



LESSON: STAY

Goal: Your dog will stay in whatever position they are in until released

- 1) **STOP SIGN** Ask for a sit, flash a stop sign, when rear stays down mark “yes” and treat. Do it quickly to not give the dog the opportunity to break. Repeat X 3.
- 2) **VERBAL CUE** Once 80% proficiency with the above step, add the verbal cue “stay”. Repeat X 5.
- 3) **RELEASE** To end a session cue “release”. Remember your dog will need frequent breaks as “stay” requires much impulse control.
- 4) **DURATION:** Cue “stay” and flash the stop sign. Add duration by increasing 1 sec increments. When dog holds “stay” mark “yes” and treat. Repeat x 8 working up to 30 sec. Practice in both down and sit positions. If dog breaks, re-cue and begin again. Offer multiple “releases” to give your pup a break.
- 5) **DISTANCE:** Cue “stay” and flash the stop sign, take 1 step back. If the dog doesn’t break, return to your pup, mark “yes” and treat between front paws. Repeat x 5. Increase distance slowly by taking 1 additional step back at a time up to 10ft.
- 6) **DISTRACTION** Take the above steps outside.
- 7) **CHALLENGE** Walk Around the Clock Game: Imagine your dog is at the center of a clock. You are going to work your way around the clock, 1 hour at a time. Begin at Noon. Cue “Stay” and move to 1pm. Return to Noon and mark and reward the dog for not breaking. Day 1 practice getting one quarter of the way around the clock. Always returning to noon to mark and reward. Perhaps by the end of the week with daily practice you can make it all the way around the clock.