

Wilos Wish Dog Training

**5 simple games to solve your  
dog training problems**

**We turn ordinary dogs into  
extraordinary dogs**

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(Lynne Bacchus 2017)

## 5 SIMPLE GAMES TO SOLVE YOUR DOG TRAINING PROBLEMS



a dog owner and dog trainer I have realized that dogs really do want to please us. The age old thinking that they are just being bad to be bad really isn't true.



can show dogs what we want them to do with communication. They really do want to please us.



Many times, dogs are brought to me because of training for simple issues that are very frustrating to you, the owner. You want your dog to be good, not jumping up on people or stealing food from the counter. As you stand there pulling your hair out because your dog will not stop, you can't help but wonder why? You have told it "NO!" and have ignored it but still it continues to do what you don't want it to do. No worries, you are not the only owner out there that is ready to throw in the towel. I have designed these 5 games to help you with common issues I see in many dogs.

*Go grab your dog, some treats and let's*



**HELLO!** Welcome to Wilos Wish Dog Training, I'm Lynzie. I

have been training dogs for over 20 years and have won many trophies in several dog sports such as free style Frisbee, dock diving, agility and sled dog racing. Throughout the years of learning how to develop my skills as dog racing. Throughout the years of learning how to develop my skills as

I used to think training dogs was boring. I mean you would go outside for hours and practice sit, stay, down, and come, time after time after time. I have developed some games to play with your dog's instead of "training" your dog's training can now be fun.

As a dog trainer and dog owner I have always said that training your

dog should be fun, not a chore. As I have developed my training methods it really has made me see how training has changed. Used to be you would use harsh punishments and verbal reprimands. But really we can show dogs what we want them to do with communication. They really do want to please us.

# 5 SIMPLE GAMES TO SOLVE YOUR DOG TRAINING PROBLEMS

## Impulse control

Ultimate use: This game will help with impulse control. Impulse control is so much more than not stealing food or toys. It is about teaching the dog to make choices on its own. It is about showing the dog it can control their behavior and get what it wants. You can use this game for any skill you teach.

Equipment required:

- a treat pouch and some small bite size treats (hot dogs or string cheese) anything that is chewy and can be swallowed quickly
- a favorite tug toy to play with in between sessions

Trainer tip:  
When doing step 1 use low value food such as the dog's kibble. This helps set up the dog for success.

Session length: Keep each session to a maximum of 10 minutes. In between your sessions play with your dog and get it back into the game. This will help with the desire to stay focused on the skill. The goal is to always have an 80% success rate in the training session in each step so that you can progress on to the next stage.

Stage 1: Have a few pieces of food in your hand and make a fist. The dog will paw at your hand and want to get at the food. Wait it out and see what your dog's choice is. As soon as your dog backs away from your hand, open your hand, if your dog comes for the food close it back up. Then reopen again and see if the dog comes towards your hand or waits to be rewarded.

Stage 2: If the dog stays away from your hand, then take a piece of food from your opposite hand and give it to your dog. Keeping in mind your dog needs to remain still to get the food. If it moves forward, put the food back in your hand and close it. Then wait to see what the dog's choice is. Will it back away and wait? If so, then repeat opening the hand and give food.

Stage 3: If your dog is now waiting for you to hand them a piece of food then go ahead and put some on the ground in a bowl. This time, as the dog goes for the bowl, cover it with your hand and cue "Leave it." When the dog backs away from the bowl and waits, give it a piece of food. If the dog comes towards you, put the food away and wait for it to back away.

Trainer tip:  
When doing this game bend your arm on your knee and keep it still. Don't move it away from your dog, have your dog move away from it.



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Stage 4: When your dog is leaving the food alone when asked to do so then you will want to start changing the habitat where you practice this game. Make sure to practice it in every room of your house so your dog understands that “leave it” means just that no matter where it is.



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### SETTLE YOUR SELF



Ultimate use: This game can be used to eliminate a lot of annoying behaviors such as jumping, running out doors or begging at the table. The “settle” que also gives the dog a place to calm itself.

Equipment required:

- 6-foot leash
- A bag full of bite size soft chewy dog treats (cooked hot dogs, lunch meat, sting cheese) anything that is really tasty
- A bed or mat
- A favorite tug toy

Session length: Keep each session to a maximum of 10 minutes. In between your sessions play with your dog and get it back into the game. This will help

with them wanting to stay focused on the skill you are working on. The goal is to always have an 80% success rate in the training session in each step so that you can progress on to the next stage.

Stage 1: Have your dog on a leash and walk in the general direction of the mat. Keep your treats in your treat bag till the dog has performed the desired behavior and do not give any ques to help the dog. Walk in the general area of the mat and the minute the dog touches the mat mark it with “YES” then toss a treat on the floor followed by the que “GET IT.” This que is giving the dog permission to get the treat off the floor.

