



LESSON: HEEL

- 1) **TEACHING HEEL** Begin by facing your dog.
- 2) Place a treat at your dog's nose.
- 3) Slowly, move your hand backwards using the "J" maneuver to lure the dog into the HEEL position (at your side, facing forward).
- 4) Mark with a "yes" and treat at the side seam of your pants. Repeat X 5.
- 5) **FADE THE LURE** pretend to have a treat in your hand when you make the J-manuever. Mark with a "yes" when dog arrives in "heel" position and treat from your pouch. Repeat X 5.
- 6) **ADD VERBAL CUE** Lastly, add the verbal cue. Say "heel" then give the hand signal (which is now the J-manuever). Mark with a "yes" and treat dog when they are in heel position.