



Training Plan

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Plan Title

Sit

Plan Description

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Customer Mr John Visconti

Dog's Name Pepper

Have a "quiet" body. When you hand cue your dog to sit, make sure the rest of your body is still.

Make your hand motion just ONE time and then freeze. Don't get into the bad habit of repeating the gesture over and over again. Make your motion once, and then freeze in the final position.

Envision "sit" as the head going up, not the butt going down.

Always feed for "position" Your dog collects his/her pay only when in the "sit" position

Step

| Step No. | Description/Behavior | Consequence |
|----------|--|---|
| 1 | With your dog in a standing position, use a sweeping hand gesture (treat in hand) | Pay the "sit" |
| 2 | Repeat above without food in your lure hand. Food will be in your other hand. | Pay the "sit" from the other hand |
| 3 | Repeat step 2 with incrementally smaller hand cue. | Pay the "sit" from the other hand |
| 4 | Repeat step 3 but use the verbal "sit" approx 1-2 seconds prior to hand motion. Repeat until you see the dog start to "jump" the cue meaning he starts to sit prior to or during your hand cue that follows the verbal "sit" | Pay the "sit" from the other hand. |
| 5 | Practice verbal only | Pay the "sit" from the other hand |
| 6 | Practice hand cue only | Pay the "sit" from the other hand |
| 7 | Practice with increasing levels of difficult, distraction such as in another room; in your backyard; during walks | Pay the "sit" from the other hand |
| 8 | Practice your "one shots" during the day | Always pay the "sit" and sometimes pay with a bigger reward |
| 9 | Start cueing sit for all things of value so that "sit" becomes a default position for your dog | |