

Sit-Stay Handout



Never pair your recall cue with the "stay" cue: asking the dog to recall after you have already told them to stay will confuse the dog and cause them to anticipate "come" and leave the stay.



Hand signal: With an open hand facing the dog, move it towards your dog until it's about 1-6 inches from your dog's nose.

Verbal Cue: "Stay" "Wait"

1. Lure the dog into the heel position. The heel position is when your dog is sitting on the left side of your body. (See picture to the left)
2. Once the dog is focused on you, give the stay cue and hand signal at the same time. After giving the hand signal, immediately drop your hand back down to your side. All this should be done while maintaining eye contact with the dog. **Note:** Only give the verbal cue "Stay" and the hand signal once.
3. Slowly pivot out directly in front of the dog and then count to five silently while the dog is in the focused Sit-Stay.
4. Step back to your dog and give the Release cue. At this point, reward them for a job well done. **Note:** Do not release the dog unless they are focusing on you. If they break the Stay position, reduce the waiting time to a point where they can succeed.
5. When the dog is repeatedly successful with the current amount of waiting time, increase it in small increments until they can achieve 10 seconds of "Stay" time.
6. Practice this exercise until your dog "Sit-Stays" for 10 seconds 90 percent of the time. Then proceed to add duration.

Duration:

The first attempt is 10 seconds. If successful, the second attempt is 12 seconds. third attempt, 14 seconds, working your way up to 20 or more seconds (Make sure you do not count out loud.) The dog should be successfully staying for each duration 90 percent of the time. Slowly increase the time until you reach your desired goal. Make sure they are successful before increasing each duration. Also, do each in the down position as well.

Distance:

Repeat each distance 5 times even if you think your dog understands it, this will Ensure you are setting your dog up for success. Start taking more steps back until you are at the end of your 6ft leash, then walk back to your dog, reward, and release. Do this 5 times Slowly and increase the distance until you can be at the end of a 25ft leash. Once you are successful with the distance of 25ft. Go to the end of the 6ft leash and start taking steps side to side, then complete a circle around your dog. Lastly, hide behind an object while your dog stays. Make sure to return to your dog before releasing them.