Stage 2: Repeat step 1 a few times until you see that your dog is starting to make an association that good things happen on the mat. Walk up to that mat and see if your dog will get on. If it does not then walk around the mat and wait for it to get on it and reward on the mat. (Critical all rewards are on the mat).

Stage 3: Now that your dog is going on the mat you can start adding your que. I use “settle”. You can choose any que you like. You will want to say the que as the dog is in motion of getting on the mat. Once the dog is on the mat feed it 2-4 pieces of food in a row then release it. Repeat this step several times.

Stage 4: This time you are going to back away from the mat a few feet and give the que for the dog to “settle”. The dog may stand there because it is a different picture. Wait and see if it will go to its mat.

Trainer tip: When first introducing this skill to your dog it is suggested that you play it in a calm neutral environment.

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When it does, reward with 2-4 pieces of food and release. Being this a new stage and picture to the dog, I would not say the cue. Let the dog go to the mat a few times on its own before adding the cue.

Stage 5: Now that the dog is going to its mat from a short distance consistently, you can add your cue “settle stay” for the dog to stay on its mat as you walk a short distance away.

Stage 6: Practice your new skill in different places of the house. Make sure you also practice them when company comes over and while you are doing other things, such as cooking dinner.

Trainers tip: Start slow and build up to your goal, which could be having your dog on their bed when someone comes to the house.



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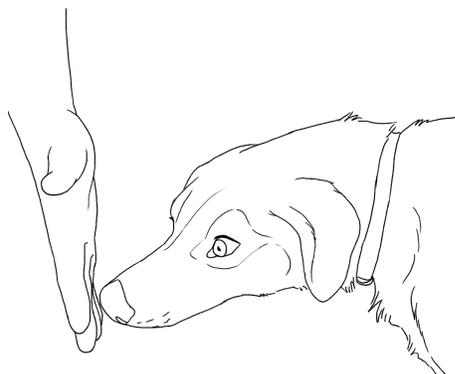
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# 5 SIMPLE GAMES TO SOLVE YOUR DOG TRAINING PROBLEMS

## Hand target



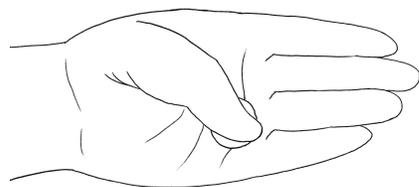
Ultimate use: Hand targets can be used for many things such as: teaching a dog to stand on que, to ring the doorbell or asking your dog to come to you.

What you will need for this game:

- Small treats
- Leash
- Your hand

Session length: When first building on this skill you will want to only practice 5-10 mins at a time.

Trainer tip: When first introducing the “touch” que. Don’t say any ques to the dog, we want the sight of your hand to be the que.



Step 1: Put your hand out with a small piece of in between your thumb and palm. Show it to your dog and when they touch your hand with their nose reward them with that piece of food. Do this 5-10 times with food until you see your dog going to your hand continually. Make sure to have the dog touching both of your hands

let’s take out the food. Present your hand to your dog with no food, you can have food in the other hand for quick delivery. If the dog touches your hand quickly put the reward in the hand your dog touched. If

your dog is not touching your hand without food go back to step 1 and work on that a bit more.

Step 3: If your dog is touching your hand 80% of the time start moving your hand around and asking for the touch. I never add a

Trainer tip: It is critical that the reward comes from the hand the dog touched. If you feed the reward away from the hand that is where they will go back to.



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verbal que my dogs have been taught that when a hand is out they touch it.

Step 4: Once your dog is doing the touch at home start having them do it in many different places and situations.



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## In the zone



Ultimate use: This game is designed to teach your dog to pay attention to you while on a leash. One of the biggest mistakes owners make is by putting a leash on their dog and it will just magically walk by their side. When in fact the dog has no clue what you want when walking on a leash. With the “in the zone” game we give the dog clear communication on what we expect when on leash.

This game teaches the dog to stay by your side rather than walking on a leash. Because walking by your side is the actual goal being

Trainers tip: For best results practice the skill in the house with minimal activity. This will set a solid foundation with your dog on what you are expecting when on the

on a leash is just because it's a law.

Equipment required:

- 6-8-foot leash or hands free
- treat pouch with small soft chewy treats (cooked hot dogs or string cheese)
- a barrier (wall or gates)
- a favorite tug toy

Session length: Keep each session to a maximum of 10 mins. In between your sessions play with your dog and get them back into the game. This will help with them wanting to stay focused on the skill you are working on. The goal is to always have an 80% success rate during the training session.

Stage 1: Get ready! Have your hands- free leash on or a long leash draped around your neck. Put 5 pieces of food in your hand and hold your hand in a fist. Put your treat bag behind your back as you don't want this to become a cue to your dog. Your dog can be on the left or right side.

Stage 2: You will want to take a step and feed your dog, take a step and feed your dog. By doing this you are not allowing the dog to pull on the leash or get out of the zone. Repeat several times until you can see the dog is building a habit of staying “in the zone.” Do this step several times up and back making sure you are rewarding with every step you take.

