



## Heeling - Part 2a

Keep practising what you have learned in Week 1 this week.

Now that your dog understands Heeling part 1, it's time to move on to Heeling Part 2a. Again, take your time with this exercise and take things slowly. Your dog will learn to be right beside your leg, turn when you turn, stop when you stop and adjust his pace to match yours. Keep using a short (2-3 foot) leash.

### *Exercise*

#### Heeling Part 2a - Match your pace

- ❖ Start with your dog in 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.
- ❖ Take a few successful steps at normal pace (5-10), verbally praise your dog as he walks with you.
- ❖ Then suddenly speed up your walk. Use your word for faster pace. You can use: "Hurry", "Quickly", "Faster". Praise your dog for matching your pace.
- ❖ Then go back to normal pace and say "Heel". Praise your dog for matching your pace.
- ❖ Practice switching between normal pace heeling and fast pace heeling so your dog understands the difference in speed.

When your dog seems comfortable with following directions, we're going to add a slow pace as well. You can use words like "Slow", "Slowly", "Calm" etc. You will now heel really slowly for 5-10 steps, using your term "Slow". Switch between 5-10 steps of normal "Heel" and 5-10 steps of "Slow" so your dog understands this new word.

Once they have those down, start switching between "Heel", "Fast" and "Slow", praising your dog for following your directions. Practice this over and over until he understands the "Heel", "Faster" and "Slow" commands and **pays close attention to your directions** before moving on to Heeling Part 2b.

**\*\*NOTE:** If you use the term "Hurry" or "Hurry up" when you want your dog to speed up his bathroom routine, or when you want him to quickly get in the house, then don't use that term when you Heel at a faster pace.





## Heeling - Part 2b

Now that your dog understands the difference between Heeling, Faster and Slower, it's time to move on to Heeling Part 2b. Again, take your time with this exercise and take things slowly. Keep using a short (2-3 foot) leash.

### *Exercise*

#### Heeling Part 2b - Turn when you turn

- ❖ Start with your dog in 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.
- ❖ Take a few successful steps (5-10), verbally praise your dog as he walks with you.
- ❖ Then suddenly make a turn and walk in the opposite direction. You can use a term like "This way", "Follow me". Praise your dog for following you.
- ❖ After a few steps suddenly turn around again and walk in the opposite direction, or turn left/right as desired. Use your term "This way". Praise your dog for following you.
- ❖ Keep practising making sudden turns.

When making sudden turns, be careful not to step on your dog or trip over him. If you need to make slower turns to hint you are changing direction then do that.

If possible you can practice this in your backyard as well. If you have some pylons, you can scatter them around your yard - you can use other objects as well. Practice by making irregular patterns around and between the pylons.

When you are sure your dog is good at following you very well at heel, start combining all the elements of Heeling: stop and go, heel, slow, fast and turning.

### *Troubleshooting*

It is totally normal for your dog to get confused. So have patience. When necessary take things slowly, don't overwhelm your dog. Be careful not to jerk your dog too much as he doesn't know what is about to happen. When you are done the exercises for the day give your dog an extra reward. It may take longer than a week to teach your dog this.

### *Goal*

To have your dog heel 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. Your dog will learn to be right beside your leg, turn when you turn, stop when you stop and adjust his pace to match yours.





## Adding Distractions To Come

It's time to make coming to you a little bit more interesting. Remember: coming to you should always be a positive thing. Always praise your dog when he comes to you. Use a 20 foot leash and have a helper assist you with this if necessary.

### *Exercise*

- ❖ Make your dog sit.
- ❖ Have your helper hold your dog.
- ❖ Walk back about 10 feet.
- ❖ Place a toy or something your dog likes a few feet behind you in such a way that your dog knows it's there.
- ❖ Tell your dog to "Come".
- ❖ Your helper should release your dog when he gets up and come towards you. If your yard is not fully fenced, have your helper hold the end of the leash.
- ❖ Your dog should come to you and not the toy.
- ❖ Click/mark the behaviour.
- ❖ Reward your dog with a treat and release him.

Practice this multiple times before moving on. Now repeat the exercise above, but instead of placing the toy behind you, place the toy between you and your dog. Praise your dog for coming to you and not the toy. Once he successfully completes this exercise, add more toys, noises, squeaky toys etc. around him. You could throw toys around like I did in the video or bounce a ball, you get the idea. Always praise your dog for coming.

### *Troubleshooting*

You shouldn't have too much trouble with this command, as long as you always stay positive. If they stop at the toy, say "Leave it" or "ah-ah" and call your dog to you.

### *Goal*

To have your dog come to you immediately when you use the "Come" command even with distractions around him.

### *Practical application*

This teaches your dog to stay focussed on you and not getting distracted even though there are lots of interesting things happening around him. You should be able to call your dog in the dog park and have him come straight to you and not get side tracked by other people, dogs or noises at the park.





## Sit, Down, Stay

Wouldn't it be nice if your dog could lay down somewhere and stay for a bit, while you do something else? In this exercise we are going to teach your dog to stay on the same spot for a while. In later classes we will expand on this.

### *Exercise*

- ❖ Call your dog to you.
- ❖ Have him "Sit".
- ❖ Then tell your dog to "Lay down".
- ❖ Refer to "Lay Down" from the Beginner Training Classes to make your dog lay down. Your dog should not have trouble doing this by now and should be able to do this without treats, but if for whatever reason your dog needs a little encouragement: Use some treats. And in case you don't have the Beginner Training Classes handy:
  - Use a treat in your hand to lure your dog down to lay down.
  - His head should follow the treat and he should know it's time to lay down.
  - Move your hand towards the dogs' back end to have your dog slide completely into the "Lay down" position.
- ❖ Praise your dog for lying down.
- ❖ Now use your hand with open palm in front of your dogs' face.
- ❖ Say "Stay".
- ❖ Do not move away from your dog. Your dog must remain in the "Lay down" position.
- ❖ Have your dog stay like this for at least 30 seconds.
- ❖ Do not let your dog get up before you release him.
- ❖ Click/mark the behaviour.
- ❖ Praise your dog and give him the treat and then release him.

Don't walk away from your dog yet, that comes later. You need to stay close to your dog for now. We need to work on laying down for awhile. Gradually increase the time your dog has to stay in the "Lay down" position.

### *Troubleshooting*

The trouble usually starts when you walk away. Dogs often want to follow you and get up. For now just stay close to him as you increase the duration to about 30 seconds. If you're up for it, even a few minutes.

### *Goal*

Have your dog go from a "Sit" to a "Lay down" position and then being able to remain in that same position for at least 30 seconds without getting up after being told to "Stay".

### *Practical application*

Over time we want to be able to tell your dog to go lie down and stay for awhile. Sometimes your dog just needs to be out of the way, or calm down and lay down and stay down for a while.

