

Loose Leash Walking Games

PERFECT POOCH

Teach the dog the “perfect” heel position.

- Using a food lure, guide the dog around so they are next to you, facing the direction you are facing, with their nose at your pant seam on the side you would like the dog to walk on
- Every time the dog is in a heel position with his nose on your treat, at your pant seam, mark and treat
- You cannot overpay the dog for heeling, continue to reinforce correct heel position as you move forward
- Start eliminating the lure and move to capturing the heel.
 - Keep your hand out of sight, when the dog is in a heel position, immediately mark and treat, remove your hand to reload, repeat, continue to mark and treat for a heel position

FOLLOW ME

Teach the dog to follow along while on leash.

- Back up and encourage the dog to run towards you
- Lure with a treat and reward several times as the dog gets closer to you
- Turn and walk the same direction the dog was traveling (180 degree pivot for human)
- As he follows you, mark and treat at your pant seam where the perfect pooch would be

CATCH UP

Teach the dog to change direction on leash. Dog is turning on the outside of the circle - if dog walks on the left side, this game will consist of right turns and vice versa for right side walkers.

- When the dog begins to charge ahead on leash, but before the dog hits the end of the leash, say LETS GO, pivot 180 degrees, and begin walking the other direction
- Then play the PERFECT POOCH game
- If dog charges ahead again, **repeat** LETS GO, pivot, and begin walking the other direction, then play the PERFECT POOCH game
- Quickly the dog should associate the LETS GO cue with your change of direction
- The dog should only feel leash pressure if they ignored the LETS GO and kept charging ahead

BABY STEPS

Teach the dog how to stop and sit when you stop.

- Start with the dog sitting at your side, mark and treat
- Take one step forward and lure the dog to sit at your side, mark and treat
- Repeat one step at a time, treating for every sit at your side
- Then practice two steps then lure the dog to sit at your side, mark and treat
- Continue to add steps once your dog starts automatically sitting when you stop (you can also add a verbal STOP cue at this point)
- Always mark and treat the stop but begin capturing instead of luring

TURN AND GO

Teach the dog how to turn while walking on leash. Dog is turning on the inside of the circle - if dog walks on the left side, this game will consist of left turns and vice versa for right side walkers.



These materials are provided for you as a way to review behaviors previously discussed in training sessions. It is important for the success of both you and your dog, that these materials are used for reviewing, not for teaching. Do not skip ahead, even if you think your dog is ready. Every dog, every owner, and every situation is specific and requires a training program catered to fit; because these handouts are very general, please talk to Kelsey before attempting any of these training techniques on your own.



- Start with the dog in the PERFECT POOCH position
- While keeping a food lure anchored on your pant seam, say TURN, and walk in a U-turn pattern towards the side the dog is on
- Mark and treat when you straighten out with the dog in the perfect pooch position
- Walk a few steps in a straight line then repeat the exercise
- Always ask the dog to TURN before you turn (like using a turn signal while driving) to give the dog a chance to move
- Begin capturing the turns instead of luring
- If the dog is ahead of you, use a different walking game to get the dog back into the perfect pooch position, then restart the TURN AND GO game

RED LIGHT, GREEN LIGHT

Teach the dog not to pull forward.

- Walk forward as long as there is a slack leash
- As soon as the dog applies leash pressure, stop moving forward (completely halt!)
- When dog adds slack into the leash (even if not in a heel), start moving forward
- Dog is only able to continue forward motion if he can maintain slack
- If dog pulls for more than 5 seconds, add “penalty yards” by moving backwards a few steps

PILE OF YUM

Teach the dog impulse control.

- Set up a pile of yummy treats with the dog watching (and smelling) so they know what the goal is
- Pull the dog away (about 10 ft or so) and begin walking toward the pile
- Add RED LIGHT, GREEN LIGHT game to address the pulling
- You can also add BABY STEPS game to address pulling and teach positive replacement
- If the dog maintains slack, walk all the way up to the pile and STOP the dog within arm’s reach of the pile, add “penalty yards” if dog cannot stop
- Say STAY, grab a goodie, feed it to the dog, then feed another treat and another as long as the dog maintains a nice stay
- When pile is gone, release the dog and walk away
- Repeat exercise until dog walks calmly up to pile and easily maintains a stay without leash pressure

CHASE ME

Teach the dog to offer a heel.

- While inside or in a fenced area, jog around with your dog off leash
- Every time the dog is close to a heel position (even if by accident) mark and treat
- Start by paying for a “heel” position that is anywhere near the correct side of your body
- As the dog begins to understand, start shaping a more precise heel
- If the dog seems to have it mastered, only pay the perfect pooch position with the dog’s nose next to your pant seam
- You can also practice this game while on a long line “sniffy” walk

Please contact Kelsey with any questions, comments, or concerns!! Congratulations on helping your pup become Pawsitively Trained!

Kelsey@PawsitivelyTrainedDogs.com (916) 899-9637



These materials are provided for you as a way to review behaviors previously discussed in training sessions. It is important for the success of both you and your dog, that these materials are used for reviewing, not for teaching. Do not skip ahead, even if you think your dog is ready. Every dog, every owner, and every situation is specific and requires a training program catered to fit; because these handouts are very general, please talk to Kelsey before attempting any of these training techniques on your own.

