

## REVIEW

Name Recognition, watch for 10-15 seconds from front and side, Sits, Downs, Leave It with mild distractions, Controlled Walking with sits, downs, about turn, fast and slows, close command. Recalls on 6' leash and Trade.

## NEW EXERCISES:

### PLAY INTERVAL

Mix up playtime and training so that your dog looks forward to working/playing with you and does not become bored.

### INTRO TO RETRIEVE

Step 1: Teach the last command first. The commands are, Take It or Get It, Come, Give.

- Put a ball, toy in the dog's mouth.
- Take it out by placing a treat on the dog's nose and give him the treat.
- As soon as your dog begins to open his mouth on his own to receive the toy add the command "Get It" as you move the toy toward his mouth.
- Say the command "Give" as you remove the toy from his mouth.
- Continue until your dog eagerly opens his mouth to receive the ball every time and as eagerly releases it for the treat.

Step 2: Hold toy in front of your dog, and level with his mouth.

- Say the command "Take It".
- Say the command: "Give" and offer a cookie at the same time.

Step 3: Increase distance.

- Hold the toy approximately two feet in front of your dog at eye level and command, "Take It". Encourage him to move forward and take it on his own.
- When he has the toy in his mouth, say, "Give". Reward him with a cookie.

Move to Step 4 when your dog eagerly moves forward to get the toy, in front, off to the left, and off to the right.

Step 4: Begin lowering the toy below the dog's eye level, repeating steps 1 and 2, until your dog is retrieving from the floor.

The remaining retrieve steps will not be taught during this class.  
These steps are on the last page of this week's lesson.

### SIT/STAY AT HEEL

1. Set up in heel position.
2. Place the snap at the top of the dog's neck.
3. Hold the loop of the leash in your right hand.
4. Say "STAY" and at the same time give a signal with your left hand.
5. Pivot in front.
6. Repeat the command to stay.
7. While he is sitting, face the dog so that you are toe to toe with him.
8. Have the loop of the leash in your right hand and hold the middle of the leash with your left hand.
9. If he moves, say, "NO," then praise him quietly telling him, "Good Stay".
10. Work until he is steady, with no movement.
11. Pivot back to heel position.
12. Praise calmly, reminding him to "Stay".
13. Reward.
14. Release with an "Okay".

REMEMBER: Stay means that there is to be NO movement at all. You must pay close attention to your dog while he is doing a sit stay. It is important that you correct every lean or foot movement.

### DISTRACTIONS

- Have someone walk around and talk to your dog.
- A person pets your dog.
- Have someone squeak toys and bounce balls.
- Other dogs walk by.
- Handler claps hands, kneels down, jumps left and right.
- Drop cookies on the floor.



REMEMBER: The idea is to make the dog secure on the stays not to make him a nervous wreck. **GO SLOW.** If the dog makes a mistake two times in a row, the distraction is too hard. **BACK UP** and make it easier. You want to teach the dog to resist temptation and learn from it.

### DISTANCE

Do not add distance until the dog can withstand all proofing done up close.

### DOWN STAY

- Have the dog down in heel position.
- Say "STAY" and signal with left hand and pivot in front.
- Return to heel position. Praise, reward with treat on floor and release
- Use the same distractions that were used for the sit.
- Gradually add distance.

REMEMBER: Watch for and correct sniffing.

### **RESPONSE TO COME**

- Take a dog for a walk on a six-foot lead.
- When the dog is distracted, say, "Name, come" then run backwards letting the dog catch you.
- When he gets close, play with the dog.
- Add distractions.
- Put the dog on a long-line and repeat the above sequence gradually increasing the distance.
- Make sure you practice this in many different locations with many different distractions.

GOAL: Dog responds promptly to the command.

### **FUN RECALLS**

- With the dog off leash, have someone hold your dog.
- As you leave start talking to the dog and get him excited, call him and have the person release him.
- As he gets to you touch the collar and give treat close to your body or throw toy or treat between your legs.

