

BASIC: Week 1 Lessons

- A: Leash Work with Left Turns
- B: SHAKE- reinforce
- C: SIT- go over the auto sit
- D: DOWN (Stay)- go over down correction
- E: STAND- introduce
- F: BED- introduce
- G: Activity–Greetings

Lesson A: Leash work

Reason

- To teach the puppy to maintain a loose leash
- To teach the puppy to pay attention to the handler

How to teach

- Begin a Let's Go exercise
- Praise the puppy for following you
- As you are walking, make a left turn by lifting your right knee and pivoting on your left leg
- If the puppy is forging, your knee will move into the puppy as you turn
- If the puppy is walking properly, your knee will not make contact
- Continue walking and then repeat the exercise
- Tell the puppy 'Release' when you finish walking

Tips

- Keep session short
- Smaller dogs can be corrected with your leg or foot on left turns
- Remember to pivot quickly on your left foot without waiting for the pup to realize that you are turning
- The advantage of making frequent left turns is that the puppy must pay attention to find out when you are turning

Homework

- Practice the Let's Go command with left turns at least 3 times per day with mild distractions

Lesson B: Shake

Reason

- To allow the puppy to interact with people while staying under control

How to teach for placement

- Give the SIT command
- Hold the puppy's collar and pull him to the side so that he becomes slightly off balance

As the puppy's paw lifts off of the ground (sometimes only slightly) take his paw and say, "Shake, Good Shake"

Allow his paw to return to the ground

Repeat above procedure two more times

How to teach for a Lure

Give the SIT command

Hold up a favorite toy or treat

If the puppy lifts his paw in a gesture to get the lure, take his paw and say, "Shake, Good Shake" and give him the lure

Allow his paw to return to the ground

Repeat above procedure two more times

Tips

Remember to say the command WHILE the puppy's paw is in your hand

Give the most rewards while he is in the process of shaking hands (treat, praise, etc.)

The lure method only works for some dogs

Homework

Practice the Shake 2 sessions per day (3 times per session)

Lesson C: SIT

Reason

To teach the puppy self-control

To maintain control over the puppy in distracting Situations

How to teach for proofing on the name

Give the SIT command

If the puppy sits, praise him calmly

Walk to the front of the puppy and call his name

If the puppy stays, praise him

If the puppy breaks the SIT, tell him firmly "Don't" and give a sharp correction upwards

Praise him calmly when he resumes his SIT

Return to the puppy's side and give the Release command

How to teach for moving around the puppy

Give the SIT command

If the puppy sits, praise him calmly

Walk to the left and then to the right side of the pup

If the puppy stays, praise him

If the puppy breaks the SIT, firmly tell him "Don't" and give a sharp correction upwards

Praise him calmly when he resumes his SIT

Once the puppy can stay when you walk to either side, repeat the above steps and walk around him

Return to your original position, praise and Release him

How to teach for proofing on the leash

Give the SIT command

If the puppy sits, praise him calmly

Walk to the front of the puppy and tug slightly on the leash

If the puppy stays, praise him

If the puppy breaks the SIT, tell him firmly "Don't" and give a sharp correction upwards

Praise him calmly when he resumes his SIT

Return to the puppy's side and give the Release command

Tips

Make performing the command more rewarding than the Release; praise should be given while the Stay is in progress; treats should be given just before the command ends

Practice these exercises in quiet environments until the puppy is consistently successful

Begin proofing on the name with a calm voice and then escalate your voice as the puppy learns to hold his Stay

Begin proofing on the leash with small, soft pulls on the leash and then pull harder as the puppy learns to stay (do not jerk on the leash . pull)

Homework

Practice the SIT with name proofing and moving around the puppy 3 times per day

Increase the SIT time to 3 minutes

Lesson D: Down Stay

Reason

To teach the puppy self-control

To maintain control over the puppy in distracting Situations

How to teach for proofing on the name

Give the Down command

If the puppy lies down, praise him calmly

Walk to the front of the puppy and call his name

If the puppy stays, praise him

If the puppy breaks the Down Stay, tell him firmly "Don't" and give him a sharp correction downwards

