

# House Dog Obedience Class - Week 3

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## **Name Game/Eye Contact** Step 3

Behavior: Dog makes eye contact when food is in your hand

Verbal Cue: Your dog's name/Watch me

It does not matter what position your dog is in. Show your dog the food lure between your fingertips. If she goes for it you may want to close your fist around it like in the "leave-it" exercise. When she backs off wait even longer until she makes eye contact with you. You may call their name one time but do not chant it over and over! Mark and reward the behavior.

## **Hand Target** Step 3: Target in Heel Position

Behavior: Dog bops nose onto your flat palm in heel position

Verbal Cue: Touch

Use your target hand to get your dog into heel position. Instead of luring with a piece of food, ask her for a hand target behind you, then take a few steps forward and ask for a hand target next to you in heel position. Mark and reward the second hand target.

## **Sit/Loose Leash** Step 3

Behavior: Dog sits when you stop walking

Verbal Cue: Sit

Move your dog into heel position using your hand targets. Then, ask your dog for a sit while they are next to you. Mark and reward. Then take a few steps forward, stop and cue your dog to sit again. Mark and reward when she does. Up the criteria gradually by adding more steps in between. If you are using a food lure, keep your food hand close to the seam of your pants. When you cue your dog to sit, pull your food hand up toward your hip. If at any time your dog gets ahead of you, take the three steps back and then forward again to reset your dog into heel position again or make a U-Turn.

## **Loose Leash** Front Cross Turn

Behavior: You stay on the outside while dog pivots and turns

Verbal Cue: You don't have to name this but you can if you want

Step in front of your dog to turn around. Forces your dog to look up at you. If your dog is on your left, turn into her to your left. If your dog is on your right, turn into her to your right. If you are using a food lure be sure to keep your food hand close to the seam of your pants. If your food hand is out in front of you at all and you try to turn in front of your dog, then you will crash into them!

## **Loose Leash** Polite Greetings

Behavior: Dog keeps four feet on the ground and remains relatively stationary as a friendly stranger approaches

Verbal Cue: You can cue your dog to sit or down if you like

An instructor will approach you and your dog. As they approach you will mark and feed your dog every time they look at the approaching instructor. If your dog stands up the instructor will stop moving. You can re-cue them to sit or down. The instructor will continue to approach. If they can make it up to you they may say a brief "hello!" Mark and feed your dog after you respond.

How to practice in real life: Take your dog anywhere where there are people walking around. Set your dog up to this human traffic as close or as far away as your dog needs to be successful. Every time

someone walks by, you will mark and feed your dog for holding their position and looking at them. For particularly bouncy dogs you may stand on the middle of their leash to avoid them from pulling forward and tipping you over!

### **Leave-it Step 3**

Behavior: Dog stays away from open hand with treat for 5 seconds (adding distraction & duration)

Verbal Cue: Leave-it

It does not matter what position your dog is in. Just as before, show your dog your closed fist with a treat in it. S/he should be really good at leaving this now! Next open your hand so s/he can see the treat but be ready to close it again quickly if s/he goes after it! If s/he leaves it then count – 1,2 then mark and reward by DROPPING the treat on the ground or feeding a different treat from your other hand or treat pouch. As long as s/he was able to leave your open treat hand alone, build up to 3, then 4, then 5 seconds open hand duration. If at any time she goes for your hand in this duration exercise that's ok! Close your hand and try again.

### **Down & Magic Mat Step 3**

Behavior: Dog downs and stays down for 5-10 steps away before you return

Verbal Cue: Down/Stay/ or if working on a station: whatever your station cue is

Cue your dog into a down onto their mat. Stand yourself in an upright neutral position, mark and reward by setting a treat right between their front legs. Repeat but this time take ONE step to the left or right, mark, then return to the dog and reward by setting the treat between their legs again. Up Criteria by turning away from your dog, to your left or right. Finally you can try turning your back completely to your dog. Look over your shoulder to make sure they've held position, mark, then turn back around to feed them on the mat. After every 3-4 repetitions marking and feeding for holding position on the mat, release your dog with their release cue and toss a cookie away from the mat. Repeat the exercise.

Don't forget to shoot back and practice the previous steps in the mat work routine throughout the week!

### **Come Step 3: Flying Cookie Game**

Behavior: Dog chases a reset cookie then returns to handler when called

Verbal Cue: You will use your recall word when the instructors tell you that you are ready

Utilize a "reset" cookie (no need to use the clicker for reset cookies) and toss it away from you. As soon as your dog eats the reset/release cookie, call their name and get excited! As soon as they turn toward you, click the clicker and deliver their treat by your feet. Continue to feed, one treat after another, until you release the dog from their position with the reset cookie again using your release cue. Toss the reset cookie in a different direction each time you toss one.

### **How often should you practice these behaviors?**

EVERY DAY! Keep training sessions short – between 10-15 minutes

### **Where should you practice these behaviors?**

Everywhere! Start in one room of your house. Once you have both mastered a behavior in one room, then move to another. Then move outside. Then practice when you're on a walk down the block. Then when you are at the park. Then when you are at the veterinary office! So on and so forth... This is called generalizing a behavior and it is a very important concept to practice!