



## LESSON: SIT

- 1) **TEACHING SIT** Begin by facing your dog. Take a treat and put it at your dog's nose. Bring the treat up and over the dog's head, slowly. Dog's nose should follow the treat. When the rear hits the floor, mark "yes" and treat. Repeat X 8.
- 2) **FADE THE LURE** Pretend to have a treat in the hand while using the same gesture. When dog's rear hits the floor, mark "yes" and treat from the pouch. Repeat X 5.
- 3) **VERBAL CUE** Next, add the word "SIT" 2-3sec before the hand signal (palm up). Mark and reward when dog's rear hits the floor. Repeat X 5.
- 4) **DURATION** Gradually increase the amount of time your dog remains in a "sit" position, one second at a time.
- 5) **DISTANCE** Gradually increase the distance from your pup, one step at a time, from where you ask for a "sit".
- 6) **DISTRACTION** Practice your "sit" outside.