

**Registration for the upcoming session is next week. You will need to register during week five in order to receive priority placement over new students. Current student registration forms are at: [www.adog-ga.com](http://www.adog-ga.com). Please complete the anonymous on-line Feedback Form also available on our web site.**

## **NEW EXERCISES**

- Stay – Sit & Down
- Watch
- Tunnel
- Walking through cones

Note: In most cases, we don't precede any command that does not require your puppy to move with the puppy's name.

## **SIT STAY**

Step 1: Demonstrate the concept of stay to your puppy. Have the puppy sit on your left side.

- Kneel close to your puppy.
- Place your left hand on the puppy's chest hold the leash a few inches from the puppy.
- Say the command, "Stay"
- To reinforce, apply gentle pressure to the puppy's chest with your left hand and pull forward gently with the leash.
- Praise, "Good Stay"

If your puppy tries to move with the leash pressure, gently correct and repeat the command. Repeat until you feel the puppy resist the forward pulling of the leash then give lots of praise and a treat reward.

Step 2: With your puppy seated on your left.

- Move your open hand toward your puppy's face with your palm facing the puppy; simultaneously give the command "Stay".
- In one slow continuous motion, step forward and in front of your puppy. You should be toe-to-toe with your puppy.
- Praise Quietly: "Good Stay". Silently count to 10.
- In one fluid movement, return to your puppy's right side.
- Release the puppy from the stay and give tons of praise.

Step 3: Increase duration of the sit stay slowly until he can maintain it for 30 seconds with you in front of him. Return to your position next to your puppy praise softly and release.

## DOWN STAY

- Teach your puppy to tuck his paw while in the down.
- Follow the same steps as in the sit stay except you will reinforce the down stay with gentle pressure on your puppy's withers and praise, "Good Stay".

## NEW DEFINITIONS

- Watch: Focus your attention on me. The many steps to teach the Watch command to your dog will not be taught in this puppy class. It is mentioned briefly in conjunction with the first steps of teaching puppies formalized heeling. If you have a desire to train your dog to compete in Obedience trials, teaching your dog how and when to focus his attention on you is an essential component of successfully competing in obedience Trials.
- Leave it: Do not touch or sniff this no matter what.

## WATCH

Step 1: Teaching the watch command.

- With your puppy seated on your left, give the command "Close", if you have begun to teach it, if not teach close separately from heeling and watch.
- Hold your leash so that only enough is hanging down to allow the snap hooked to your dog's collar to hang vertically.
- The collar should be high on your dog's neck just behind his ears. See note below.
- Hold a treat between your thumb and your first two fingers, the leash is held against your palm with your remaining fingers.
- Place your left wrist against the outside seam of your pants, your hand is held away from your body so that the treat is above your dog's nose.
- As your dog looks at the cookie, say, "Good watch".
- Praise and reward.
- Repeat this with five treats.
- Release and play for a few seconds.
- Repeat three times per session and randomly during the day.

Note: If your dog is presently teething, the lymph nodes around his neck and jaw may be sore and swollen. If this is the case, leave your collar lower or better yet, teach watch and heeling inside without a collar or leash, until after the teething period.

Step 2: Slowly increase the time that your dog must watch before he receives a treat.

Step 3: Begin to randomize treats, always give verbal praise.

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**HEEL** - This is for informational purposes only. We will not teach formal heeling in this class.

Step 1: Teaching the concept of Heel to your dog.

- Begin with your puppy seated on your left. Use the command "Close", if you have begun to teach it, if not teach close separately from heeling and watch.
- Hold the treat between your thumb and your first two fingers, the leash is held against your palm with your remaining fingers.
- Place your left wrist against the outside seam of your pants, your hand is held away from your body so that the treat is above your dog's nose.
- Take one-step forward, the dog should remain close at your side with his head up as he follows the treat.
- Praise; give the treat and release. Use a release word, i.e. okay or free.
- Repeat until you dog can take one-step forward with his head up and maintain heel position.
- Then take two steps forward before you praise, give the cookie and release.

Step 2: If your dog can take two steps successfully.

- It is now time to begin to use the command, "Heel" before you begin to move.
- Command "Dog's name, Heel" and take three steps.
- Praise and give the treat.
- When successful for three repetitions at three steps, move to four steps.
- Continue to add additional steps as your dog can successfully maintain a head's up position for three repetitions. Work up to ten steps.
- After your dog is successful with ten steps, he should be able to heel in a straight line for several seconds without a reward.

Step 3: Continue to increase the amount of time and distance that your dog can successfully heel in a straight line. Before you can add turns, changes of pace and halts to your dogs heeling, you must first learn and practice heeling footwork.

If at any point if your dog drops his head, you should return to the amount of steps that he was able to do successfully and progress more slowly. NEVER ignore, or reward loss of attention.

### REVIEW

- Controlled walking
- Sit
- Stays – sit and down one-step away from dog.

## **TRAINING TIPS**

### **WORKING ON STAYS**

Practice one of your daily training sessions of sit stay while you watch Television at night. Do the sit stay during the commercial, and have him stay until it is over then release him. Remember to each time to quickly return him to the sit if he breaks his stay.

### **QUICK RESPONSE WHEN CALLED IN FROM THE YARD**

Offer a treat every time your dog enters the house from a walk or the back yard. Do this consistently for several weeks, then begin to randomize treat. Rewarding for fastest responses, add the delayed reward. You will be glad you did.

### **DELAYED REWARDS**

Teach your dog a phrase that means, "Follow me. I am going to get you a treat." Throughout the lives of our dogs, situations come up when we wish we had a treat in our pocket to entice our dog away from a potentially dangerous situation, or just to regain control of a situation. Teaching and incorporating the concept of a delayed reward into your dog's daily life, can often be a lifesaver in these situations.

Use the phrase, "Let's go get a cookie" when...

...coming in from a walk.

...the dog responds, when you don't know where he is.

...you want to trade him for items that he has that you want.

...he responds correctly to a command and you do not have a reward with you.

Teach this informally and use it often. You can make-up your own ways of using it.