

## **Stay in one place**

### **Week 1**

We are going to build it slowly and methodically, so that the dog is set up for success and not failure

Stand directly in front of your pup and ask him to take the position of your choice (such as a sit). Count to one, click and reward. Repeat but this time count to two before you click and reward. Only click and reward if your pup remained in position for the count of two. Repeat adding one second to the count until you get to 20 seconds. Remember if your pup gets up or moves, then you need to go right back to one second. You are still standing directly in front of your pup. We will add distance to this at a later date, for now it is important that the pup learns to keep still.

It doesn't matter if the pup gets up after you have clicked (remember the click ends the behaviour), but you will probably find that as this exercise progresses, your pup will remain in position even after you have clicked, which is fine.

Repeat in several rooms in your house and also in your garden.

### **Week 2**

Sit your dog (or you may use down – the principle is the same).

1. Take one step away from your dog, count to 1, click and return.
2. Take one step away from your dog, count to 2, click and return
3. Take one step away from your dog, count to 3, click and return.
4. Keep building this second at a time until your pup will happily sit with you one pace away for 20 seconds.

If your dog breaks position at any time, then you go back to a count of one second. Practise several times a day and in several different locations. Whenever you move location, always go back to a count of one and build it up.

Remember that It doesn't matter if the pup gets up after you have clicked (remember the click ends the behaviour), but it is better in the long run to take the treat to the dog rather than letting the dog get up after the click and come to you.

### **Week 3**

1. Ask your dog to sit, take 2 paces away, count to one second, click and go back to the dog to reward. Continue building one second at a time until you reach 20 seconds.
2. Then add another pace so that you are now 3 paces away from your dogs and start again at one second, building one second at a time until you reach 20 seconds.
3. Now add another pace so that you are 4 paces away from your dog, start again at once second and build one second at a time until you reach 20 seconds

If your dog breaks position at any time, then you go back to a count of one second. Practise several times a day and in several different locations. Whenever you move location, always go back to a count of one and build it up.

Remember that It doesn't matter if the pup gets up after you have clicked (remember the click ends the behaviour), but it is better in the long run to take the treat to the dog rather than letting the dog get up after the click and come to you.

#### **Week 4**

This week we are going to add another pace, so that by next week, your dog can stay in position for 20 seconds with you 5 paces away.

Remember that as we take a pace back, we need to reduce the time the dog is sat back down to one second and build it up again once second at a time. If the dog gets up or changes position, then you need to go back to a count of one second.

Practise several times a day and in different locations. Whenever you change locations, always go back to a count of one second and build it up one second at a time.

#### **Week 5**

We now need to build up the duration of the stay. This week's target it to get to 40 seconds.

1. We know the dog can do 20 seconds so sit your dog, walk way 5 paces and count to 21 seconds, click and then return to your dog to reward him.
2. Repeat increasing the time by one second at a time until you get to 40 seconds.

Practise several times a day and in several different locations. The more locations that you practise this in, the more confident your dog will become. Whenever you move location, always go back to a count of 20seconds and build it up. Remember not to rush your dog. If they break the sit stay and get up, then go back to 1 second and start again.

#### **Week 6**

This week's target it to get to 60 seconds.

1. We know the dog can do 40 seconds so sit your dog, walk way 5 paces and count to 41 seconds, click and then return to your dog to reward him.
2. Repeat increasing the time by one second at a time until you get to 60 seconds.

Practise several times a day and in several different locations. The more locations that you practise this in, the more confident your dog will become. Whenever you move location, always go back to a count of 20seconds and build it up. Remember not to rush your dog. If they break the sit stay and get up, then go back to 1 second and start again.