

SIT-STAY FOR MOVEMENT TRIGGER

GOAL: At the end of training, the dog will sit (rather than jump or mouth) when people move quickly near him.

This plan is for dogs who jump &/or mouth people who move quickly or in a way that is exciting to the dog. You may need to add different distractions to the plan depending on the dog's needs.

NOT TO FORGET:

Complete the Basic Sit-Stay Plan before moving to this plan.

HOW TO USE THIS PLAN:

- Do steps in sets of 5 repetitions up to step 11.
- For steps 2-11, ask for a sit, then proceed with the distraction. It can be helpful to have the dog tethered if working alone.
- For steps 12 on, do the distraction 1st, then cue the sit.
- This plan can be done with a single trainer/handler performing distractions & cueing & rewarding "sit," or with a helper performing the distractions.

GRADING RULES:

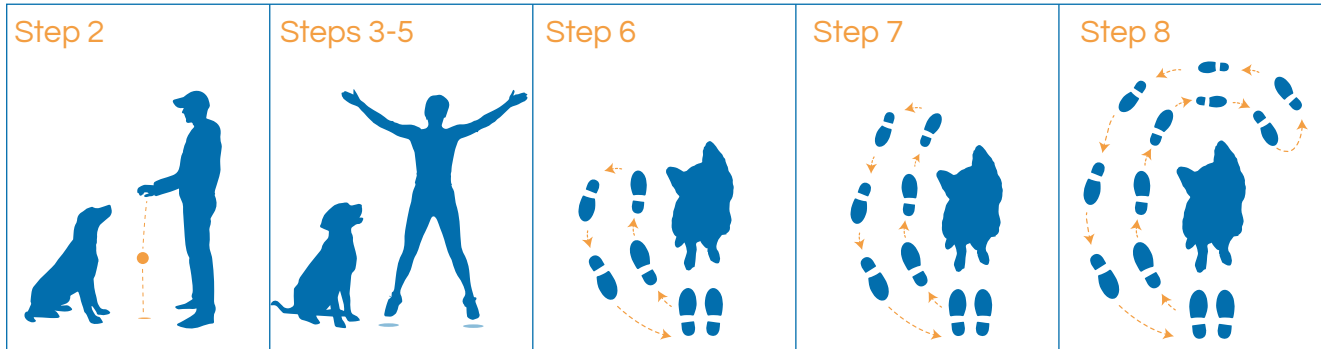
- If the dog gets it right 4 or 5 times out of 5, move to next step.
- If the dog gets it right 3 times out of 5, repeat the current step.
- If the dog gets it right 1 or 2 or times out of 5, drop to the previous step.
- "Gets it right" = holds a sit throughout the distractions in steps 1-11; for steps 12 on, "gets it right" = the dog doesn't jump up & sits for a hand signal
- Always reward the dog in a sit position. If he gets up when you're reaching for treats after a distraction, get him back into a sit before giving him the treat.

THE PLAN:

Step	What the dog needs to do to get treats	# right
1	Complete basic sit-stay plan	
2	Ask the dog to sit, then bounce a ball 3 times next to the dog	
3	Ask the dog to sit, then do 1 jumping jack next to the dog	
4	Ask the dog to sit, then do 3 jumping jacks next to the dog	
5	Ask the dog to sit, then do 5 jumping jacks next to the dog	
6	Ask the dog to sit, then jog 2 steps around the dog & back to starting place	

THE PLAN (cont):

Step	What the dog needs to do to get treats	# right
7	Ask the dog to sit, then jog 3 steps around the dog & back	
8	Ask the dog to sit, then jog 5 steps around the dog & back	



Step	What the dog needs to do to get treats	# right
9	Ask the dog to sit, then jog away from dog 5 steps & back	
10	Ask the dog to sit, then jog while squeaking toy 3 steps away & back	
11	Do 3 jumping jacks near the dog, then cue sit	
12	Jog 5 steps near the dog, then cue sit	
13	Jog 5 steps "cold" near the dog (not in a training session), then cue sit	
14	Cue "sit" any time exciting movement has started around the dog & he might jump. Over many repetitions, the distraction will become the dog's cue to sit.	

