

Sit

Level 3: Build MORE Duration with Movement

Purpose:

The goal of this exercise is to work on duration of the sit behavior. This is the beginning of teaching a stay. We are also getting rid of the clicker and adding a release word.

Dog Skills

Self control
Respond to a cue

People Skills

Shaping
Cueing

Steps:

1. Do a couple of quick warm up sits (Level 2)
2. Give the sit cue. When the dog sits, take one step back. If the dog remains sitting, go in and treat. Do not release dog. Take 2 steps back; if dog remains sitting, go in and treat. Then release and throw a treat.
3. GRADUALLY increase motion always treating after every correct decision on dog's part (to remain sitting).
4. **I think of this as a silent conversation with my dog "Fido, can you remain sitting if I....." The answer "Yes I can" earns a treat. The answer "No I can't" is information to you about things you need to teach.**
5. Begin to vary the duration, sometimes releasing after shorter durations—don't always make it harder.
6. When the dog is reliably holding the sit for 5 seconds, begin to move around just a bit. Remember to always release the dog from the sit!

Click Points

Bum on ground for while handler moves

Good for developing these other behaviours:

Greeting people

At home fun:

Practice in different rooms of the house. Try circling around your dog or moving a step or two side to side while the dog is sitting, then click and reward with a game of tug. Can your dog sit while you bend down, while you tie your shoe, while you turn around, etc

