**Obedience Training Week 7**

**The Figure Eight**

* The purpose of the figure 8 is to teach your dog to walk close to people, animals, or objects without touching or sniffing. The figure 8 is a variation of heeling.
* Walk your dog around two objects or people about eight feet apart, making a figure 8 by crossing between them.
* Start 2 feet in front of the objects, one toward your left, and the other toward your right.
* Get your dog in the sitting position at your heel, say your dog’s name, and “heel”.
* Guide him around one of the objects, and then the other, making a cross in the center.
* Heel close to the objects and at a faster than normal rate to prevent lagging.
* Go around the figure 8 multiple times with several halts (sits)
* When hear “Exercise Finished” you say dog’s name and “Heel”. Take 2 steps forward and halt, make sure dog sits, then give lots of praise.