



TRAINING TIPS

## Game #2 for Self Control Sit at Doors

*This game will help your dog learn to wait for what she wants, and will help her keep her wits about her when presented with the opportunity to go through a door.*

*This game is uncued. The ultimate reward in this game is the opportunity to go through the door. For most dogs this is a BIG reward.*

*You can begin this game with an interior door so that escape is not a concern, or put your dog on lead and work at your front or back door.*

1. Go to the door you will be using for this exercise.
2. Wait for your dog to sit without cuing the behavior. If she's too close to the door to easily open and close it, use a treat lure or a hand target to move her to a better position.

*Each of the following steps requires your dog to remain sitting — without moving or leaning forward — in order to move to the next step. At no time will you “correct” your dog, or tell your dog “No”. She will simply be unable to proceed to the next step unless she remains seated.*

*If your dog is successful on several steps in a row keep going, but if she ever leans or moves forward, or “breaks” the sit, go back to a previous easier step, and proceed a little more slowly.*

1. Once your dog is sitting, reach toward the door handle as if about to open the door.
2. If your dog leans or moves forward
  1. take your hand away.
  2. try again, but help your dog to succeed by reaching a little less.
  3. when she succeeds click (or use a verbal marker) and follow with a treat.
3. When your dog is successful in sitting while you reach toward the door handle, turn the door handle a little, then release it. Click / Treat
4. Turn the handle a little more, then release it. Click / Treat
5. Turn the handle all the way, then release it. Click / Treat
6. Open the door a little, then close it. Click / Treat
7. Open the door a little more, then close it. Click / Treat
8. Open the door all the way.
  1. Wait a moment.
  2. Release your dog to go through the door.

*You can use this same approach to teach your dog not to bolt out of her crate when you open the door. At each step along the way — move toward crate, touch crate door, unlatch crate door, open crate door a little, open crate door a little more, open crate door all the way — wait for your dog to sit before completing the step. If the dog moves toward the crate door before released to do so, simply close the door.*