



Day Training Homework 1-1

Your Routine:

- **Conditioning come (3-5 minutes)**
 - Walk backwards while holding the end of your dogs leash, loudly and clearly calling “(dogs name) come”
 - If the dog comes, give them big praise and pet them.
 - If they do not come, snap the lease and repeat “come”
 - See accompanying video for the progression of this exercise.
- **Work Heel in a circle (3 perfect circles w/out needing to correct your dog)**
 - Walk in a medium to large circle with your dog in the heel position
 - Ensure you are leaving your leash loose, there should be no tension in the leash between your dogs neck and your left hand
 - Only say “heel” when you change speeds or directions (this includes when you start walking and when you come to a stop), or when you are correcting the dog for being out of position.
 - Only correct the dog (and repeat “heel”) when they are out of position (forging ahead, dragging behind, or if they are pulling another direction)
 - You will stop briefly (to create a gap between you and the dog) and give a hard snap back and repeat “heel” if the dog is forging ahead.
 - You will speed up (to create a gap between you and the dog) and lightly tap the leash forward (and repeat “heel”) if the dog is dragging behind.
 - If the dog is pulling to the left or right, give them a medium snap in the opposite direction that they are pulling (and repeat “heel”)
 - While in “heel” your dog should not be sniffing the ground, if they do, you should snap straight up and say heel
 - It will be easier for the dog to understand the exercise if you spot your dog on the sit, but if you have to correct them on sit, it does not count against your 3 in a row.
- **Work “heel” through interior thresholds/doors (3 times opening the door without the dog breaking position to rush through the door)**
 - Walk your dog up to the door, say “heel” and come to a stop in front of the door.
 - Open the door, and be ready to give a hard snap back if the dog rushes through the door.
 - if you had to correct the dog close the door, and restart the exercise, otherwise praise the dog, heel them through the door, turn around to the right, and close the door, and continue until you get your 3 in a row.



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Date	Time Worked	Commands Worked	Notes

EXTRA CREDIT!!!: Take a video of yourself doing your routine with your dog, and send it to us and your dog will receive an extra special treat!!!

Please contact me if you are having trouble or if you have questions about the training, or the program! Remember to take advantage of your discounted private lessons, during and after the program!

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