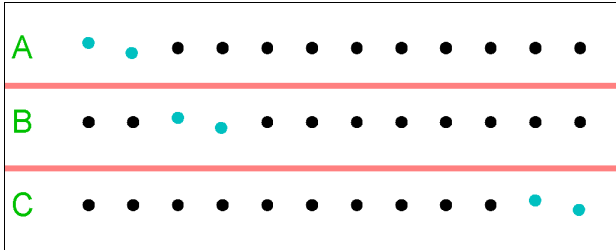


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Stage of Training	Steps
<p>Chapter 12 (cont.)</p>	<ul style="list-style-type: none"> <li>If the dog misses an entry, you can open up the first two poles (A)</li> <li>If the dog is coming into the weave entry with a lot of speed and skips from 1 to 3, moving the 2<sup>nd</sup> set of 2x2s reminds the dog to dig in and bend back to get the 3<sup>rd</sup> pole (B)</li> <li>If the dog is struggling to stay in the poles, angle the last set of 2x2s (C).</li> </ul> <div data-bbox="683 478 1295 726" style="border: 1px solid black; padding: 10px; margin: 10px 0;">  <p>The diagram illustrates three scenarios for a dog's path through a series of 12 poles arranged in three rows of four. Red horizontal lines separate the rows. Row A shows a dog (red dot) at the start of the first pole, with the first two poles open. Row B shows a dog (red dot) at the start of the first pole, skipping to the start of the third pole. Row C shows a dog (red dot) at the start of the first pole, struggling to stay in the poles, with the last two poles angled.</p> </div> <ul style="list-style-type: none"> <li>With success, move the 2x2s back in, but not quite straight yet. Try some more challenging entries and then make the poles straight if the dog has been successful.</li> </ul>



## 2x2 Specifications



The 2x2 weave pole bases need to have a "tail" on both ends so that they are easier to line up, and they must have holes in order to secure them to the ground with spikes.

In addition, it is very important that the posts on the 2x2s are welded on as straight as possible, which is demonstrated by the difference in the two photos below. The first photo has a set of 2x2s lined up, and the poles are vertical and almost completely in line with each other. The second photo shows a set with the posts not welded on straight so when the weave poles are attached to the base, they are not vertical and in line with each other.



2x2s with posts welded on correctly



2x2s with posts NOT welded on straight

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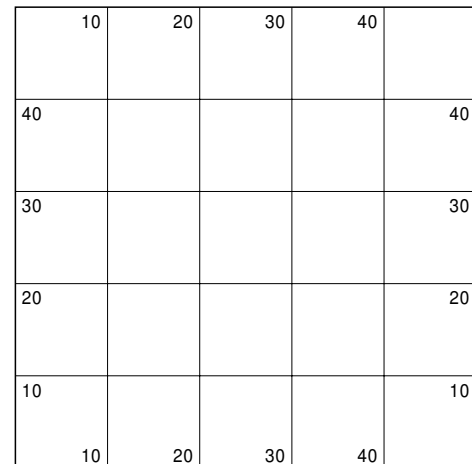
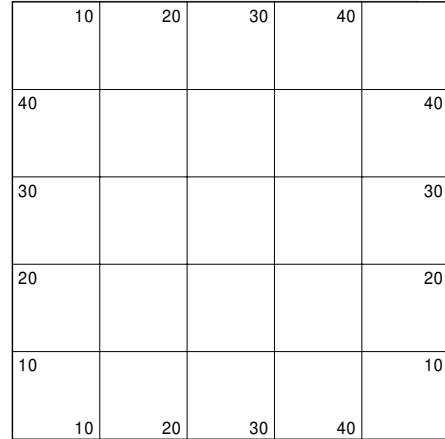
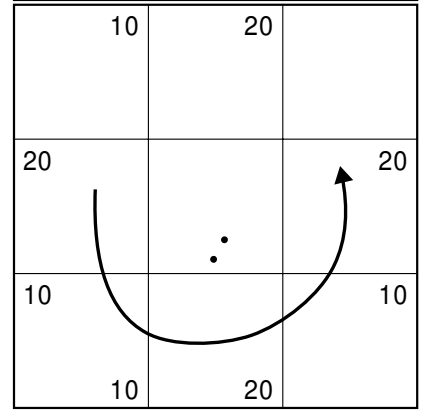
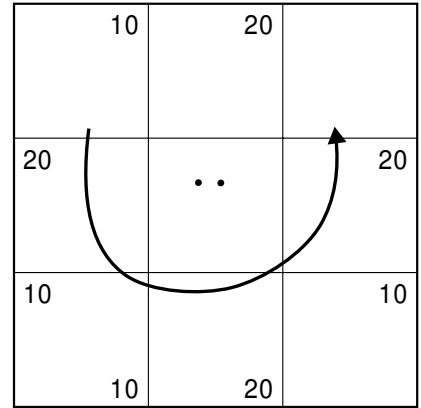
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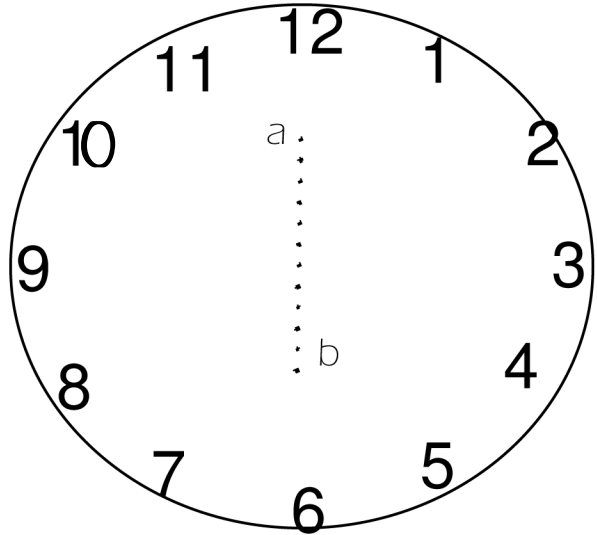
# Record Keeping for 2x2's

Comments _____	Session# _____
Any signs of stress from dog (high or low):	
POA for next session:	
Comments _____	Session# _____
Any signs of stress from dog (high or low):	
Comments _____	Session# _____
Any signs of stress from dog (high or low):	
POA for next session:	





# Say Yes Weave Skill Evaluation



Date	Sent from	Sent to	Obstacle/s equence	Distance	Distractions Handling move/toys/body position etc
5-Oct-08	7	a		9'	held by the collar & sent