



Nose Targeting

Exercise 3: Teach a New Behavior

Goal

The goal of this step is for you to explore the training possibilities with targeting. This step is purely for fun.

Steps

1. Decide on a new behavior to teach. It could be anything like having your dog to spin, bow, weave through your legs, or close a door on cue.
2. Begin with a warm-up of following the target.
3. Hold the target in a position to begin the new behavior.
4. Continue to slowly increase the distance your dog must move to follow the target to work toward the desired behavior.
5. When the dog is reliably offering the new behavior while following the target, begin to fade the use of the target and replace it with a new cue.

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
- You can use this exercise to build a fun trick or behavior



Polite Walking

Exercise 2: Building Duration

Goal

The goal of this exercise is to be able to walk with a loose leash around the inside and outside of the house, without distractions. This builds the length of time the dog can handle walking nicely on the leash.

Steps

1. As a warm up, place 12 dots (cones, playing cards, soccer dots) in a straight line at varying distances. Click as you approach the first dot. Stop, treat, say “let’s go”, and continue. Repeat for remaining dots in the line, turn around, and repeat the process as you return to the starting point.
2. Now, determine a path to follow without the dots.
3. Get used to not following reference dots: cue “let’s go” and click/treat as the dog maintains a loose leash for 5, and then 10, paces down the length of the room.
4. Begin to increase the duration and distance by counting steps and clicking at 10, 20, 30, or more steps. Alternate between longer and shorter numbers of steps. Don’t always make it harder. Set your goal duration to 50 steps with a loose leash.

Reminders

- Click when the leash is loose upon arriving at a dot
- Click/treat a loose leash while reaching a certain number of paces
- Start moving while the dog is still chewing
- Say “let’s go” just before stepping forward
- Remember to keep distractions as few and minimal as possible – you want your dog’s attention on you and staying by your side, not on the dogs barking next door



Exercise 1: Shape Using a Target

Goal

The goal of this step is to shape the dog to sit by moving a target up and slightly behind the dog's head. This behavior will become the automatic sit while heeling, the sit stay in obedience, table sit in agility, and a variety of sit exercises in rally.

Steps

1. Warm-up with a few quick target touches followed with clicks and treats.
2. Hold your hand (as a target) slightly above the dog's head and move it back slowly.
3. Click when the dog follows the target with his nose.
4. Move the target to shape the Sit. Click right as the dog begins to bend his back legs into the sit position.

Reminders

- Click your dog for following the target with his nose
- Click when your dog crouches in back, or his rear touches the floor
- Remove the target hand/stick after every click
- Hold the target close to the dog's head
- Focus on keeping your other hand on your thigh if you feel the need to push down on the dog



Exercise 2: Add a Cue & Remove Target

Goal

The goal of this step is to introduce a verbal cue for the Sit behavior.

Steps

1. Begin with a warm-up of sit using your "target" cue, click/treating all correct responses.
2. Now, say "sit", *then* present the target. Click/treat a correct response. Repeat several times.
3. Your dog will eventually start to anticipate you presenting the target – when you say "sit", your dog's rear legs will start to fold automatically. When you get to this stage, fade the target. Do so by saying "sit", then pausing before presenting the target. As soon as you see your dog's legs start to fold, click. Reward when his rear hits the floor. If, when you say "sit", he doesn't automatically start folding his legs, go back to step 2 and repeat it several times.

Reminders

- Click as soon as the dog's rear touches the floor
- Practice where there are very few distractions
- Practice having the dog sit before putting down his dinner, clipping on the leash, or opening the door to go outside

Only say "sit" one time for each sit behavior; if he doesn't do it, go back to presenting the target instead of saying "sit"; it just means he wasn't ready yet