

BASIC OBEDIENCE – WEEK

SIT STAY

Introduction

- Training you, not your dog
- We will spend more time with you, than your dog
- You are in charge, NOT them

Student Intro

- Your Name
- Dogs Name
- What do you hope to get out of this class?
- What is your dog good at?
- What motivates your dog? (food, toys, praise etc.)

KEYS TO SUCCESS

- Communication is key
- Match the motivation (treat) with the environment
- Teach the behavior before adding the command
- Never ask your dog to do something you don't think he will do

POWER PRAISING

- Your dog lives in the moment, when rewarding a behavior you have 1-3 seconds to reward it. You can use treats, praise, toys or whatever your dog is motivated by.

The Sit Command

Teaching your dog to Sit can be easy; teaching him to Sit and hold still is a little harder, but we'll take this in small steps and set him up to succeed.

1. With the leash on your dog, hold it in one hand and have a treat in the other.
2. Show your dog the treat. When he reaches up to sniff it, move the treat above his head toward his tail.
3. As his head comes up, his hips will go down.
4. As his hips touch the ground, praise him by delivering the treat in his mouth ASAP. You only have 1-2 seconds to reward your dog after the behavior is complete. Do NOT say SIT yet.
5. Practice a total of five times and stop for this training session. Keep the sessions short and always end on a successful attempt. We want them to have a good experience so it is fun for them...

and us!

Come back later and repeat the steps. This time on step four, when your dog's behind hits the ground, say SIT and reward immediately.

Make sure you verbalize "GOOD SIT" as soon as his/her butt hits the ground. Over the next several days, gradually increase the wait for the treat, from a heartbeat or two to several seconds, this will help you start to teach the stay (no more than ten seconds right now). But make this change gradually, and only when your dog is succeeding by holding still. If he's bouncing up from the Sit, withhold the treat and praise, and the next time, ask him to hold it for a shorter period of time.

The Stay Command

The Stay will teach your dog to continue to hold the Sit position as you step away from him.

1. With the leash on your dog, held in one hand, have some treats in your pocket and one in your other hand.
2. Have your dog Sit, reward him with praise and a treat, but do not release him. Open your now-empty hand and with the palm toward your dog wait 2-3 seconds and reward with a treat. DO NOT say "stay" at this point. We want to focus on the behavior before we add the command. This will help insure your dog knows the word means the command.
3. Repeat step 2, Waiting ten seconds this time, praise and reward your dog and then release him.
4. Repeat for a total of five repetitions and then give your dog a break for a few minutes. Toss the ball or rub his tummy.
5. Now that you are confident your dog will hold the stay, it's time to add the command, STAY. Ask your dog to sit, show the open face hand for Stay, give the command STAY and reward.

release him. Repeat for a total of five repetitions and then give your dog a break. When you begin a new training session, repeat numbers 1 and 2 above, but take a step away from your dog after telling him to Stay. Wait ten seconds, step back to him, praise and reward him, and

Here is a sample of how to increase time and distance for the stay:

For example, your training schedule over several days (or even over a couple of weeks) might look like this:

- Increase the time to thirty seconds.
- Take two steps away for twenty seconds.
- Take three steps away for twenty seconds.
- Take three steps away for thirty seconds.
- Take two steps to the right for twenty seconds.
- Take two steps to the left for twenty seconds.

Remember to keep training sessions short, sweet, and positive, so that your dog has a chance to succeed. Later, with practice, he'll be able to obey the commands for longer periods of time. Happy training!

MASTER OF THE HOUSEHOLD (5 min)

- Pick up toys
- Do not leave food out,, all good things come from you
- Set them up for success

QUESTIONS?

5. NEXT WEEK

- Review Week 1
- RECALL/COME

FOR QUESTIONS DURING THE WEEK, YOU CAN EMAIL ME AT

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