Praise him calmly when he resumes his Down Stay

Return to the puppy's side and give the Release command

How to teach for moving around the puppy

Give the Down command

If the puppy lies down, praise him calmly

Walk to the left and then to the right side of the pup

If the puppy stays, praise him

If the puppy breaks the Down Stay, tell him firmly "Don't" and give a sharp correction downwards

Praise him calmly when he resumes his Down Stay
Once the puppy can stay when you walk to either side, repeat the above steps and walk around him
Return to the puppy, then praise and Release him

How to teach for proofing on the leash
Give the Down command
If the puppy downs, praise him calmly
Walk to the front of the puppy and pull slightly on the leash
If the puppy stays, praise him
If the puppy breaks the Down Stay, tell him firmly “Don’t” and give a sharp correction downwards
Praise him calmly when he resumes his Down Stay
Return to the puppy’s side and give the Release command

Tips

Make performing the command more rewarding than the Release; praise should be given while the Stay is in progress; treats should be given just before the command ends
Practice these exercises in quiet environments until the puppy is consistently successful
Begin proofing on the name with a calm voice and then escalate your voice as the puppy learns to hold his Stay
Begin proofing on the leash with small, soft pulls on the leash and then pull harder as the puppy learns to stay (do not jerk on the leash pull)

Homework

Practice the Down Stay with name proofing and moving around the puppy 3 times per day
Increase the Down Stay time to 10 minutes

Lesson E: Stand (lure and/or placement) Stand Stay (3-5 sec)

Reason

To teach the puppy to hold a firm stand while being groomed or at the veterinarian’s office
To prevent the puppy from sitting or lying down on undesirable surfaces (e.g.: mud, sticky floors)

How to teach

Give the Stand command
Place a food lure in front of your pup’s nose and slowly draw the food forward. As the pup moves into the stand position give the food lure to the pup and calmly praise, “Good stand”.
If the food lure does not work physically touch the pup under the belly until he stands. Once he is standing calmly praise, “Good stand”.
After a few seconds, tell him “Release”.
Build for time in small increments

Tips

The pup should move from a SIT to a Stand without walking forward; he may move his legs slightly to adjust his weight.

Ensure that the Stand command is given as the puppy moves into position

Squirrelly pups that move at the slightest touch may do better on an elevated surface such as a steady crate or table.

Homework

Practice the Stand Stay 3-5 times per day

Vary the waiting time that the puppy stays so that he does not learn to predict when the Release command will be issued

Lesson F: Bed

Reason

This command is to teach the puppy to lie down on his bed on command. This can be used at times when the puppy needs to be “out of the way” such as meal times, when guests arrive, ect.

The puppy should stop whatever he is doing, go to his bed and lie down; he is in a stay until another command is given.

How to teach

Place a mat, towel or carpet piece on the floor. Put your pup in a sit about four feet from the bed and place yourself between your pup and its bed. While the pup is in a sit place a food piece in the middle of the bed (the pup should hold its sit while you make the food drop).

Command your pup to “Bed”

The pup should run past you and eat the food on the bed. Once the pup has eaten the food command him to “Down”. After the pup has downed praise “Good Bed”.

Practice this four times and then pretend to drop the food and fake out your pup.

When he runs to his bed command his to “down”. Give his a food reward from your hand when he is down along with praise “Good bed”.

Public Greetings

The purpose of this exercise is to give the puppy raiser practice in dealing with the public and the puppy practice with greetings.

Place the puppy raisers in a circle and inform them that you are going to practice greetings. Have puppy raiser #1 move to the center of the circle and place the dog in a Sit-Stay. Ask puppy raiser #2 to hand his leash to someone else. PR #2 should approach PR #1 in the center and exclaim about the dog and ask him to pet him. PR #1 should interact with PR #2 appropriately and ensure that the dog remains in a Sit-Stay. It is up to PR #1 whether she allows PR #2 to pet the puppy. The instructor should provide any feedback necessary on handling the dog or responding to PR #2.