

The Scallywags Training Exercises



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The Scallywags Training Exercises

Introduction

These on-line exercises are designed to complement a training class and to help you with your training at home.

All of the exercises are covered in the puppy class, the advanced puppy class and on a Companion course. Each exercise is taught in stages. Don't be in a hurry to rush through them or even to miss out a stage. You'll regret it later. Before you start teaching a new exercise (or reteaching an old one) read thoroughly through all the notes.

These methods are recommendations only. If you are doing it differently and it works and providing that you and your dog are happy then there is no need to change what you are doing.

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THE RELEASE. (OK)

It is very important to teach your dog to recognise a release word, such as OK. This will indicate to him that he is no longer required to carry out the last command that you gave him and that he is free to please himself what he does (within reason!!)

If you fail to teach him this and he is in the habit of releasing himself, then you are unlikely to ever have control for more than a few seconds at a time.

Each command that you give your dog should be followed, in addition to the praise, by either another command or your release word.

Remember OK means that you can move if you want to but it is not compulsory. Giving praise after a release will devalue it.

With every command that you are teaching your dog you will need to ensure that he understands that he is to do it until he hears the OK.

Start off by delivering several small rewards in quick succession whilst he maintains his position and give the OK immediately following the last reward. You must resist the temptation to praise and reward after you have given the release or your dog will see no benefit in waiting for the release.

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SIT, STAND & DOWN

Sit	There are lots of things that a dog cannot do whilst it is sitting. Jumping up, running away etc.
Down	Similarly, down is just as useful, if not more so.
Stand	Ideal for grooming, drying feet & examination by a vet or a dog show judge.

If you are unsure as to whether to bother with the stand command, it is up to you but it is worth bearing in mind that whilst practising these exercises if there are two other options then he is more likely to pay attention and think about it.

1. The Lure

Using a food treat, lure your dog into the position that you require and reward as soon as he does it. **DO NOT USE A VERBAL COMMAND AT THIS STAGE.** Give more than one reward (variable) for each position and always tell your dog when he doesn't have to do it any longer (OK).

2. Adding the command

If you are successfully luring your dog into all three positions, now add the verbal command. (As well as the luring not instead of). Give the command then lure as before. **DO NOT REPEAT THE COMMAND** even if you have to wait for the response, unless you want to always have to give two or three commands!

3. Changing the lure to a signal

Show your dog the food treat in your hand but now move it away from his nose before giving a signal with the same hand and arm movement as the lure.

4. Removing the visible reward

Give the signal with an empty hand and deliver a reward from the other hand, pocket, table etc. If, because there is no food visible, the response is slow, then wait for it. If there is no response, then use food in your hand to get the position but do not give it. Then try again, repeating as necessary.

5. Reducing the signal

Show your dog a reward, put your hand behind your back and just give the verbal command. Reward the correct response. This usually works fairly quickly with the sit. For the down, instead of touching the floor with your hand, hover an inch

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above it and gradually increase the distance between your hand and the floor until you are getting a down with just the verbal command.

6. Proofing

Practice sitting your dog beside you as well as in front and also see if he will listen to you if you are not looking at him. If he will sit with just the command and no signal or eye contact then reward him lavishly.

Also work towards getting him to respond to the commands when at a distance from you. Try it with him tethered, behind a barrier or whilst he is in the garden with you at an upstairs window. Reward the correct response by throwing him a treat. If he can't catch or you are a lousy shot then give him the OK with the reward.

Notes

If your dog gets up from the down before you have released him then it is usually because he is following your hand. Put the rewards on the floor for him to take rather than from your hand and this will solve the problem. DON'T FORGET THE RELEASE.

If you are not getting a good response to the stand command it is probably because you usually ask him to sit or lie down when he is standing. Reward a stand as often as you do a sit or down

WALKING ON LEAD

Nobody wants their dog to pull on the lead unless it is attached to a sled!

A verbal command is not necessary for this exercise. The lead is the command. If your dog is wearing it then he mustn't pull. And of course neither must you!!

First of all. For the dogs that have already learnt to pull. Practice standing still with your dog on lead. Reward & praise him when the lead is slack. Ignore him when it is tight. There is no point trying to walk anywhere until we can keep the lead loose whilst we are stationary.

