



## Down

### Exercise 3: Build Duration

#### Goal

The goal of this step is to work on duration of the Down behavior. This is the beginning of teaching a stay.

#### Steps

1. Say the down cue, “down”. When the dog lies down, pause a half second before clicking and tossing a treat.
2. Repeat, gradually increasing time between the dog lying down and the click to 3 seconds.
3. When you can wait 3 seconds between the behavior and the click, begin varying the time. Sometimes click after shorter time and sometime longer—don’t always make it harder.
4. When the dog is reliably holding the down position for around 5 seconds, you can start alternating how you end the behavior. Sometimes click and treat, sometimes cue another behavior like Sit or Let’s Go to end the Down behavior.

#### Reminders

- Click when the dog’s belly stays on the floor for brief time
- Pause briefly before clicking



## Down

### Exercise 4: Build Resistance to Distractions

#### Goal

The goal of this step is teach the dog to respond to the Down cue even in the presence of distractions. This is useful both while training the Stay and when you need to redirect your dog from a distraction that is causing behaviors you don’t want. (For example: you want to be able to get your dog to lay down when he tries to run into a busy street, so he refocuses on you, stays out of the street, and stays safe.)

#### Steps

1. Warm-up with a few repetitions of Down while standing in various positions close to your dog. Click and treat all correct responses.
2. With someone approaching from a distance cue the Down before that person arrives. Click and treat all correct responses. If the dog doesn’t sit, then have the person back up. Next cue the dog when the person is farther away.
3. Repeat the process gradually decreasing the distance from the approaching person by a step each time before cueing the Down. Click and deliver a treat for every correct response.
4. When the dog can stay down through a person approaching, begin training with another distraction, like a disturbing noise (anything from pig squealing to fireworks – and have it on a recording). Initially play the sound at a minimal volume such that it isn’t distracting. Gradually increase the volume of the sound while practicing the Down. A similar process can be followed for favorite toys by manipulating closeness and activity levels (how much it’s moving).

#### Reminders

- Click when the dog’s belly touches the floor
- Reduce the intensity of the distraction if the dog is unable to respond to the cue
- Deliver the treat to the dog quickly



# Leave It

## Exercise 3: Increase Distraction Intensity

### Goal

The goal of this step is to get your dog to ignore food and objects that are much closer to him. This exercise builds the Leave It so your dog will ignore distractions (food, toys, people, etc.) regardless of their proximity to him. This is the most useful level, as you can tell your dog to ignore any distractions you encounter during competitions and develop it into the Drop It/Take It cue for the retrieve in obedience. The Leave It cue is also useful when you're on walks, in pet stores, or when you drop something (like chocolate, gum, or trash) that you don't want your dog to have.

### Steps

1. Cue your dog to sit or lie down. Cue "leave it" as you place a treat or toy on the floor a few feet away from your dog. Move your hand away from the object. When he looks away from the item (preferably towards you), cue "take it" and reward the dog. If you are using a toy, this means you can use it to play with your dog.
2. Place the object a little closer to your dog and give the "leave it" cue.
3. When the dog ignores it, give the "take it" cue.
4. Repeat until the dog reliably ignores the food/toy on the ground at any distance from him.

### Reminders

- Cue "take it" instead of clicking
- Cue "take it" when the dog looks away from the treat (preferably towards you)
- Make the object get closer in short distances
- Don't always make it harder – back up occasionally to give your dog an easy one
- You can treat either by giving him food from the opposite hand or by letting your dog have the food on the floor; try this with toys and other objects as well



# Recall

## Exercise 1: Recall with Hand Target

### Goal

The goal of this step is to begin the development of a strong recall based on hand targeting. This is one of the first steps to building the formal obedience recall exercise. It is less likely that the hand cue will be confused with unreinforced random calling from family and friends as can happen with many verbal recall cues. Select a hand position to be used as the visual cue. A flat palm facing the dog and held beside the thigh is commonly used.

### Steps

1. Begin by shaping the dog to touch your hand. Click and hand treats to the dog.
2. When the dog is reliably touching your hand, introduce a verbal cue and drop the treats on the floor after each click to reset the dog for another round.
3. Begin to toss treats a short distance away, so the dog is moving toward the target for the next touch. Be sure to toss the treats within the limits of the leash.
4. Add a cue like "come" or "here" when appropriate.

### Reminders

- Click when dog looks at target
- Click when dog touches target
- Consistently use the same hand position
- Keep the target hand still
- Toss the treat after the click
- Practice with both hands, work off leash, and work at different distances from your dog – anything to make each recall different