

Leash Manners and Polite Greetings—Week One Homework Tracking

Skill to practice	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Find the spot/reinforcement zone, 5-10 reps, 5 sessions							
Offered attention/auto check ins, 5-10 reps, 5 sessions							
Asked for attention—name, look, or noise, 5-10 reps, 5 sessions							
Step, stop (sit or stand) and hold, 5-10 reps, 5 sessions							
Settle (mat work) review 5-10 reps, 2-3 sessions							
Circle work for free time on walks							

Find the Spot/reinforcement zone—move your dog into the “spot”, move together by saying, “let’s go”, taking one step away from your dog, reinforce your dog for catching up to the “spot”. The “spot” or “reinforcement zone” is when your dog’s head is right next to the seam of your pants (calf, knee, thigh or waist depending on your dog’s height).

Offered attention/auto check-ins—this is when your dog orients to you without your asking. For this class, we will be working on offered attention with your dog standing or sitting next to you. It does not have to be eye contact, just orienting in your direction.

Asked for attention/name game, look, or kissy noise—We generally ask for attention by using the dog’s name, but if you have been using “look” or a kissy noise, that is fine too. For this class, we will be practicing this with your dog standing or sitting next to you.

Step, stop, and hold—you will be taking one step, stopping, having your dog sit or stand next to you in the heel position. As they get the idea, start having your dog hold this sit or stand position until they can hold it for 30 to 60 seconds.

Settle (mat work) review—from your beginning class, your dog should have learned a basic settle on a mat exercise. We are going to be using this exercise to help dogs learn to deal with their arousal/excitement in new locations so they can better focus.

Circle work for free time on walks—dogs need to have plenty of sniff and exploring time on walks. Start with the cue, “go sniff,” and then release them to the end of the leash. Follow your dog and let them sniff. Decide on an acceptable amount of leash pressure (I use the two finger rule); if your dog pulls harder than that acceptable amount of pressure, you gently move with your dog away from the pull, to the side, and into a big circle.