



Attention - Name Game- Say your dog's name and treat when they make eye contact.

Touch - Offer your hand or fist directly in front of your dog's nose. When they touch it give them a treat from the opposite hand. Do this several times until your

dog is consistent then add the verbal cue "Touch." Once your dog is touching well, you can begin to move your hand a little farther away to make it more challenging.

Sit - Step 1. Have a treat in your hand and get your dog's attention. Step 2. With the dog's nose touching the treat, bring your hand backward over the dog's head towards his tail. As the head goes up the rear should hit the floor. Treat. Do this step several times so your dog is doing it readily.

Step 3 Add the verbal cue "SIT".

Down - Step 1. Start with your dog in a sitting position in front of you. Step 2. With a treat in your hand starting at your dog's nose draw a straight line down to the

toes and hold. Let your dog sample the treat as you bring it between the toes and hold until the elbows hit the floor. Give the treat.

Loose Leash Walking - Step 1. Start walking forward with slack in your leash. Step 2. As your dog starts to follow, treat when they are looking at you or by your

side. If your dog pulls ahead, STOP as soon as your dog looks at you, or there is slack in the leash, treat. If you need to, back up a few steps to get your dog to follow, when the leash is loose treat and move forward. If your dog gets ahead of you quickly turn and go the other way. They will soon start to pay more attention to where you are. Stop often, this way your dog learns to watch you.

Start in a quiet area or at home first. Then gradually move outside to a more distracted location.

Stay

Sit Step 1. Ask your dog to sit and treat quickly several times.

Step 2. Say your release word and encourage them to move from the sit. Do this several times until they are calmly remaining in the sit position until the release. Step 3. Add the verbal cue "Stay". Hold briefly then release with your cue. Gradually increase the duration.

Down For down stay repeat the same steps for sit. 12 of 20

Jumping Up - Default sit.

Step 1. Anytime your dog approaches you wait for them to sit then treat. If they start to jump turn your back /ignore and wait for them to sit. Do not tell them to sit, just let them train themselves.

Step 2. The instant they sit, treat. If they get up again, ignore until they sit, then treat!

If needed you can use a tether to prevent them from following you.

Mat

Step 1. Place mat on the floor. While on leash move your dog towards the mat until they step on it and toss several treats on the mat. At first you can start by catching even one foot stepping on the mat.

2. As long as your dog is remaining on the mat continue tossing treats on it.

Step 3. Say your release cue and move your dog off the mat. You may need to lure them at first to encourage them to step off.

When your dog sits or lays down they get a higher value treat. All other things get the lesser.

When your dog first offers a down give a bonus!

Focused Walking

Step 1. Start with a treat in your hand and move forward. Your dog's attention should be on the lure in your hand. Take several steps forward. Then release with your release cue.

Step 2. Repeat step 1. Do this until you can take many steps ahead without losing your dog's attention.

Remember to give verbal cues only once.

Leave-it

Step 1. Start with a treat in one hand with a closed fist. Offer to your dog and wait until they take their nose off that hand then treat from your opposite hand. Do this several times until they are readily moving away from the hand with the treat.

Step 2. Once your dog is doing this easily add the verbal cue "Leave it"

Step 3. Offer your open hand with treats. If your dog goes for the hand quickly close your fist. Repeat this until your dog moves away from your open hand with the food. Once they are doing this easily add the verbal cue "Leave it".

Walking Wait

Step 1. Start with your dog on a leash and move forward. Stop and treat your dog for standing at your side. Say your release cue and move forward. Repeat this step several times until your dog is stopping easily at your side.

Wait at the door

Step 1. Start with your dog on a leash. Take them to a door that they are excited about passing through, say "Wait"

Step 2. Open the door slowly. Only open the door an inch or two. If your dog starts to move forward close the door quickly.

Step 3. Open it again and do the same thing. As long as they are not moving forward you can open the door a little more. Each time they move forward close the door. If they are not trying to exit you can open the door all the way.

Step 4. Say "OK" and let them go through.

Heel

Step 1. Use the hand closest to the dog to keep them focused on you and to give direction. This will be your "Guide Hand." Use your "Guide Hand" to (lead, move ahead)

your dog with a treat or toy in your hand

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Step 2. Say Heel and start walking forward. Your dog will follow the treat or toy. Remember to keep the "Guide Hand" off the leash.

Step 3. Use your release cue when your are finished with heel.

Position your dog with their head at knee height and slightly ahead. This is the position they should maintain until you release.

Teach a trade

Tug Rules:

1. Toy is yours.
2. Play starts on cue.
3. Give/drop on cue
- .4. Teeth on had game over.

Offer your dog a toy and begin to tug. Put a yummy treat to the mouth and wait for them to drop the toy for the treat. Then resume play again. Your dog then gets 2 rewards for doing the trade!

Once they are trading easily add your release cue Drop/give/trade.

It's ok if your dog ends up with the toy occasionally! When done put the toy away until the next time.

This is a game of cooperation between you and your dog. It shows them they give something to get something in return.

Ways to change your dog's behavior

Use a command instead of "NO".

Think of the behavior you would rather have your dog do instead and use that command.

For example when your dog is chasing the cat say "Leave-it".
When they are running away with your shoe say Drop-it.

Remember our dogs have a hard time knowing how to act appropriately if we do not teach them what we want!