

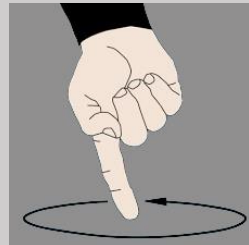
Luring Heel Handout



Steps:

1. Stock your pocket/pouch with a dog's favorite treats. Put a collar or harness on the dog and attach a 6-foot leash. Go to a quiet area the dog is comfortable in. Make sure there are no distractions. Put a pea-sized treat in your palm and close your fingers over it.
2. With a dog standing in front of and facing you, lure her into the heel position by putting your baited hand in front of her nose. Once she is fixated on your hand, extend it out to the side away from your body to coax her to move. (You might need to take a step back with your left leg to get her moving.) Make a circular motion circle with your fully extended arm, keeping the dog's nose attached to it.
3. Continue luring her until she completes the circle. Make sure you know exactly where you want her to stop, which should be directly beside you facing forward in the heel position.
4. With a dog in the heel position, put your baited hand in front of her nose. When she puts her nose on your hand, slowly move your hand up and over her nose. She should follow the food lure by looking up at it. As the dog is looking up, begin to move the lure back over the top of her head. Move deliberately and slowly; do not lose her in the baiting process. As she looks up and back to follow the lure, she will begin to move into the Sit position. As her rear end touches the ground say "Yes" followed by a treat.
5. Give the Release cue before she moves out of the Sit position. Generously praise and pet her once she gets up from the sitting position.
6. Continue practicing this exercise until she easily lures into a heel at least 90 percent of the time. At this point, you can be confident that she finds the new behavior rewarding enough to offer it on cue. Proceed to add movement once your dog can complete the cue 90% of the time.

Note: We Start with teaching Sit fist so that your dog will automatically sit when you stop walking, so do not say sit just reward once your dog is in position



How to Heel Cue Handout (movement)

Steps:

1. Stock your pocket/pouch with a dog's favorite treats. Put a collar or harness on the dog and attach a 6-foot leash. Go to a quiet area the dog is comfortable in. Make sure there are no distractions. Put a pea-sized treat in your palm and close your fingers over it (i.e., bait your hand).
2. Lure the dog into the sitting and focused heel position. With your dog focused on you say "heel" as you take a step with the foot closest to your dog.
3. Once the dog begins to walk mark "yes" and reward with a treat. Release your dog and praise.
4. Once your dog can walk next to you 90% of the time start only rewarding the longest heel.

Hand Signal: a small circle by the hip you want your dog to heel at.

Verbal Cue: "Heel"