### **REMAINING STEPS TO TEACHING THE RETRIEVE**

Step 5: Slip your hand into your dog's collar with your palm facing out (to keep him from retrieving before you give the command) and toss a toy a few feet in front of your dog.

Step 6: Give the command, "Take It" then quickly remove your hand from the collar and give your dog a quick push forward on his rear to encourage a quick retrieve. Phase the push out when he gets up fast enough to make it difficult to give the push.

Step 7: As you see your dog's head lower to pick up the toy, add the command. "Dog, Come". The second you say "Come"; step back.

Step 8: Start to add a sit in front of you when your dog returns to you with the retrieved item.

Step 9: Progress to tossing the toy further and further away from your dog.

After three sessions of retrieves at 10 feet or more, begin to randomly alternate food treats and verbal praise. When your dog is happily and consistently retrieving, begin to phase out food and give a food reward for only the fastest and best retrieves.

#### **REMEMBER**

Always praise before you give treats and give them close to your body (center front).

Dogs are by nature exploring, investigative, and curious animals that need physical and mental stimulation. Your dog will chew, dig, bark and get into things - he has to. Your job is to provide ACCEPTABLE outlets for these activities. **A TIRED DOG IS A GOOD DOG!**

When your dog picks up something he shouldn't, trade him for something much more interesting that he SHOULD play with. Rotate his toys and chews to keep them interesting. When you see your dog choose the right thing, notice it! Praise him and have a quick game. Most dogs steal things because it is certain to get you out of your chair. Catch me if you can is a very fun game - for the dog.

Toys fall into two categories: interactive and pacifier.

- Interactive toys: toys, which are the most fun, played with YOU.
- Pacifier toys: are toys designed to keep the bored dog occupied.

### **PROVIDE SAFE PACIFIERS FOR "ALONE TIMES"**

1. **Kongs and Food Dispensing Toys** – Rubber toys that look like rattlesnake tails and bounce which way and that. Add a bit of peanut butter, a square of cheese, a big biscuit too large to fall out and a few that will. Fill several and hide them in the house or yard and they will keep your dog busy for hours
2. **Nylabones** – They come in a variety of shapes and sizes and hardness, from the "edible" varieties, to the dental bones designed to massage gums and clean teeth, to the Galileo version for the most powerful chewers. If your dog isn't interested, roughen the edges so it looks like another dog enjoyed it first, and then rub peanut butter or squeeze cheese into the crevasses. Mmm-mmm good!
3. **Chew toys** – Hooves, rawhide, pig ears, knuckle bones etc. - Chosen carefully (the right size and hardness for your dog's particular chewing style), can provide hours of chewing satisfaction. If your dog bites off chunks or consumes them quickly, they could cause digestive upset or intestinal blockage. Real uncooked bones can be safe for some dogs and not for others, depending on how powerfully they chew - heavy chewers can suffer from tooth fractures. Never give cooked bones.
4. **Knotted ropes** – Chewing a knotted rope can massage gums and keep your dog's teeth clean, plus the added play value of shaking, tossing, pouncing and "killing". Some come with rubber toys or tennis balls added for even more fun. You can hide biscuits in the knots to encourage your dog and add interest.
5. **Dental devices** – Various shapes and sizes of flexible, nubby edges massage gums and clean teeth. Some are designed so you can put doggy toothpaste in the grooves and let your dog brush his own teeth!
6. **Fleece toys** – Many retrievers and "mothering types" seem to find comfort in carrying a soft toy with them, and frequently present them to their owners upon their arrival home from a long day at work. Squeakers may encourage "disemboweling" and your chew man might soon be without his insides, but most dogs continue to enjoy them even without their stuffing.

