

# Proofing Stay/Place

## 6 Session Training Plan

### What You Need

- Training collar & leash
- Reward (food or praise)
- A Sit, Down, Stay or Place cue
- A distraction
- Mat or Bed that has some substance to it
- Time to practice - 3-5 mins a day until you have established a reliable cue

### TIP

Don't rush. Watch your dogs body language to see if intend to move. Redirect and correct them for it if they do. If you rush you will miss the subtle cues your dog will give you before they bail.

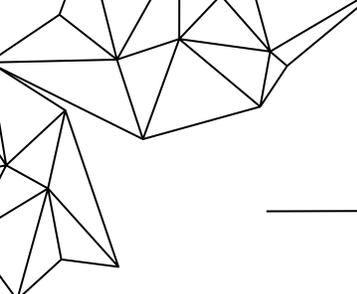
## If your Dog Fails...

- DO NOT REWARD YOUR DOG!!
- Calmly guide your dog back into position.
- Timing is key, catch your dog before they can leave position
- Consider breaking the step down into an easier step.
- Go back a step if they fail more than 25% of the time.
- Remember to manage your expectations for your dogs skill level - how often have you *really* practiced?

## If your Dog Succeeds...

- Use a duration marker ("yes") and bring the dog their reward after each step if you are using them. Calmly praise your dog.
- Ensure you bring the dog their reward vs calling the dog to you, to get the reward.
- Do not reward or excite your dog when released out of position.
- Use a touch release (tap your dog and pair with "break") before your dog has a chance to fail.

**Add a Distraction Before You Start.** Place a piece of high value food on a chair near your dog or in an enclosed container with holes. Your dog should be interested in it but successful 2 / 3 times.



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**Tailor the sessions to you** by shortening them or lengthening them. Practice with your downs, sits, stays and when your dog is on place! Too easy? Try combining a few of the steps before releasing your dog.

### Session 1 - practice in the living room

1. Stay for 5 seconds then release
2. Stay while you take 1 step back and return then release
3. Stay while you take 1 steps back and return then release

Take a Brain Break!

1. Stay for 20 seconds then release
2. Stay while you take 1 step to the right and return then release
3. Stay while you take 2 steps back and return then release

Take a Brain Break!

1. Stay for 30 seconds then release
2. Stay while you take 2 steps to the left and return then release
3. Stay while you take 3 steps back and return then release

### Session 2 - practice in the living room

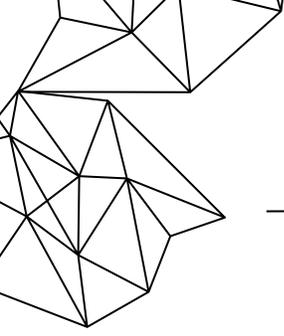
1. Stay for 30 seconds then release
2. Stay while you take 1 step back and return to release
3. Stay while you take 3 steps back and return to release

Take a Brain Break!

1. Stay for 45 seconds then release
2. Stay while you take 3 steps to the right and return then release
3. Stay while you take 3 steps to the left and return then release

Take a Brain Break!

1. Stay for 60 seconds then release
  2. Stay while you walk 1/2 the way around the dog then release
  3. Stay while you walk 1/2 of the way around the dog in the opposite direction then
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## 6 Session Training Plan

### **Session 3 - practice by the kitchen**

1. Stay for 60 seconds then release
2. Stay while you take 5 step back then return to start then release
3. Stay while you take 10 steps back then return then release

Take a Brain Break!

1. Stay for 1.5 mins then release
2. Stay while you walk a full circle around the dog then release
3. Stay while you walk a full circle around the dog in the opposite direction then release

Take a Brain Break!

1. Stay for 2 mins then release
2. Stay while you sit on a chair then release
3. Stay while you sit on a chair for 5 seconds then release

### **Session 4 - practice by the kitchen**

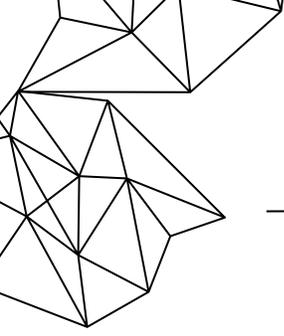
1. Stay for 3 mins then release
2. Stay while you get something from the cupboard then release
3. Stay while you get something from the fridge then release

Take a Brain Break!

1. Stay for 5 mins then release
2. Stay while you chop something on the cutting board then release
3. Stay while you make a coffee then release

Take a Brain Break!

1. Stay for 7 mins then release
2. Stay while you sit at the table then release
3. Stay while you sit at the table with food then release



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## 6 Session Training Plan

### **Session 5 - practice by a door**

1. Stay for 10 mins then release
2. Stay while you walk to the door then release
3. Stay while you jiggle the door knob/lock then release

Take a Brain Break!

1. Stay for 5 mins then release
2. Stay while you open the door then release
3. Stay while you knock or ring the door bell then release

Take a Brain Break!

1. Stay for 5 mins then release
2. Stay while you knock or ring the doorbell then release
3. Stay while you knock or ring the doorbells then open then close the door, then release

### **Session 6 - practice by a door**

1. Stay for 5 mins then release
2. Stay while you knock or ring the doorbell then release
3. Stay while you knock or ring the doorbells then open and close the door, then release

Take a Brain Break!

1. Stay for 10 mins then release
2. Stay while you knock or ring the doorbells then open the door, say hello then close the door, then release
3. Stay while you knock or ring the doorbells then open the door, say hello with someone there, then close the door, then release

Take a Brain Break!

1. Stay for 15 mins then release
2. Stay while you knock or ring the doorbells then open the door, say hello with someone there, then invite them in, then release