

Movement Exercises Foundation On Leash

You have been doing your Leash Work and playing the Drag It game, playing your Walk n' Drop, and Follow Me! both on and off leash, and your puppy is doing well in making good choices. You are feeling better about handling arousal with the nipping and the jumping. And you are having a lot less leash biting or puppy tantrums. You've done Movement Exercises Foundation off leash and your puppy is focusing better and following your cues, even defaulting to the behaviors sometimes. This is crucial for on-leash success, believe it or not. By practicing off leash, you are reinforcing your puppy's decision to stay close to you, a prerequisite for on-leash manners. Now it is time to hook the leash on and play Movement Exercises with Foundation Cues so your puppy learns to ignore the leash, and you can practice your leash skills...

Leash Skills for the Human:

1. Never pull or jerk the leash. That is not your job! It is your puppy's learning curve to understand the confines of the leash and make the adjustment, not you. Your job is to reinforce and reward proximity - your puppy choosing to be near you.
2. Hold the leash in the opposite hand of the side your puppy is going to walk on. This allows you to have the hand closest to your puppy free for luring when needed and giving rewards, and you won't be reaching across your body and possibly causing your puppy to cross in front of you to get the reward.
3. Practice making adjustments when needed so that you can keep the leash off the ground and out of the way of your puppy without pulling.
4. Practice with allowing different lengths of the leash, so that you learn what length is comfortable for walking and moving about for both you and your puppy, and the leash is not dragging and getting under your puppy's body.
5. Practice allowing the full length of the leash for breaks and play.
6. Practice being relaxed when holding the leash. Proximity actually gets better when you give a little more leash... because your pup can choose to be in proximity, not because the leash is holding her there.

Movement Exercises - Foundation

Incorporate all the foundation cues into the exercise just like you did off leash, but now you are doing it on leash.

1. **Heel Position and Turning** - Use Following a Lure to guide your puppy to the heel position and when you turn.
2. **Touch** - Use the Touch cue to get your puppy to the side you want her to walk on she returning to you or when lagging a bit behind.
3. **Stop and Sit** - Cue a sit every time you stop, and work on getting the behavior at your side instead of in front of you.
4. **Look** - cue Look for focus and promoting eye-contact and check-ins, and capture, marking and rewarding you puppy when she offers it all on her own.

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5. **Release** - Cue a Sit and A look, and then Premack (release) your puppy so she can have a break. Give your pup the whole length of the leash to move around, explore, sniff or play. Wait for a natural orientation to you, mark and reward it. Or you can use an Attention Sound to get your pup to return to you, or the Touch cue. Guide your pup back into the heel position and practice again.
6. **Foundation** - Putting all of the previous games together to teach the basics of Walking with Manners - on leash.

Trainer Tips

1. **Quit while you are ahead.** Release your pup and stop while your pup is still doing well. This is tiring! The more tired or frustrated your puppy gets, the more mouthing, leash-biting and jumping will occur. End on a good note.
2. **Breaks are time for fun and to be a puppy.** Movement Exercises have a lot of structure and require a lot of focus and concentration. So give your pup breaks to let the wiggles out. Reward your puppy well by having a good play session after working so hard for you.
3. **Keep realistic expectations.** Your puppy is still a baby and needs practice, so understand that this is going to take time.