## BRAIN GAMES



1. **Tricks and more tricks** – You are only limited by your imagination! Sit up, shake hands, roll over, chase your tail, take a bow, and balance a biscuit on his nose.
2. **Hide his breakfast** – Using his nose can be the most tiring activity for your dog. Leave widely spaced trail of kibble to the hidden bowl ... gradually, day-by-day, decrease the number of "clues" until your dog is finding it all on his own.
3. **Hide and seek** – Have a family member hide, have them call "Come!" and send the dog to find them - start out easy and make it more and more difficult day by day. Play this game in the dark to encourage your dog to use his sense of smell.
4. **Find your toys** – Take him out of the room, hide his favorite toy and send him in to find it. If your dog doesn't like toys, play "hide the biscuit" instead. Variation: Name his toys - and send him to retrieve them by name. Can you put out a pile of his favorites and have him retrieve them one by one, by name?
5. **Message delivery** – Teach your dog to deliver notes or other items to other family members. "Take it to daddy" could save you a trip downstairs and give your dog a job he can be proud of!
6. **Obstacle courses** – Over, under, around and through. Large cardboard boxes can become tunnels, a wide board and a couple of cinder blocks can become a bridge. (See agility below.)

## ACTIVE GAMES & OTHER ACTIVITIES

1. **Retrieving** – "Sit" "Stay" "Get it" "Out" - dumbbells, Foxtails, Tennis balls
2. **Jumping** – Start slowly. Keep the jumps low and the landing surface soft, especially for young dogs.
3. **Frisbee™** – Competition for distance, tricks, etc.
4. **Bike Riding or Jogging** – Start slow and build distance gradually, soft surfaces for young dogs, check pads before and after every run. Puppies should not be asked to jog with owners until after a year of age young joints can become damaged. Shorts bouts of exercise are better for dogs
5. **Cart or sled pulling** – The Iditorod! A Northern breed favorite. Newfoundlands, Bernese Mountain Dogs, Pyrenees and others enjoy cart pulling.
6. **Swimming** – Is a good exercise and a great way to get cool. Not all dogs naturally know how to swim! Doggy life jackets are a good idea when boating. Important: Swimming pools are strictly off-limits to unsupervised dogs.

## DOG SPORTS

1. **AKC / UKC Obedience Trials** – Novice (C.D.), Open (CDX), Utility (UD) and Utility Dog Excellent (UDX). Dogs are judged on precision and response to commands.
2. **Conformation** – Dogs are judged on appearance and movement. Dogs receiving a certain number of points can earn the title of Champion.
3. **Tracking** – Dogs follow an aged scent trail with his nose over different terrain.
4. **Agility** – A timed event where the dog navigates jumps, hurdles, tunnels, weave poles, an A- frame and even a teeter- totter.

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**DOG SPORTS (continued)**

5. **Herding** – For those breeds bred to herd sheep or cattle. This is a favorite of Border Collies, Australian shepherds and cattle dogs and many others.
6. **Fly ball** – The dog jumps a series of low hurdles and triggers a tennis ball from a spring-loaded box then returns with the ball over the jumps to the handler. This is a timed relay race for teams.
7. **Scent Hurdle** – Like Fly Ball, only the dogs retrieve a dumbbell carrying their handler's scent.
8. **Lure coursing** – The sport of sight hounds like Whippets, Greyhounds, Afghans, Salukis, Pharaoh Hounds and Basenjis. A lure (often a white plastic bag) travels along a pulley system along a varied course. Dogs are judged on speed, agility and style.
9. **Weight-Pull** – This is a contest of strength. Harnessed dogs compete to see who can pull the most weight for an allotted distance.
10. **Schutzhund** – A German police sport, encompassing obedience, tracking and attack work.

**COMMUNITY SERVICE**

1. **Pet-Assisted Therapy** – Dog/handler teams visit patients and work with therapists in hospital and nursing home settings
2. **Search and Rescue** – Work with police and sheriff's departments to find lost or missing persons.
3. **Service Dogs** – Aiding the handicapped and as eyes for the blind and ears for the deaf.