



The Down

Advanced

Definition of Down:

When the dogs elbows and belly touch the ground.

Warm Up

1. With your dog on leash, say your dogs name, then cue "down". Assist them into position with a lure as necessary.
 - a. Drop a controlled distraction (ie. food or toy) at a distance where your dog is aware of it but still able to be successful 2/3 repetitions.
 - b. **If your dog listens:** Mark and reward with duration marker ("yes") and pay dog in position.
 - c. **If your dog doesn't listen:** Then say "no" and pop the leash to get their attention and try again.
2. Repeat this process several times until your dog is successful 3 times in a row. Then gradually fade out food rewards for above average performances only.

Adding a Duration

3 Sets of 3 Reps or 5 min session

1. Work in a distracting environment. Your dog should be aware of the distractions but still able to respond to the cue $\frac{2}{3}$ times.
2. With your dog in the down position, Set a timer for 3-5 minutes and stay near your dog. Be ready to redirect them back into a down with your leash or visual cue
 - a. Throughout the 3-5 mins, do not give them any food or rewards only verbal praise ("good dog").
 - b. **If your dog remains in position:** Reinforce with calm verbal praise not food or toys.
 - c. **If your dog breaks position:** Do not reward them. Say "no" (no reward marker) and tug the leash. Assist them back into position without reward and repeat wait for them to settle. Keep the dog steady with the leash. Consider moving to a quieter area, if your dog fails more than 3 times in a row.
3. Repeat this process several times until your dog is successful 3/3 times. consistently. Then gradually fade out the food in your lure and/or only rewarding with food for above average performances.

When to Advance

Before advancing your dog or challenging them around harder distractions, ensure your dog completes three successful reps in a row at their current challenge level. If your dog fails 3 times in a row make it easier for them by going back a step or working around easier distractions. This is part of the rule of 3.

How to Advance

While on your walks, practice your dogs down stays in random areas or before you toss the ball. Work towards down stays while you have guests over and tethering them if you need assistance.