

Loose-Leash Walking



Steps:

1. Stock your pocket/pouch with a dog's favorite treats. This is a difficult behavior for most dogs to learn, so use the highest-value treats. Put a harness or collar and a 6-foot standard leash on the dog. Go to a distraction-free quiet area the dog is comfortable in. Hold the end of the leash and ask the dog to Sit and Focus.
2. With your dog's attention place a treat on the floor, by your left heel, once your dog eats it say, "Let's go" and start walking.
3. Encourage her to take two or three steps with no tension on the leash and say "yes" followed by a reward.
Continue to practice this exercise until the dog walks without pulling for 10 steps 90 percent of the time. At this point, you begin to walk a dog without her being lured.
4. If she starts to pull, stop walking forward. (you also may need to take steps backward too) Wait for her to release pressure from the leash, then say "yes" followed by a reward, on the ground behind your heel. Continue walking, stopping, and rewarding for a loose leash.
5. Practice this exercise until the dog is walking with the leash resembling a "J" (shown below) for 10 or

Hand signal: pat your hip on the side you want the dog to start walking on.

Verbal Cue: "Let's go" "Walk"

Troubleshoot "J" walking:

When your dog doesn't want to walk: Mention this to your vet so they can examine if there is any medical reason your dog doesn't want to walk.

1. Drop treats in front of you to encourage your dog to walk.
2. periodically toss a couple into some grass to make walks more fun!

Bring the Walk Home: Find sticks, leaves, or anything your dog likes to smell in your neighborhood and place them around your yard for your dog to enjoy.



Troubleshoot "J" walking:

When your dog starts to pull towards smell:

1. Stop walking you may even have to get into your dog's line of sight to coax your dog to come to you, once they do ask them to perform cues: (sit, down, focus)
2. Once they perfume the cue release them to smell the smell as their reward.