

Location

Behavior: **HEEL** (2 pages)

1 2 3 *Get 9 correct responses out of 10 in a row before progressing. Dark line = repeat in new loc.*

			Play “choose to heel” on a loose leash until dog is actively seeking heel position for 1 sec.
			While playing “choose to heel” require eye contact when dog reaches heel position. Use praise a few times to get dog to look up if needed, but otherwise stay quiet.
			Add heel cue just before the dog is getting himself into heel position and giving eye contact
			require 2 steps in heel position with eye contact before you click
			require 4 steps in heel position with eye contact before you click
			require 6 steps in heel position with eye contact before you click
			require 8 steps in heel position with eye contact before you click
			require 12+ steps in heel position with eye contact before you click
			Get proper heel when you are standing up straight and hands are in a normal position
			require heel position with eye contact during half of a wide “U” turn to your right
			require heel position with eye contact during full wide “U” turn to your right
			require heel position with eye contact during a tighter/proper “U” turn to your right
			require heel position with eye contact during half of a wide “U” turn to your left
			require heel position with eye contact during a wide “U” turn to your left
			require heel position with eye contact during a tighter/proper “U” turn to your left
			Add a stop and cue the sit while treating to the outside (to keep dog from sitting with his butt away from you and get a “tuck” sit, meaning his head stays still and his butt comes up under him into sit position.) Hold your treat to the side of his face that is farthest from you. As he looks away and tries to get the treat, his butt should come toward you. Wait for it to move slightly toward you each time and build it into the dog “scooting” his butt toward your leg.
			Stop and cue sit with empty hand to the outside (dog’s nose pointed away from your leg so his butt swings into a straight sit), then treat (ok if dog gets up after click for proper sit) The looking away will get faded as the dog learns the proper sit position.
			Stop and cue sit with no prompt (hand in normal position by your side), but along a wall – dog should sit in correct position promptly. Wall prevents his butt from swinging out.
			Stop and cue sit with empty hand closer to a normal position (by your side) as long as the dog is sitting in position properly, if he starts sitting with his butt swung away from you, go back a step or give a slight/quick reminder prompt with your hand to the outside.
			Stop and cue sit in the open - dog should sit in correct position promptly
			Stop, dog sits in correct position without a sit cue
			From the stop/sit, Cue heel and move forward 1 step with dog in heel position before click
			From the stop/sit, Cue heel and move forward 2 steps with dog in heel position before click
			From the stop/sit, Cue heel and move forward 3 steps with dog in heel position before click
			Combine 2 of the above moves in random order, click after 2 <sup>nd</sup> move if both were correct
			Combine 3 of the above moves in random order, click after 3 <sup>rd</sup> move if all were correct
			From halt/sit, start working on 90* left turns. Take one less than 90* step to the left then stop, cue sit while treating the dog to the outside to bring his rear end back into heel.
			From halt/sit, cue heel, make a turn that is closer to 90* to the left then stop, cue sit while treating the dog to the outside to bring his rear end back into heel position.
			From halt/sit, cue heel, make a normal 90 degree turn to the left then stop, cue sit with empty hand to the outside, then treat (ok if dog gets up after click for proper sit)
			From halt/sit, cue heel, make a normal 90 degree turn to the left then stop, dog should reposition himself automatically by moving up & tucking his butt under into heel position
			From halt/sit, start working on 90* right turns. Take one less than 90* step to the right then stop, cue sit while treating the dog to the outside to bring his rear end back into heel.
			From halt/sit, cue heel, make a turn that is closer to 90* to the right then stop, cue sit while treating the dog to the outside to bring his rear end back into heel position.

			From halt/sit, cue heel, make a normal 90 degree turn to the right then stop, cue sit with empty hand to the outside, then treat (ok if dog gets up after click for proper sit)
			From halt/sit, cue heel, make a normal 90 degree turn to the right then stop, dog should reposition himself automatically by moving up & tucking his butt under into heel position
			Place an object or person the dog wants to reach about 10' away and require heel position (without a cue right now) for steps toward object. If dog moves out of heel position, go back to marked start line as quick as you can.
			When he is reliably maintaining heel position all the way to the target object, set the desired object 20' away and require heel position with the cue for steps toward object. Go back to marked start line if dog moves out of heel position. Teaches self control with distractions.
			Practice above steps in multiple locations with varying levels of distraction

More to work on (in no particular order): <break down these behaviors into smaller steps as needed>

			Have the dog do other known behaviors while in heel position. Things like Down, Stay, Sit, and Stand then mix them up while you are stationary. Make sure the dog's butt doesn't swing out. You can start next to a wall or with treat to the outside.
			Practice different speeds: fast, slow, normal, running, etc.
			Teach the dog a cue for "back up" and use that cue while in heel, building one step at a time.
			Work on weaving around and past stationary objects. Start with 1 cone and gradually add more till you are weaving them while dog remains in heel.
			Work on full circles to both directions – don't get dizzy! Start large progress to small
			Have dog stay from heel position and work up to being able to walk all the way around the dog until you are back into heel position. (See the steps for "stay" training)
			Get a fast response to your down cue, then add that to the heel work. Start by stopping as you cue the dog to down. Gradually fade your stopping/slowing until you can cue the down and not change your stride. Dog will lie down and stay there as you continue to move.
			Get the dog into heel position when he starts off in front of you. Practice both a "swing" heel (dog stays on your left side and swings his butt around into heel position) and a "circle" heel (dog starts on right side of you (facing you) and circles behind you into heel.)
			Call dog into heel from a stay position behind you – while you are stationary and while you are moving.
			Practice 90* and 180* pivots (no step involved)
			Have dog get back into position after a side step (build gradually from a shallow angle sideways forward step, up to a full side step from stationary position)
			Heel, send dog to jump, back to heel
			Heel past bowls of food or other tempting objects
			Heel position stay for up to 10 minutes (or more)

**"Choose To Heel":** Correct Heel position is the dog on your left side with his shoulder in line with the seam of your pants (pretending your pants had a seam on the side if needed.) This same exercise can also be done to get the dog into the same position on the right side, just choose a different cue so the dog doesn't get confused about which side to be on.

Start with the dog on leash in a place where there isn't much distraction, like your basement or living room with no one else in there and the TV off. Be sure the dog knows you have treats and it may help to do a bit of "eye contact" game where the dog looks at you to get the food you have in your hand or simple behaviors to "warm up" the dog and let him know that the training game is being played :-)

Now, walk around the room/area only holding the loop end of the leash. The dog gets the full leash to wander around and check out the environment. As you are walking, if the dog stops "surfing" the room and gives you eye contact (or looks your direction if the dog isn't ready for full eye contact), click and then reward in a way that lures the dog into the proper position by your side. If the dog gets close to heel position on his own as you are walking, click and continue to offer the reward in a way that gets him into the proper position on each repetition. Rather quickly, you are likely to get a dog that gets himself into correct heel position because that's where the treats are and that's the place that generates clicks/rewards from you. Each time the dog gets a click/reward, you are going to change the direction you are walking. This will cause the dog to have to find the correct position again to get the click. This also helps reinforce to the dog that the only constant to getting the click is his position beside you (not the direction of travel, not the number of steps, not the location in the room, etc.) Be sure you pay attention to what you are doing with your body and hands. You don't want the dog to be picking up any subtle cues (like you hand hanging out near the treat bag) that will be hard to stop doing later when you want this behavior without treats, like for the Dog Scout test, Rally-O, AKC obedience, etc.