

SELF CONTROL

Worksheet

1 Start crouching or sitting next to your dog. Have the pot and the food. Place a piece of food in the pot and put it on the ground. Keep your hand over it until your dog backs off – even a tiny bit. Then say your release word – I say GO. And let them eat the food.

If they charge forward, cover the pot with your hand.

2 Gradually work on this until you can move your hand a little bit away from the pot. Be ready to cover it if your dog charges forward.

3 The next step is to be able to move your hand away from the top of the pot.

That can take some patience and do be ready to cover it with your hand if your dog charges forward.

4 Then work on being able to stand up while there is food in your pot and your dog is still.

5 Work to move away from the pot while your dog listens for the release cue.

6 Place the pot in different positions in relation to your dog.

When you reach that stage, your next steps are to do the following. Practice them one at a time in different training sessions:

- Wait for longer before sending your dog to the pot
- Move yourself further from the pot
- Train in different places.

[Click here to watch video tutorial](#)

Or use QR code

