



# DOG TRAINING



# BLUEPRINT

**The Ultimate Training  
Essentials for a Happier  
& Healthier Dog**



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# INTRODUCTION

Do you wish that your dog was well-behaved and listened when you asked him to do something as simple as sit or stay?

There are many reasons to train your dog, starting with the simple desire to have a canine who listens to you. Training is an important component of a happy life with your dog, and it comes with an array of benefits that you won't want to overlook.

Training your dog is essential to engaging their mind and preventing problem behaviors that stem from boredom.

It also strengthens your bond with your dog and helps them to build up their confidence both in the world and in you as the owner. Your dog will also learn to stay away from danger.

If you are wondering where to start with your dog's training, this guide will help you master some of the basics!

# BENEFITS OF BASIC DOG TRAINING

While most people would agree that they want their dog to be well-behaved, they don't always see the underlying reasons why training is an absolute necessity.

Training your dog comes with a host of benefits beyond just having your dog listen to you. It engages their mind and body as it works to build up trust in you as the owner.

What kind of benefits does this process have on your canine companion?

First, training will engage their mind and prevent boredom. Dogs who have no stimulation and are permitted to get bored often find new ways to get into trouble.

If they are tired and happy, they are far less likely to get into mischief such as nuisance barking, digging, and chewing on the furniture.

Training also strengthens the bond you have with your dog.

They learn that good things come when they work with you, giving them confidence in you as the owner.

The relationship you have with your dog will be solidified and will last for a lifetime. This will improve their confidence in your leadership as well.

While these two attributes are certainly important, a well-trained dog also is more likely to be safe when you go out in public.

Consider what would happen if your dog ran off from you at the park and was headed toward a busy road. A solid recall (or the “come” command) would bring them right back to your side.

Other commands like sit and stay also keep your dog out of harm’s way.



# FOUNDATIONS OF BASIC DOG TRAINING

Before you get started teaching the commands in this guide, there are a few things you will need.

The first is high-value rewards that your dog will look forward to getting.

You might consider giving quartered pieces of hot dog, training treats that are flavored like peanut butter, or even boiled chicken.

If you are concerned about your dog's weight, you may choose to give them green beans.

These can be used when you want to teach a new command.

Once your dog has mastered it, you can swap out high-value rewards for those with lower values such as dry kibble.

When you reinforce the basics of a new command with treats and praise, you are practicing what is known as positive reinforcement.

Never hit your dog or yell at them to get them to do what you want.

This negative reinforcement can damage your bond with your dog and make them less likely to be excited about a training session with you.

You should also be sure to keep your dog on leash when you start to practice a new command.

This prevents your dog from wandering away from you and keeps him focused on the training session.

When practicing commands that are done up close such as sit and lay down, you can use a standard leash.

Keep one foot on the leash on the ground so that you have your hands free to use for rewarding your dog.

As you transition to longer distances with commands like stay and come, you can use a longer line that gives you more space to move around.

As your dog becomes proficient at some of these skills, you can gradually start to fade out the use of the lure and the reward.

Instead of giving a reward every time your dog performs a given command, start rewarding every other time and then give treats only randomly.

By rewarding them for basic behaviors on occasion, you make it more likely that they will be motivated to keep following your instruction because they never know when the treats will come.

Only use verbal commands once your dog is clear on how to follow the lure and understands the hand signal.

This keeps your commands from becoming watered down and ineffective. Unless stated otherwise, you should introduce verbal cues as the last piece of the puzzle and give them with a hand signal at first.

Once your dog learns to follow both the hand signal and the verbal cue, you can drop the hand signal and reward only for the verbal cue.





# HOW TO TEACH YOUR DOG TO COME

A great recall is particularly important if you want to take your dog out in public to places like the dog park.

However, it is also an important safety tactic in case your dog goes out the front door or begins to get into trouble that could harm them.

You will need lots of high-value treats before you get started with this command.

The first thing you need to do is teach your dog to respond to his name.

If your dog already knows his name, then you can move forward with the rest of the command. If not, practice saying his name and giving a treat for eye contact each time.

When your dog is away from you, say his name and wait for him to wander over to you. If he doesn't do so, walk over to him and place the treat near his nose.

Lure him back to the place you were when you initially called him and give him a small handful of treats.

