



4x4 Flyball Club

Training Schedule

Six week course

The course will cover the following - but not necessarily in this order.

This is not intended to be an exhaustive list, and we will augment it as necessary.

Prerequisites

- 🐾 Dog/Bitch must be at least ten months old
- 🐾 Dog must be fit and healthy
- 🐾 Dog must not be obese
- 🐾 Handler must be able to demonstrate a reliable recall
- 🐾 Dog must exhibit a reasonable interest in balls

Introductory phase

- 🐾 Socialisation with other member's dogs
- 🐾 Familiarisation with concept of jumps
- 🐾 Introduction of command "Over"
- 🐾 Tests for left or right handedness in dog
- 🐾 Runbacks as familiarity with Flyball lane(s)
- 🐾 Familiarisation with tight turns on training chute
- 🐾 Introduction to static ball retrieval

Basics phase

- 🐾 Explanation of Flyball aims
- 🐾 Explanation of Flyball rules
- 🐾 Build up to full lane runs
e.g. 1,2,3,4 jump progression with ball rolled down box
- 🐾 Introduction to box
- 🐾 Swimmers turns
- 🐾 Triggering ball from box
- 🐾 Full solo run down and back
Through start/finish gate
Over all four jumps
Trigger ball from box
Back over all four jumps and start/finish gate
- 🐾 Attention to consistent ball retrieval and presentation to handler
- 🐾 Ensure no run outs consistently

Advanced

- 🐾 Introduction to crossovers
- 🐾 Run as part of team
- 🐾 Reduce crossover time until confident to crossover at gate
- 🐾 Work out best start distance
- 🐾 Judging release moments
- 🐾 Theory of optimum data input to achieve perfection
E.g. How to approach rolling starts and zero second crossovers
- 🐾 Learn the "Flyball dance" as an 'unconscious competence'
- 🐾 Team dynamics and responsibilities
E.g. "Team ready", line-up positioning, rest positioning
- 🐾 Don't look back, reliance on others for information etc.

Outcome

We aim to turn out well balanced dogs and handlers who have a love and overall appreciation of the sport. Students will have an important and comprehensive grounding that will enable them to progress into competitive Flyball tournaments with confidence. They will have had a lot of fun on the way.

Postscript

Clearly dogs will take vastly differing times to absorb the above, and training courses are deliberately not prescriptively structured in order that individual dogs and handlers can progress within their own pace and aptitude.

Post course ongoing training for members

- 🐾 Competition etiquette
- 🐾 Differences between Starter and Open Competitions
- 🐾 How the races are adjudicated
- 🐾 Height considerations
- 🐾 Dog dynamics within teams/clubs
- 🐾 Attitude of handler
- 🐾 Team "membership" (fostering a sense of belonging.)
- 🐾 Role of the box loader
- 🐾 Scribing
- 🐾 Lights operation
- 🐾 Line judging
- 🐾 Box judging
- 🐾 Judging