



Default Sit

This is how we teach paws on the floor as an automatic response to approaching people.

To play:

1. Start by playing the orientation game. Match your dog's energy, if they're giddy start giddy rather than trying to force calm.

2. As you're playing, look to mark the moment your dog moves towards you with all four feet on the floor

3. As your dog gets in to the game, start to bring the energy down by slowing down the speed of the treats and marking calmly.

4. As your dog turns towards you ask them to sit, once their bottom hits the floor, mark and reward by throwing a treat out to the side again.

5. Repeat step four 5-6 times.

6. Instead of asking your dog to sit, pause when they look at you and wait for them to sit by themselves. If they do mark and reward with another thrown treat. If they don't, repeat step 4 a few more times.

7. Play around with the duration between them sitting and you marking the behaviour. Sometimes mark as soon as they sit, sometimes waiting a few seconds.

8. Once they've mastered this, you can use the 300 peck game to build duration on a sit.

Top Tip: Keep these sessions short, especially once you get to steps 7 and 8. Asking a giddy dog to be still is a bit like shaking a can of coke. Throwing the treats away from you gives them the opportunity to use that fizz but we still need to be mindful of how much stillness we're asking for.