# JTT- Sample 8 Week Lesson Plan

I am assuming:
-back chaining
-adding time to table
-go, here, run-by (right and left)
-warm up with tug
- wait reinforced (start line eventually ☺ )

## Week 1
- What is Agility?- Video or demo?
- Name game
- Restricted recalls
- Tug game
- Jump
- Tunnel

## Week 2
- Name game with distractions
- Restricted recalls
- Three ways to teach an obstacle:
  -go, here, run-by (right and left)
- Importance of a party
- Jump, 2 jumps
- Tunnel- out to full length straight (go, here, run-by)
- Quick sit and down work
- Relay race with sit and down spots

## Week 3
- Name game with major distraction (flexi's)
- "go" game (ready, steady, GO) Introduce target
- jump chute- run-by, go , here
- tunnel- introduce curve
- jump, tunnel(straight)- r, g, h
- table- on, off….sit, down

## Week 4
- restricted recall contest (who can get the farthest)
- table- go,here
- jump, table-r, g, h
- tunnel with curve
- jump, curved tunnel, jump-right and left

## Week 5
- name game contest
- jump circle- right,left
- jump chute to table-back chain, r, g, h
- nose touch game

## Week 6
- nose touch to both sides
- "turn" and "here" on the floor
- jump circle with tunnel- right and left
- go to table contest- who can send the farthest

## Week 7
- "spin"
- Tunnel, jump, jump, table
- Table, jump, jump, tunnel
- Put all together
- "turn", "here" with jump

## Week 8
- What happens at a trial
- Explain "walk through"
- Run sample course