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- Stage 1** Give at least half of your dog's food ration (1 piece every 2 or 3 paces) whilst he walks beside you around the house & garden. Do this on lead & off lead. Do not give a reward at any time that the lead is tight. Precede every food reward with a 'good boy'.
- Stage 2** Your dog should now happily trot along beside you on or off the lead whilst you are feeding him. Now try withholding the reward but still giving the 'good boy'. If he's still there with you then give him a jackpot reward, break off and have a game. (If he isn't go back to stage 1). Now continue to reward randomly, keep him guessing when the next reward will be and you should keep him with you and attentive.
- Stage 3** A - B Place a bag of food rewards at point B. Start at point A and move forward only when the lead is slack and praise all the time that it is. Hold only the end of the lead. When the dog pulls forward to the end of the lead stand still or even move backwards pulling the dog back with you. Do not jerk him. When you reach point B with a loose lead he gets a reward from the bag. This is more effective if, when the lead goes tight you run all the way back to point A, taking the dog with you and start again.
- Stage 4** Continue the 'walk beside me' training using random rewards in places where he finds it easy to pay attention and also now do this training along the pavement when out for a training walk using constant (and higher value rewards).
- Stage 5** Find time at least once a day to go for a training walk, moving forward only when the lead is slack and standing still or moving backwards when it goes tight.
- Proofing** Practice at the park on lead changing pace from a crawl to a jog and also change direction constantly. This will ensure that he keeps at least one eye on you.
- Practice in as many different places as possible including the car park at the hall on training night.

Notes

Most dogs pull because we give them something to pull against. Try to be aware of which end of the lead is being pulled and by whom!!

If your dog has already learnt to pull then use a head collar for his recreational walk or drive him to the park and back or give him a command to pull, such as 'Mush'.

Don't let your dog rush through doors whether on or off lead.

When practising stages 1 & 2 avoid saying your dog's name to get him to come to your side to take the treat.

It doesn't matter which side your dog walks but you choose, not him.

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RECALL PART 1

THE most important exercise of all. If your dog only learns one thing then it should be to come when called.

Decide upon a word of command. If the word you are currently using has the opposite effect, then change it!

For complete reliability we will teach our dogs that 'come' means to sit in front of us. If they happen to be away from us, then once they have learnt the command they will have to come to us to do it!

- Stage 1** To teach your dog the recall command, walk up to him with food treats in your hand and say the word as he sits in front of you. Praise him verbally as you give him a succession of treats ensuring that he maintains his position. Then release him with an OK. Do this at every opportunity. The more you practice the quicker he will learn.
- Stage 2** Call him to you from a short distance when he is not distracted (have someone hold him whilst you walk away).
- Stage 3** Practise as a family. 2, 3 or 4 people. Stand fairly close together, all armed with plenty of food treats and call the dog in turn, gradually moving further apart. The person the dog is leaving could also tell him to 'go to mum or etc' at the same time which is also a useful command.
- Stage 4** Try calling him to you with your back to him, sitting or lying on the floor, standing on a chair, and in as many different situations as possible. Always reward a recall but save the high value rewards for a really good performance in a difficult situation. Avoid the temptation to reward a mediocre recall with anything more than indifferent praise from you or the performance will not improve.
- Stage 5** With distractions. You must be in control of the distractions. Have a helper try to distract your dog with some food treats whilst you are calling him. If he goes to them he gets nothing other than a sniff at their food. If he comes to you, you will reward him, and your helper will rush over and give him one of their food treats too!!

RECALL PART 2

Teaching the command as above needs to go hand in hand with teaching your dog to **want** to Dogs love to have fun. Leaving them to play with their toys on their own will usually result in a dog that chooses to find his own entertainment when you are out for a walk. Give your dog free access to a suitable chew toy or two and save all the other toys for interactive games with you. Then take the favourite toys and games to the park.

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be with you so
that you can
safely give
your dog off
lead exercise
at the park.

