



## Action & Distraction • Week 2

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### **Drop on Dime!**

Teach your dog to quickly lie down in a variety of different situations for added control and safety.

Cue your dog to down as he is walking at your side. Work to get a snappy, enthusiastic down.

In addition, when your dog is inside your house/yard, randomly cue downs in a variety of different circumstances (ie your dog is standing a couple feet from you, your dog is waiting for a ball toss, you are sitting on the floor, etc).

### **Zen Leave It**

Say “leave it” and place a treat on the floor near your dog. Make sure you are ready to cover the treat quickly with your foot if your dog goes for it. Wait for your dog to look away from the treat to your face, say “yes” and reward. As your dog is successful, vary the position of the treat on the floor. You can then work toward placing multiple treats on the floor.

Be creative and think of some other things you could use this exercise for (ie other dogs, toys, access to outdoors, etc)

### **Name Recognition**

Continue this at home and while out on walks. Write down 10 distractions your dog turned away from when you said his name. Bring this to class next week and earn 5 Lucky Bones!

### **“Give it Up and Get it!” Game**

Teach your dog you are worth checking in with while he is off leash. When you see your dog get interested in something, let your dog check it out, then get your dog’s attention on you (ie name, come). Reward your dog with a treat/toy and then give your dog freedom to go back to the distraction. Be sure you clearly release your dog from working with you.

## **Come**

Continue calling your dog to come at random intervals on leashed walks. Allow your dog to get closer to distractions before you call him. If appropriate, use access to distractions (ie other dogs) as rewards.

Play Catch Me if You Can to increase the speed of your dog's recall! Dash away from your dog and say "come!" As soon as your dog reaches you, say "yes" and reward with a treat/toy. Now dash off in a different direction and repeat.

## **Goals for the Week**

Your dog continues to respond to his name, sit, down and come with minimal to moderate distractions at home and outside. In addition, he learns the next stage of leave it and when taken off leash pays even more attention to you.