



Advanced Training

WEEK 1

It is highly recommended you take a break between Beginner Training Classes and Advanced Training Classes. Most dogs aren't ready to continue right away. Keep working on the things you learned in the Beginner Training Classes and don't rush to Advanced Training Classes just yet. It is, however, up to you to decide when your dog is ready to move on. You can try out a few exercises and if you think your dog is ready, then continue, otherwise, just wait a few weeks.

In preparation to the training: you will need to set aside some time every day over the next few weeks and have some uninterrupted one-on-one time with your dog. We are going to teach your dog some distractions not you, so: turn your phone OFF! 😊

5-15 minutes is all you need every day to be successful. Please have patience, don't expect your dog to know the commands right away. We are going to be building and expanding on the things learned in the Beginner Training Classes. When you reach the end of the Advanced Training Classes and you look back to the beginning things seem to have blurred together. That is because one exercise leads into the next as we continue to build onto a lesson learned the week before. Each week keep practising what you have learned in previous weeks.

Before we get started I recommend you get the following items to help you train your dog over the next few weeks:

- ❖ A 6 foot leash - NOT retractable, also NO harness
- ❖ Lots of treats - very small pieces
- ❖ A treat pouch - so you can have your hands free
- ❖ A few toys - tennis ball, squeaker, favourite toy etc.
- ❖ A clicker - for if you'd like to do clicker training.
- ❖ A dog pillow or bed - we will make lots of use out of this.

The clicker is used ONLY at the moment your dog does the action correct at the very moment they do it. Do not use the clicker to get their attention, do not "play" with your clicker and tease them or it will not be effective.

If you are not using a clicker I recommend you pick a "marker" word. Words you can use: "Good", "Yes", "Good boy/girl" etc. This is a word you use every time when your dog completes a command successfully and will know that he's done it right and gets a reward after that. Also pick a "release" word; this is a word you use when the exercise is done. Kind of like "at ease soldier". I like to use the word "Okay". The release word suggests that the exercise has been completed and your dog can move freely till you need him to repeat the exercise again.

That's it! Now let's get going!





Adding Distractions To Sit

The "Sit" command is the most basic and probably the most used command you will use in the lifetime of your dog. Now we are going to expand on the basic command and add distractions. It's important to start slowly.

Exercise

- ❖ Take one of your dogs' toys - something that doesn't squeak or bounce.
- ❖ Stand in front of your dog.
- ❖ Calmly tell your dog to "Sit".
- ❖ Hold the toy in front of him (not too close, or he'll think you're giving it to him) and make sure he stays sitting.
- ❖ Calmly praise him for not getting up.
- ❖ Click/mark the behaviour and give him a treat and then release him.

Then as you progress, increase the difficulty to "higher" distractions:

- ❖ Make it a little more difficult and move the toy around and shake it a bit, making sure he stays sitting.
- ❖ Try bouncing a tennis ball right in front of him, something that is really interesting and exciting but he must remain in the sitting position.
- ❖ This will take time so don't rush this exercise.
- ❖ Always praise and reward for remaining sitting, even the brief moments need to be praised.
- ❖ Use squeaky toys as you progress to make it more and more difficult.
- ❖ Start with having him sit for a few seconds and gradually progress towards 30 seconds.

Troubleshooting

If he starts to move his bum off the ground, tell him "ah-ah" and "Sit". You may need to use "Leave it". Start with "low" distraction toys and increase to "high" distractions. Example of high distraction toys: a bouncing ball, a squeaker toy. If he constantly gets up when you use a high distraction toy, take a step back (use a lesser distraction) and don't excite him too much, and gradually build it up again.

Goal

To have your dog to remain in a sit position no matter what is going on around him, until he is released.

Practical application

Things happen around you and your dog. Noises in the background, people talking, cars driving by, music playing, chairs moving, door opening/closing, anyways, you get the point. Your dog needs to be able to pay attention to you no matter what happens around him.





Beside Or Get In

Just like you lured your dog for the very first time when you practised the "Come" command, we are now also luring your dog to get beside you, facing the same direction as you. You can use terms like "Beside", "Get in" or "Next to me". Whatever term you use, stick to that. Some people use the command "Get in" to have their dog get in the car or in their crate, so you may have to use a different term for this exercise.

Exercise

- ❖ Have a treat between your index finger and thumb.
- ❖ Hold the treat in front of his nose.
- ❖ Lure your dog until he faces forward beside you. Make a circular motion with your hand/arm to get your dog in the right direction.
- ❖ Tell your dog "Beside".
- ❖ Because he wants the treat in your hand he will follow and get beside you.
- ❖ Click/mark the behaviour.
- ❖ Praise your dog and give him the treat and then release him.

Troubleshooting

Following the treat is usually easy; slowly wean him of the treat so he learns the command correctly. We are setting you up for the next exercise which is "Heeling".

Goal

To have your dog come beside you facing the same direction as you in preparation to heeling.

Practical application

I call this the "reset function", because you get your dog back to where you want him: beside you facing forward. This is usually the start of Heeling or Loose Leash Walking. When you are going for your daily walk and you end up talking to a neighbour for a while, your dog may lie down or ends up exploring the surroundings while on the leash. Telling him to get "Beside" you will make him get back in line, ready for action.





Heeling - Part 1

Take your time with this exercise and start slowly. Between Heeling part 1 and part 2, we will be doing lots of different things which confuse a lot of dogs. Your dog will learn to be right beside your leg, move when you move, stop when you stop. Roll up your 6 foot to leash to be about 2-3 feet long.

Exercise

- ❖ Tell your dog to get "Beside" you.
- ❖ As your dog gets beside you, tell your dog to "Sit". This is the start of heeling, also called the "Heeling position".
- ❖ Make sure the leash is very short (2-3 feet). Your dog needs to be practically against your leg.
- ❖ When you take your first step, use the leg that is closest to your dog. If your dog is on your right side, move your right foot first.
- ❖ When taking your first step, tell your dog to "Heel" to start walking.
- ❖ If your dog lunges forward, say "ah-ah". STOP! Have him come back "Beside" you, "Sit", and start over (no lunging, dashing or pulling allowed here).
- ❖ Continue using the word "Heel" as you start each first step again.
- ❖ Take a few successful steps (5-10); verbally praise your dog as he walks with you.
- ❖ Then suddenly STOP, tell your dog to "Sit". Praise your dog for sitting.
- ❖ Then say "Heel" and again take a few steps (5-10), making sure to use the correct leg to start and make your dog "Sit" again.
- ❖ Try to only walk in one direction for now as this is fairly confusing for most dogs already. (Stop-go, stop-go, etc.)

Practice this over and over until he understands the "Heel" command and **pays close attention to your directions**. You can change things up a bit by walking 20-30 steps and then have him sit down, etc. He needs to have a good understanding of this command before starting Heeling part 2.

Troubleshooting

It is totally normal for your dog to get confused. So have patience. Be careful not to jerk your dog too much as he doesn't know what is about to happen. Because your dog will be confused he may sometimes get in your way, so be careful not to trip over your dog or step on his paws. Do not continue to Heeling part 2 till your dog has this exercise completely down. Make sure that when you are done the exercise for the day to give your dog an extra reward.

Goal

To have your dog heel (walk) right beside you paying very close attention to every move you make and respond accordingly.

Practical application

Heeling is an essential form of walking your dog, as sometimes all of a sudden you have to have your dog right beside you in tight or crowded areas. Forcing him to pay close attention to you: right beside your leg, stop when you stop.