Toys and games

- Follow me** Let your puppy off lead as young as possible in a safe environment. Constantly change direction and let him learn to watch and follow you. Allow him to investigate his surroundings, but wander off so that he then has to catch up. **DO NOT CALL YOUR DOG AT THIS STAGE** or he will not bother to keep an eye on you, he'll just hear you calling and know that **you** are keeping an eye on **him**.
- Stage 1** Whilst doing the 'follow me' exercise, wait until your dog is running towards you, catching you up, and then turn around and call him in an enthusiastic, encouraging voice. Try to get him to sit in front as in the formal recall and then reward him with a treat and a game with a toy. Play for a short while and end the game, (you keep the toy) when he still wants more. Give him a release word. 'OK' or 'Off you go' and continue with the 'follow me'.
- Stage 2** Now try calling him, not when he is running towards you but when he is stood wondering what to do next. Again a good game as a reward.
- Stage 3** Call him over for a game if he is just passing the time and sniffing the ground but still keeping an ear out in case you want to play again.
- Stage 4 &
Upwards** Stage 100 is getting your dog to come to you immediately when he is playing with other dogs or chasing a squirrel. All the other stages inbetween need to be mastered successfully before this will be achievable. A reliable recall needs to be built upon a good foundation and training will always be ongoing.

Notes

If you are in any doubt that your dog will stay with you then use a long line (10 - 20 metres) attached to your dog's collar before you let him off lead at the park. Do not hold on to the line, it should be trailing. Do not use it to make him come to you, just to curtail his freedom until he chooses to come or to keep him from getting into trouble.

Try to insist on a sit in front for optimum control when you are calling your dog using the recall command. ("Fido, Come"). For other times such as coming in from the garden or if you want him to catch you up whilst on a walk then make a distinction by using a different word or words such as "Come on in" "This way"

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If your dog is off lead and not responding correctly to your recall command then you have not finished the recall training yet. This situation is not training, it is testing out your training (and failing!).

If you do find yourself in the position of not being able to get your dog back then try one of the following:

- a. Kneel on the ground and have a conversation with a blade of grass. When your dog comes over to see who you are talking to do not grab him, just take his collar calmly.
- b. Hide and wait for him to find you.
- c. Run like hell in the other direction.
- d. Borrow someone else's dog and feed him all your dog's treats.
- e. Take a good book to the park with you and wait until he returns to you.

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STAY

This exercise is used to teach your dog to relax whilst you walk away from him should you ever need to leave him tied up outside a shop or for any other reason, maybe an emergency one day. If you wish, you may also teach him to stay in a sit, stand or down, which you will need for an obedience competition or for getting him to pose for a photograph.

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- Stage 1** Attach your dog's lead to a fence post, the banisters or another person. Give the command 'STAY' in a light tone of voice and a flat of the hand as a signal and walk unhesitatingly away. Return immediately and praise & reward.
- Stage 2** As before but now wait for your dog to relax before returning and praising.
- Stage 3** STAY IN POSITION. Place some food rewards about 6 - 10 feet away from where you are going to ask your dog to stay. On a chair or the floor if you are doing it on the lead. Up high out of his reach if you are doing it off lead.
- Ask your dog to sit and command him to stay, walk away (with your back to him), fetch a food treat and return to your dog.
- If he is still sat and hasn't moved, praise, reward and release.
- If he moves whilst you are returning with the reward turn around immediately and put the treat back then replace him and start again.
- If he moves before you get to the treat then start again.
- If he moves more than half a dozen times before you are successful then put him on lead, if he is off and try a shorter distance.
- If you are successful then increase the distance (not too much) and also try it in the down and the stand.
- Remember he must stay in the position that you told him to and he must not get up until you release him.
- Stage 4** Still fetching him a reward but now take an indirect route to & from the place where they are, maybe move the chair that they are on before picking one up.
- Proofing** Practice leaving him in a stay whilst you move furniture, fuss another dog, tie your shoe lace etc.

Notes

When leaving your dog tethered in a stay you needn't ask for a sit or a down. Let him choose and give him the option to change position if he wants to.

On stages 1 & 2 your dog should always be tied up. This will ensure that he gets it right every time and is rewarded. If he can't follow then he will have to stay!

Remember 'stay' means "I am leaving you here and you cannot follow me but I will be back" It is not a threat.

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ALWAYS RETURN to your dog during a stay exercise. He is much more likely to have a rock-steady 'stay' if he is expecting you to go back to him.

If you sometimes call him out of a 'stay' then he is likely to anticipate that this is what you want and then get into trouble for moving.

