


"Sit" or "Watch" Training Protocol



This training protocol is great for building fundamental behaviors for any type of dog – especially **high energy dogs!** During each of my dog training sessions, I always start with the "Sit" and "Watch" commands. I believe in using **OPERANT CONDITIONING** to "catch" your dog sitting or watching you – rewarding them for the behavior **WHEN** they do it – *not before*. Find examples in my dog training videos.

 Be **proactive** versus **reactive** in developing your relationship with your dog. **Be the best leader: Give your dog a job!**

THE SESSION – For Use When Teaching "Sit" or "Watch" Commands

I generally start with my dog *off leash* in the kitchen area — where food prep is performed.

- While slowly walking around in each location, do **10 repetitions** of the "sit" command. *The goal is 10 consecutive "sits" in a row using only one command for each.*
- Reward each sit with a **click, treat, or pat on the head.**
- Take a **1 minute break** to engage your dog with your touch, a toy, or a drink of water.
- Repeat the exercise for another **10 repetitions.**
- Take another **1 minute break.** *Vary how you interact with your dog during your breaks.*
- Do a final **10 repetitions** for a total of 30 potential "sits" per session.
- Take a **few minutes to love on your dog** while calmly praising their accomplishment.

Only
6-8 min
PER SESSION
(including breaks and variable reinforcements).

Off Leash
(when inside)



"Sit"



Toy Break



"Sit"



Water Break



"Sit"



Love & Praise



3 Sessions / Day - Spaced Throughout

THE LOCATIONS – For Use When Teaching "Sit" or "Watch" Commands


Be sure that every training location that you use has a "positive experience" associated with it for your dog.

VARY YOUR LOCATIONS EACH DAY — PROGRESSING FROM FAMILIAR TO UNFAMILIAR.

IDEAS INCLUDE:

- Kitchen Area (near food prep)
- Family Gathering Room
- "Potty" door - **INSIDE** the door with it at least half way open
- "Potty" door - **OUTSIDE** the door with it completely open
- Outside on your patio, driveway, or deck (*Hard surface preferred*)
- Outside in the grass, field, or wooded area (*The most distracting environment!*)
- Gradually add Distance, Duration, and Distraction to prove your dog's reliability!

Use a collar and leash if your dog is a flight risk.

 I encourage you to **relax** and be clear, concise, and consistent with your criteria and **find your next "Thank You"...** when your dog is attentively and willingly following your lead!

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