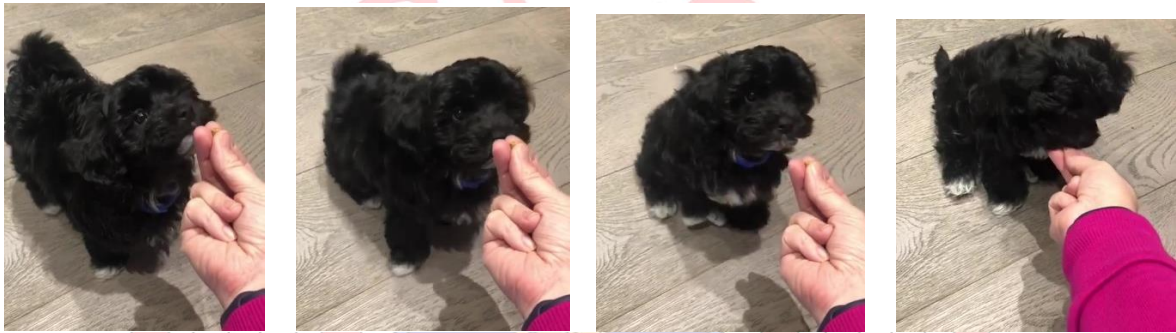


To begin, weigh out your puppy's daily food allowance, remove a portion and put into a container for your pup's rewards throughout the day. You can use these for absolutely everything your pup does that needs rewarding.

The Sit

With a reward in your hand, ideally holding it between your two fingers and thumb with your palm facing upwards, holding it slightly above your pup's nose, move your hand slightly upwards and backwards.

As his head comes up his rear will go down, you need to say, 'Good boy/girl' and offer the reward once the puppy is sitting.



After a minimum of 20 reps your puppy will start to sit at the first, hand signal. You can now add in the verbal cue.

Holding the reward between your two fingers and thumb, palm facing upwards, holding it slightly above your puppy's nose, say 'Sit' your puppy should now start to 'Sit' without the additional movement of your hand. If not go back a stage and help puppy through the luring process.

If puppy is jumping up to try and take the reward, you are holding the treat too high above his head.

After a few reps your puppy will be sitting. When you start to teach their recall you will be able to ask them to sit when they come back to you, which will make it easier to put their leads on and also teaches them to sit rather than jumping up when greeting people.

Produced by Rayleigh Canine Agility and Dog Training
Sponsored by