This should be enough to teach him that he hits the jackpot when he responds to his name by moving closer to you.

Next time, try to say his name without luring him back to your starting position.

Continue to give a great reward for following the command. Work on calling him from longer distances.



# HOW TO TEACH YOUR DOG TO SIT

Sit is perhaps the most basic command for your pup to learn.

Fortunately, this command is also one of the easiest to teach on your own at home.

As with all training, you should start teaching this command while your dog is still on leash to prevent him from wandering off. Put one foot on the leash and get your treats ready.

Start by putting your treat between two fingers and placing it six inches from your dog's nose. Once they realize that you have something delicious, move your hand up and over their forehead.

This will encourage them to sit down to get closer to their desired treat.

Once their bottom touches the floor, hand over the treat.

Make sure to keep your hand palm side up so that you can use this upward motion as the gesture for your command moving forward, even once you phase the lure out of your training.

Once your dog has the basics of this command mastered, you can start to use the command word when you perform the swiping action.



# HOW TO TEACH YOUR DOG TO STAY

Stay is a tricky command to teach because it requires your dog to have excellent impulse control.

Start by putting him in a sit position and give him the stay command. Wait a few seconds and then reward him if he hasn't moved.

Once he gets the idea that "stay" means not to move, then you can start adding distance.

After you give the command, take a step backward and quickly step forward again. Give your dog the treat only if they do not move.

If they do, place them back in a sit and do not reward them.

They will get the idea that getting up does not earn a treat and will be more likely to sit and stay.

When your dog becomes proficient at staying when you move one step away, practice moving a few steps back.

Gradually increase the distance and the duration of the stay that you require. As they grow more comfortable, consider using a release word to let your dog know that it is okay for them to get up now.

Many owners simply use their dog's name to draw their dog to their side in a recall.



# HOW TO TEACH YOUR DOG TO LAY DOWN

After your dog masters the sit command, lay down is an easy next step.

From the sit position, move the treat from their nose down between their paws to the floor.

This will encourage your canine to lower their nose to follow the treat.

You may have to slide the treat along the floor, closer to your feet, to get them to fully lay down.

Keep your palm facing the floor so that you can use this gesture to give the command in the future.

Eventually, you can try giving the hand signal from a standing position by moving your palm face-down toward the floor.

It may take your dog a few tries to understand what you are asking him to do. If this is the case, then lower your hand a little bit but still keep it above the floor.

As your dog grows more proficient at laying down with the cue, start to use the verbal command to link the two together.

# HOW TO TEACH YOUR DOG TO WALK ON A LOOSE LEASH

Loose leash walking is one of the most sought-after skills that you can teach your dog, but many owners struggle to learn how to do it properly.

It is a multi-step process that will take some time for your dog to master.

Make sure to practice it consistently and frequently, only phasing out the treats when your dog has solid heeling skills.

Start with your dog on leash using either a flat collar or a harness that clips in the front to prevent pulling. With your dog at your side, take one step forward.

If he moves with you, reward him with a treat and praise him. Always give the reward at hip, knee, or ankle depending on the size of the dog.

This will teach your dog that good things happen when they are in this position, which most people refer to as the heel.



Take a few steps forward. If your dog follows you and does not pull, reward him at random intervals every few steps.

This keeps him guessing when he will receive his reward and allows him to maintain his interest in the fun training game you are playing with him.

If your dog pulls on the leash, immediately stop walking. Wait until your dog pays attention to you and returns to your side.

When he does, give him a hefty reward of five or ten treats. This will teach him that being next to you has some serious perks and will make him less likely to wander off in the future.

Another game you can play to teach your dog to walk on a loose leash is to constantly get his attention by changing direction.

When your dog seems content to plod along in the same direction, simply turn on your heel and head the opposite way.

This keeps things interesting for the dog and teaches them to always pay attention to your position.

# TRAINING YOUR DOG THE RIGHT WAY

Positive reinforcement and consistent training are key to getting a well-behaved dog.

Make sure that you are reinforcing only good behavior and desirable actions when you ask for them.

Having a well-trained dog is essential to bolstering the bond you have with your pup.

Not to mention, it is a great safety feature. Follow some of these essential tips to get the dog you have been dreaming about!

