

# **Living with Dogs**

**Positive Training Fetches Positive Results!**

## Treibball - Frequently Asked Questions

### ***What kind of balls are used in Treibball?***

The balls are inflatable exercise balls. Some people know them as Pilates balls or swiss balls. They are the same balls used for human exercise and stretching.

### ***Where do you get the balls?***

You can buy them at sports stores, at national chain department stores (like Walmart or Target in the US) or online.

### ***How large of a ball do I need to use?***

Generally, you want a ball that is shoulder height or higher for the dog. The balls come in heights from 45 cm to 75 cm. For tiny breeds you may want to start on a playground ball. For giant breeds you may need to train them on a smaller ball to push with their chest.

### ***Where can I find a Treibball training plan?***

The Treibball Handbook details a “how to train for treibball” training plan using shaping and reward based training. The Treibball Yahoo Group is a place to share training tips and ask questions about Treibball. There are many videos on YouTube about how to train Treibball as well.

### ***Where can I find Treibball classes?***

The Treibball Yahoo Group has a list of dozens of training facilities that offer training classes under Databases.

### ***What size training field do I need?***

You can train the initial stages of Treibball in a small yard or indoors in a hallway or living room. You could even train between the couch and the coffee table! If there is a park with a flat field near your home you could do training there as well. You do not even need a ball to get started.

### ***How many balls will I need?***

To begin with one will do. You can do the foundation stages of training without even having a ball. Dogs are often aroused by a ball and can't calm down or focus. They need to learn how to orient to you, run out at a distance away from you and push things. You can train all of that before you get a ball. In the more advanced stages of competition, the dogs push eight balls in.

### ***Is there One Way to train Treibball?***

There are as many different methods of training dogs successfully as there are dog/handler combinations. The best way to train is what both you and the dog are comfortable with. We prefer reward based training to get fast and reliable distance behaviors and encourage you to be creative, experiment and to set your dog up for success.