



The Down

Beginner

Definition of Down:

Your dog's butt is on the ground and they ignore distractions and stay until released.

Down from a Stand

3 Sets of 3 Reps or 5 min session

1. Find something soft for your dog to lie on in a low-distraction area. Start with them in a standing position.
2. Hide a piece of food in your hand and let your dog become frustrated with the lure.
3. Slowly push your lure towards their butt/ground to encourage their back legs to fold under their body.
4. Once in position, mark with "yes" and release the food on the floor between their front feet when their elbows touch the ground.
5. Once your dog is fluidly getting into position, add the cue "down" before assisting them by presenting your lure.
6. Advance to fading the lure out to only when they need assistance and paying only for above average responses.

Down from a Sit

1. Find something soft for your dog to lie on in a low-distraction area. Start with them in a sitting position.
2. Hide a piece of food in your hand and let your dog become frustrated with the lure.
3. Slowly lower your hand between your dog's front feet. Wait for them to become frustrated sniffing your lure before continuing.
4. Lure your dog's nose to the floor, then wait for their elbows to touch the ground.
5. Once in position, mark with "yes" and release the food on the floor between their front feet.
6. Once your dog is fluidly getting into position, then add the cue "down" before assisting them by presenting your food lure.
7. Advance to fading the lure out to only when they need assistance and paying only for above average responses.

When to Advance

Remember the rule of 3. If your dog easily completes three successful reps in a row, advance to removing the food from your lure hand. If your dog fails three times in a row go back a step.