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WAIT

Wait is a useful command to teach in addition to stay. If we reserve the stay exercise for occasions when we want our dog to remain calm & relaxed in one place, we can use wait when we just simply want them to 'hang on a minute', such as while you open the car door or place their food bowl on the floor

- Stage 1** Hold on to your dog's collar or have someone else hold him on the lead, show him a food treat, give the command 'wait' and put the food on the floor just out of his reach. Ignore all attempts by the dog to get the food and of course be sure that he doesn't get it. If he chooses to sit, lie down or just stand still then praise him verbally, if he then attempts to get the food stop the praise and continue to prevent him from getting it. If you can praise him whilst he is waiting and he still doesn't move then you can release him with an OK and he is free to take the treat if he wishes.
- Stage 2** Continue to practice this building up the length of time. Whilst you are doing this you must vary the time scale for each wait. Some very short ones interspersed with some longer ones keeps it more interesting for your dog.
- Stage 3** With your dog on lead, (tether him or have a helper) instead of placing the food down, roll it across the floor after giving the command. When he moves, which he is bound to do the first time you throw food, go and get the food yourself, or have your helper retrieve it for you and repeat until the dog waits. He can then be released. Do this also with a toy.
- Stage 4** Teach your dog to wait in the sit, down & stand by asking for the position you require, followed by the wait command and the food on the floor. If he moves out of the position that you originally asked for then pick up the food and start again.

To teach him that 'wait' isn't always followed by a release.

Ask your dog to sit & wait. Place the food at an appropriate distance and then ask for a down. If he responds to the down command he can be released. If he goes for the food instead, make sure that you get it first.

With a helper holding your dog on lead ask him to wait in a sit or a down and place a piece of food about 6 feet away from his left foot then go and stand about 6 feet away from his right foot in the opposite direction. Now ask him to come. If he chooses to come to you, reward him for the recall and release him to take the other piece of food. If he chooses to go for the food on the floor, the helper will prevent it and he gets nothing!

The practical application

In the car. Give the command 'wait' as you open the door and be ready to close it again (carefully) if he doesn't. Continue in this way until he will wait in the car with the door wide open before being given the OK It may be wise to have someone holding the dog on lead in the car.

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At feeding time. Ask for a wait whilst his meal goes down and simply pick it up again if he doesn't.

Notes

At no time at all should you need to get cross (however mild) or exasperated or change your tone of voice whilst teaching this exercise. Your dog will learn much quicker by relating only to whether or not he gets the food reward.

Be careful that your dog does not train you to say OK by moving.

A reminder about the release. Praise only when your dog is doing what you asked. Praise given after a release is devalued.

Practice taking his lead off and putting it on again whilst he is waiting. Beware of teaching your dog that the lead coming off means the same as OK One day your lead may break or the collar come undone when you are walking near a busy road!

HOW TO USE FOOD FOR TRAINING AND AVOID FOOD DEPENDENCY

Use at least 10 different food treats. Here are some suggestions. Cream crackers, bread crusts, toast, cornflakes, sultanas, raw pasta, cooked pasta, raw vegetables (carrots, potatoes, swede etc.), twiglets, quavers, digestive biscuits, dog kibble, dog chocs, yoghurt drops, cat biscuits, schmakos, dogaroni, cheese, dried fish, dried tripe, chicken, sausage, frankfurter, ham, bacon, liver cake, liver.

Anything that you can deliver in small pieces.

Grade your rewards from 1 to 10 in order of your dog's preference. The above list is in order of preference (lowest first, highest last) for my dog but your dog's tastes may differ.

Large biscuits such as shapes are not ideal for training.

Food for training is used in three ways.

- | | |
|---------------|---|
| Lure | Luring is simply the dog's nose following your hand that contains a piece of food. You can lure your dog to: sit, lie down, stand, beg, come, heel, weave, spin, roll over, nod, bow, creep etc. etc. |
| Bribe | Bribing is showing the dog the food and telling him that if he carries out the command he can have it. |
| Reward | Rewarding is giving the dog the food from your pocket or a container for a job well done. |

