

FOCUS TRAINING

Worksheet

1 Hold food in your hand and put your hand next to your body or face to draw your dog's eyes toward you. Hold the food next to you for one second, and so long as they are looking at you, hand it to your dog. Do this with 5 pieces of food.

2 Pretend to put a piece of food in your hand. Make sure you have food on you. In a pocket or treat pouch or window sill. Hold your empty hand next to you for one second and if your dog keeps looking at you, give them the food. If you use a clicker or a marker word, you can use them to mark the moment that your dog is looking at you.

Again, do this with 5 pieces of food.

3 Stop pretending to put food in your hand. Just move your hand to the same place. Wait for one second. If your dog is still looking at you, give them a piece of food. Again – do this with 5 pieces of food.

4 Now move your hand only halfway to where you've been holding it. Your dog should see you start the movement and look at you. As soon as that happens, reward them with the food. Repeat that 5 times.

5 Next, don't move your hand at all. Just stand still for a few seconds and wait to see if your dog looks at you. If they do – brilliant – reward them. Repeat this step 10 times.

If it's too big a jump from step 4 to step 5, repeat step 4 a few times, each time, moving your hand a little less.

6 Add distractions. Put the food on a table beside you, hold food out to the side, drop it on the ground, have toys on the ground if your dog likes toys. The aim of this is to help your dog understand that even if things change, looking at you is still a good thing to do.

7 Now train in other places. Different rooms of your house, the garden, familiar walks.

Try starting off walks, just standing with your dog on a lead and mark, and reward them for looking at you 5 times before you set off.

Practise noticing your dog looking at you, marking them doing so, and giving them food for it multiple times a day.

[Click here to watch video tutorial](#)

Or use QR Code



Add Movement

Start with a 15-minute walk in an area that is quite boring to your dog so that they are less likely to be distracted by the environment. Take 30 small pieces of food with you and have it somewhere you can get to it easily but not held in your hand – a pocket or treat pouch are ideal.

Watch them and each time your dog glances toward you or even just flicks an ear in your direction, mark that moment with a click (if you use a clicker) or by saying yes and give them a piece of food.

[Click here to watch video tutorial](#)

Or use QR Code

