



Action & Distraction • Week 3

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Stays – Distractions

The point is to do the distractions in a small enough quantity or degree of temptation that the dog can be successful. Gradually build temptation level. Start getting other people to help with the distractions. Be sure to practice in multiple locations.

Suggestions: You hopping or moving, sitting etc. Someone else moving, talking, petting. Toys in your hand or tossed, bounced or dropped. Food tossed or dropped.

Stays – Distance

Build up your distance a step or two at a time. Stand up straight. Walk away with confidence. "yes" her when she's watching you at a distance. Remember the "yes" happens when you see the right thing, not when you're going to hand her a treat or toss her toy. It is buying you time to make that distance distinctly the right part and not necessarily you coming back to her. Sometimes walk back in and "yes" her when you're back in heel position.

You need to keep a balance of duration, distraction and distance when you are improving your dog's stays. When you increase distance, you decrease the other variables (duration of time and distraction) to make it easy to accomplish – and vice-versa when you're increasing the others.

Only as the dog understands each of these variables can you do them all together.

Practice in a new place! You must practice your stays at different locations because a new situation for the dog is a separate training event. He won't generalize the training until you've practiced many places. This is true for all your training – heel, come, off etc.

Recalls – From Distraction

Practice for the everyday and the extraordinary. Remember it's a big reward for coming. Fabulous treat or toy, well presented with lots of praise for thirty seconds.

Go to a new location and lay out a variety of "Leave it" distractions. This way, you'll know where they are and can be prepared to help your dog do the right thing since you won't be caught off guard. Every time you come up to a duck, cat, sandwich, stinky sock, etc. this week, have your dog Leave it. When he does mark it with a "yes!" Add a Heel and Watch or Come and Sit, reinforce like mad, then release back to Close and continue on your way past them.

Check it out: When your dog successfully does a leave it, sometimes let them go back and see it. Tell him he can "check it out." Then call him away and continue on your way.

Moving Wait

Practice around your house and yard in real doorways, off decks and at gates. Start with as much of a pause, as much body language and leash help as you need. As your dog is getting it, decrease the amount of leash and body language while your dog stops.

Leave It

Go outside without your dog and lay out a few "Leave it" distractions in your normal walking area. This way, you'll know where they are and can be prepared to help your dog do the right thing since you won't be caught off guard. Make at least one of them a thing he can have if he does a good job.

Zen Recalls

If your dog can come to you away from something, go back to the thing and let him have it. Practice with food, toys, or friends.

Sits and Downs – All Around

This is a pop quiz with help. Release your dog and walk randomly. Mosey. When your dog is out of front or heel position, ask for a sit or a down Then step in and help him do it.

Distance Signals

Work on one signal at a time – either hand or voice. Alternate sit and down. Give the signal and step in and show the hand signal. Make sure to mark and reward or give appropriate feed back on how to fix it. Remember from demo in class. Don't add any more distance until you are good at the short distance.

Follow Me!

Tag. Rev your dog up. Ready... Go! Run a short distance, let your dog catch up to you and yes and reward him for being with you. Ready... Go! Do it again! Change direction and sprint off again. Yes and reward him again. Go short distances, longer distances, zig-zag, etc. Do a little wild dog! Woohoo! This is great for getting your dog's attention.

Passing a Distraction

Every time you pass a dog, cat, children, etc. this week, bring your dog into Heel and Watch, reinforce like mad, then release back to Close after you are past them.