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A typical morning for Fido

- 8:00am Fido is called in from the garden. Comes immediately. Gets his breakfast. Allowed back out again.
- 8:15am Fido is called in from the garden. Comes immediately. Gets a toast crust. Allowed back out again.
- 8:45am Fido is called in from the garden. Stops for a sniff & a pee on the way. Gets a pat on the head. Allowed back out again.
- 9:15am Fido is called in from the garden. Comes immediately. Is taken for a walk.
- 9:30am Fido is off lead at the park. 10 feet from owner. Nothing else in sight. Does a perfect recall when asked. Gets a big cuddle.
- 9:35am Another dog & owner appear on the horizon. Fido is called. Comes with just a seconds hesitation. Gets a piece of dog kibble. Does a sit & wait. Gets another piece of dog kibble & a cat biscuit and is then released to go play with the other dog. (Having first established that the other owner is agreeable).
- 9:45am Time to move on. Fido is called. Looks up briefly, then continues to play with Fifi. Fido's owner takes from her pocket a piece of cheese. Walks up to the dogs, shows it to Fido and gives it to Fifi.
- 9:46am Fido is called again. Comes like a shot and gets a piece of liver and is allowed back to play again.
- 9:50am Fido is called. Responds slowly but does return. Gets a pat on the head & a piece of dog kibble.
- 9:55am On turning a corner, a group of 4 or 5 dogs are playing together. Before the owner is aware of them Fido has already joined them. He is not called.
- 10:00am All the other dog owners are experiencing varying degrees of failure in getting their dogs to follow them. Fido's owner gets his attention (and all the other dogs!) by taking a piece of sausage from her pocket and luring him out of the group. He is now happy to follow his owner, who seems to have acquired a few more dogs. He is rewarded with a few pieces of cheese for sitting quietly on his lead whilst the other dogs are collected by their owners.
- 10:05am Fido is let off lead again. Does a perfect recall just before a jogger passes and is rewarded with a game with his tennis ball.

SO - In 2 hours Fido has had ten food rewards, approx. weight ½oz. He has also been rewarded with fuss & cuddles, play with other dogs, being allowed to return to what he was doing, a game with the ball & being taken for a walk. He has also experienced the loss of a reward (the one that Fifi got!).

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WATCH

To teach your dog not just to pay attention but to actually make eye contact with you. Useful in class if he is distracted.

- Stage 1** With your dog sat in front of you (you can be standing or sat in a chair) show him a food treat in your hand and then outstretch your arm to the side. Your dog should now be staring at your hand. Remain still & silent but be ready to deliver the food treat at the very instant that your dog looks at your face. Repeat this until you think he's got it.
- Stage 2** Adding the command. Position your arm. Command 'watch' and reward him when he makes eye contact.
- Stage 3** Maintaining the eye contact. As stage 2 but delay delivery of the reward for 1 second. Repeat as necessary building it up 1 second at a time. Aim for 10 seconds at least (eventually). If your dog looks back at your hand before you give the reward then start counting again from the restart of eye contact. Praise your dog quietly whilst he is watching you.
- Stage 4** Removing the signal. Show your dog a food treat, then put your hand behind your back or neutrally by your side, command 'watch' and reward instantly. Now as stage 2 but without the outstretched arm, just the verbal command.
- Stage 5** Teach him now to watch you whilst sat beside you at heel, whilst walking at heel, whilst waiting as you move away etc. etc.

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RETRIEVE

Teaching a dog to retrieve can bring enormous benefits. It's a great way to exercise him if you're not feeling too energetic. He can fetch your slippers or the T.V. remote control. The dog that has been taught to retrieve will willingly bring to you and give you back anything that he would previously have grabbed and run off with. For many dogs a game with a ball is more rewarding than food treats so it is a great motivator and much more productive than chasing joggers or cyclists. And if he retrieves a toy you haven't got a recall problem!

Start by teasing your dog with a favourite toy and tossing it away a short distance encouraging him to go and pick it up. Running away from him once he has picked it up will encourage him to come back to you with it. If he runs past you with the toy simply change direction and he probably will too. If he drops it away from you and loses interest pick it up yourself and try to get him to come closer with it next time, or encourage him to go and get it. Don't be in a rush to take the toy or you may make him reluctant to bring it back. You need him to want to give it to you so that you will throw it again for him.

Dog's that show no inclination to retrieve can usually be encouraged to by teasing them with something really delicious tied up inside a knotted sock or by bouncing a ball repeatedly off a wall.

Notes

Never punish your dog for picking up something that you don't want him to have or you may teach him to not to pick up things when you are watching, certainly not to bring them back to you and definitely not to give them to you.

Always praise your dog for anything that they pick up so that they will bring it to you.

It is usually better if you encourage him to retrieve to hand. In other words for him to let you take it from his mouth. You could still have a command for drop just in case he brings you something that you don't particularly want in your hand!

