



Name Game

Exercise 3: Longer Duration Eye Contact

Goal

The goal of this step is to increase the time the dog maintains eye contact in response to his name. This will help in activities by helping the dog learn to maintain focus around distractions or while awaiting additional cues.

Steps

1. Say the dog's name. When he looks at you, wait 1 second, then click and treat.
2. Slowly increase the duration of eye contact in 1 second steps. Do not reinforce if the dog looks away. Alternate between shorter and longer times. Don't always make the time longer.
3. When the dog is reliably holding eye contact for a few seconds, begin to reintroduce mild distractions. A mild distraction might be something like holding a treat out to your side. If the dog maintains eye contact for a second or two, then click and treat.

Reminders

- Click if the dog maintains eye contact for 2 seconds
- Test your dog at random times (like while playing tug or before feeding him). Say his name and see if he will respond.



Name Game

Exercise 4: Name Response with Distractions

Goal

The goal of this step is to teach the dog to respond to his name with eye contact even with distractions.

Steps

1. Say the dog's name when he is mildly distracted. Click at the first sign of a response, including an ear twitch.
2. Continue with another activity until the dog becomes distracted again. Say his name and click and treat for correct responses.
3. Continue practicing in new situations and environments. Randomly say the dog's name. Click and treat all correct responses.

Reminders

- Click the first movement of the dog's head in response to the cue; click while the dog's head is moving
- Practice around the house, in the yard, and while walking the dog on leash. Test to see if he can turn and make eye contact when he is sniffing something, looking at another dog or other people are walking by.



Nose Targeting

Exercise 2: Follow a Target

Goal

The goal of this step is to teach a dog to follow a target. The emphasis is on the dog following the target instead of actually touching the target. This part of targeting is important in teaching everything from heeling in obedience to motion cues in agility.

Steps

1. Begin with a warm-up nose touch to the target.
2. Hold the target 1 to 2 inches away from the dog's nose. Click any movement toward the target. Treat and present the target again while the dog is still chewing.
3. Begin to move the target slightly farther away. Click any movement the dog makes to follow the target.
4. As the dog is reliably moving toward the target, begin to move the target in various directions and positions.

Reminders

- Click any movement toward the target
- Click while the dog is moving
- Remove the target after each click
- Present the target while the dog is still chewing
- Try having the dog follow the target in many places - up on a couch and then down again, over and under your leg, or circling your legs



Polite Walking

Exercise 1: Connect the Dots

Goal

The goal of this exercise is to ensure you and your dog are aware of each other while walking on a leash. A polite leash walking behavior is defined as walking near your side instead of exploring, lagging, forging ahead, or pulling on the leash. This is the first major step toward the heeling behavior used throughout obedience and rally exercises.

Steps

1. Place 12 place-markers (cones, playing cards, soccer dots) in a straight line, each about 4 feet apart.
2. Click as you approach the first dot. Stop, treat, and move on. It is not important that the dog be paying attention or in the right place when you click, because they will move toward you to accept the treat.
3. Click as you approach the second dot. Stop, treat, and move on. Again, it doesn't matter what the dog is doing. Repeat steps 2 and 3 for all of the remaining dots. You should see improvement in the placing and attention of your dog: by rewarding them next to your side, they will automatically walk there.
4. Turn around and repeat all the way down the line of dots again. This time, click whenever you arrive at a dot, but also whenever the dog is moving with a loose leash or giving you attention.
5. Repeat step 4 as necessary, until your dog is regularly giving you attention and walking in the proper place with a loose leash. Then remove three dots from different parts of the line, and repeat the exercise. This time say "Let's go" just before stepping forward toward the next dot.
6. Remove two more dots and repeat the exercise, pairing the "let's go" cue with the behavior.

Reminders

- Click when the dog is moving with a loose leash and when the dog gives you attention
- Click/treat at every dot
- Start moving while the dog is still chewing; walk quickly to keep your dog focused
- Say "Let's go" just before stepping forward
- Keep a loose leash when moving forward
- Can also practice without leash at home in closed in area