

AUSTRALIAN SHEPHERD TRAINING

High-Drive Aussie Owner Guide



Australian Shepherd Training: What's Different

Australian Shepherd training rewards owners who match their dog's drive — and frustrates owners who don't. Aussies are extraordinarily smart, eager to work, and form intense bonds with their handlers. They're also one of the most exercise-demanding breeds in existence. An under-stimulated Aussie is a destructive Aussie, and no amount of obedience training will fix a dog that needs more physical and mental work than it's getting.

3 truths every Australian Shepherd owner needs

- **Exercise comes before training.** 2+ hours of vigorous daily activity is the minimum. Without it, training won't stick because the dog can't focus.
- **The herding instinct will activate.** Aussies herd children, joggers, cars, the vacuum. Train an alternative behavior the moment the stalk-stare-chase sequence starts.
- **They notice everything.** Aussies read your body language, mood, and routine. Inconsistency from the handler = inconsistent dog.

Want video demos for high-drive herding breeds?

The Fast Dog Training program covers Australian Shepherd-specific training with video demos. Used by 50,000+ owners.

→ [See the Training Program](#)

The 10-Week Australian Shepherd Training Plan

Designed for an 8-week-old Australian Shepherd puppy. Sessions are 5-15 minutes (longer as the puppy ages). Three sessions per day minimum.

| Weeks | Focus | New Commands |
|-----------------|-------------------------------------|-------------------|
| 1-2 (8-10 wk) | Crate + Sit + name + bite inhib. | Sit, crate, name |
| 3-4 (10-12 wk) | Recall + leash + Down | Come, leash, Down |
| 5-6 (12-14 wk) | Place + Leave it + structured games | Place, Leave it |
| 7-8 (14-16 wk) | Heel + Off + nip prevention | Heel, Off |
| 9-10 (16-18 wk) | Sport intro (agility, treibball) | Send out, weave |

Channeling the Herding Instinct

Aussies are going to herd — the question is what. Without an outlet, they'll herd whatever moves. With an outlet, the same instinct becomes a productive behavior you can both enjoy.

- **Treibball:** Herding large soccer balls. Perfect for urban/suburban Aussies.
- **Agility:** Channels speed, focus, and handler partnership.
- **Disc / frisbee:** High-intensity play that satisfies the chase instinct.
- **Real herding lessons:** Find a trainer with sheep or ducks — monthly sessions transform the dog.
- **Trick training:** Continuous learning satisfies the breed's mental needs.
- **Scent work:** Mental tiring, low joint impact — great for older or recovering Aussies.

Stop the chase before it starts

When you see the stalk-stare-chase sequence start (lowered body, intense focus on the target), interrupt with a Place or recall cue. Reward heavily. Don't punish — punishment adds anxiety to an already-aroused dog.

The training program for working dogs

Video demos, breed-specific guidance, and lifetime access. The training program for Australian Shepherd owners.

→ [See the Training Program](#)

5 Most Common Aussie Mistakes

Avoid these to prevent the most common Aussie problems:

- **1. Inadequate exercise.** A bored Aussie develops compulsive behaviors. 2+ hours daily of vigorous work, every day.
- **2. Letting them herd kids.** Cute at 3 months, dangerous at 50 lbs. Train an alternative behavior immediately.
- **3. Using harsh corrections.** Aussies shut down with punishment. Positive reinforcement only.
- **4. No structured outlet.** A dog without a job invents one. Provide agility, treibball, herding, or trick training.
- **5. Ignoring the noise sensitivity.** Many Aussies are noise-phobic (fireworks, thunder). Counter-condition early.

Where to Go From Here

This 10-week plan covers the foundation. After that, your Australian Shepherd has the basics to build on for the next 12-24 months. Most Australian Shepherds reach mental maturity around age 2-3.

Get Fast Dog Training

Step-by-step training program with video demos for every command, Australian Shepherd-specific guidance, and lifetime access. Used by 50,000+ owners.

→ [See the Training Program](#)

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