HANDLING & GROOMING

How you go about this will vary greatly from dog to dog but your dog should enjoy you touching him. Start with very short sessions if he is usually fidgety or tries to get away and reward good behaviour. You need to be able to examine thoroughly ears, teeth, mouth, feet and pick up his tail. Your dog should stand, sit or lay still as you go about this and not try to bite you, the brush or the towel. Grooming is essential for all breeds regardless of coat length and as well as being enjoyable & therapeutic for you both it will go a long way towards forming the correct relationship between you. All members of the family, including the children (always supervised of course) should be encouraged to handle and examine the dog. Make yourself aware of the normal colour of your dog's gums, as any change could be an indication of internal injury in the case of an accident. Keep an eye on the condition of their teeth and ears as they cannot tell you if they are feeling discomfort. You need to be able to administer pills so practice with a vitamin tablet so that if you have to give a pill when they are off colour you know that you can.

IF YOU NEED TO GROOM YOUR DOG THOROUGHLY AND HE WON'T STAY STILL THEN TRY SPREADING MARMITE OR PEANUT BUTTER ON THE FRIDGE DOOR AND DO IT AS HE LICKS IT OFF.

If your dog is happy to be handled by you then invite visitors to handle and examine him so that he will be manageable at the vets, the grooming parlour or the boarding kennels.

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To teach your dog a new exercise

This is to be done in a familiar place with no distractions

- Stage 1** Start with a lure using several different pieces of food from the middle of the 1 - 10 scale. 40 - 50 repetitions over 3 - 6 sessions.
- Stage 2** Now add the verbal command just before the lure. 20 - 30 repetitions over 2 - 4 sessions.
- Stage 3** The bribe. Show the dog the food. Give the verbal command and a hand signal (which should be a reduced version of the luring). Success, give the food. Failure, eat it yourself, put it back in the container or give it to another dog. 3 failures in a row, go back to Stage 2. 40 - 50 repetitions over 3 - 6 sessions.
- Stage 4** The reward. Give the command and the hand signal and reward from your pocket or etc.
- Stage 5** Do all of the following randomly.
- Show the dog the food, command & signal but do not give the food. Praise lavishly.
 - Command & signal with an empty hand and immediately (and magically) produce a reward from thin air!
 - Command & signal with an empty hand and reward from the other hand.
 - Show the dog the food and then put your hand (and the food) behind your back and give a verbal command only. Do not repeat the command. Wait for a response. Give the food for success.

If you have worked through all 5 stages successfully then your dog has learnt this exercise but only in the familiar place with no distractions!

Now reteach it starting again at Stage 1 in every environment that you would like your dog to respond to you. The greater the distraction (or the reward for non-compliance!) the higher the reward on offer must be.

With each new situation you should need less repetitions at each stage.

Rewards should be varied and given randomly once the dog has learnt the exercise.

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ROLLOVER

- Stage 1** Lure your dog into a down and wait for a flop to one side on his back legs. If he's lying on his left back leg then slowly lure his head towards his right elbow or vice versa. You may reward just lying on his side to start with if that's all he can manage. You should be able to lure him all the way over eventually if not immediately.
- Stage 2** Add the command as you lure.
- Stage 3** Change the lure to a signal.
- Stage 4** Drop the food treat on the floor about 3-4 inches from his head as he goes over so that he gets up afterwards.
- Stage 5** Try with just the verbal command. No signal.
- Stage 6** Command him to rollover from a stand. He should lie down, roll over and get up again.

Note

During all of the stages of rollover DO NOT mention the word 'DOWN' or your dog will give you manic rollovers every time you ask him to lie down!!!

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LEG WEAVING

Stage 1 With your dog sat beside you on your left and several tiny treats in each hand, take a large step forward on your right leg and lure your dog past the front of your left leg and behind your right leg. Give a reward. Now step forward on your left leg and lure him through that way. Reward again. Continue in this way, luring with your right hand when he's on the left and your left hand when he's on the right.

Add the command. 'legs' 'weave' or whatever. Your choice.

Stage 2

Stage 3 **Removing the lure.** With your dog on your left, step forward on your right leg, give the command and pat your right thigh. When he comes through - reward. Repeat on the other leg.

Continue as stage 3 but now reward randomly.

Stage 4

Turning. 180deg

As your dog goes through your left leg, bring him round it and at the same time swivel both feet on the spot and now your right leg is forward and you can continue.