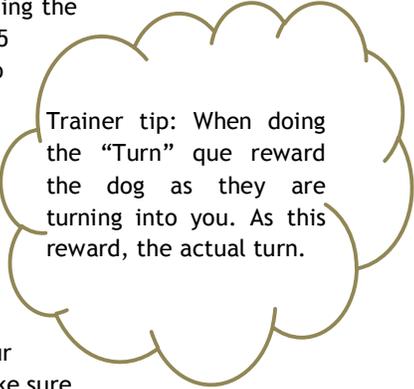


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Stage 3: Now switch sides, if your dog was on your right put it on the left and vice versa. Making sure that the dog is in between yourself and the wall. Repeat step 2 but on the opposite side. Repeat this step several times up and back making sure to reward the dog with every step you take. This is creating a habit of the dog staying “in the zone.”

Stage 4: Continue onto step three only when you can see your dog is in anticipating that it will be getting food with every step. Now you will start giving treats for every 2-3 steps. If you see your dog is losing interest or falling out of “the zone” go back to steps 1 -2 and work on creating a better foundation before continuing with this step. You will want to do this step on each side again. Making sure that you are seeing that your dog is understanding what the “zone” is and what you are asking.

Stage 5: Now that your dog is understanding what the “zone” is you will be adding the “turn” que. Have your dog by your side and start walking rewarding now every 3-5 steps, if your dog begins to lose interest or starts to leave the “zone” go back to rewarding every 2-3 steps. This time as you switch sides you will want to que your dog “turn” and you will want to turn into your dog so they end up on the opposite side. (see video below) As your dog turns immediately reward the dog, so that your dog is understanding what the que turn means. Repeat this step until you can see your dog is turning when asked to do so.



Trainer tip: When doing the “Turn” que reward the dog as they are turning into you. As this reward, the actual turn.

Stage 6: Take steps 2-4 and practice them until you see your dog is staying in the zone and turning when asked. As you progress through the game you will want to start spreading out your rewards so that your dog is now learning to stay by your side. Once your dog is doing good in the house take it out side to practice and make sure that your always on a loose leash!



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## Be the squirrel



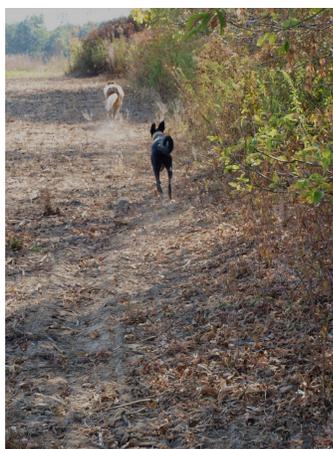
Goal: To get your dog to come when called no matter what is going in. This game will also teach the dog to chase you instead of other things.

Equipment required:

- a treat pouch and some small bite size treats (hot dogs or string cheese) anything that is chewy and can be swallowed quickly
- a favorite tug toy on a long handle
- long leash 10-20 feet
- stationary object

Session length: Keep each session to a maximum of 10 mins a piece. In between your sessions play with your dog and get them back into the game. This will help with them wanting to stay focused on the skill you are working on. The goal is to always have an 80% success rate in the training session.

Step 1: Take your leash and wrap it around a pole or object that doesn't move. Have the dog on one side of the object and the leash on the other. Let the dog out on the leash approximately 2-3 feet then lead out on the other half of the leash, let go of the leash and RUN! As you are running call your dog's name. Make sure to only reward the dog when they get to you.



Step 2: Repeat step 1 until you can see your dog is anticipating that you will be calling their name and chasing you. You want the dog to be driving hard to you when you call them. Practice your restrained recalls in different areas with all sorts of distractions. You want your dog to run as fast as they can to you no matter what is going on.

Step 3: This to me is one of the most important steps in teaching a solid recall, teaching your dog to have their collar grabbed. So many time see an owner reach for their dog's collar and it runs away or tries to dodge being grabbed. What you will want to do is when the dog comes to you grab their collar count to 3 and then reward

Trainer tip:  
When using a reward keep them in your pocket or hidden and only bring them out when the dog reaches you.

Trainer tip:  
Every time you call your dog to you grab its collar. The more you do this the more your dog will want to have its collar touched.

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it, while your hand is still on its collar. That is very important that you reward while your hand is on its collar. Do this several times till you see that the dog is almost putting its collar in your hand.

Step 4: Now that your dog is learning that chasing you is fun. Let's add another step to your dog coming to you. This is what I call the "Go away" game. Dogs leave you because you don't want them to leave you so we going to give them permission to leave. Grab your dog's collar and toss a few pieces of food on the floor and tell your to "get it." As they run to the food you turn around and leave your dog the minute they pick up their head to look for you call their name. Reward them when they get to you.

Step 5: Once your dog is learning the "go away" game you are going to toss the cookies and say go away then turn around and run away from your dog, calling their name. The minute they get to you reward and tell them to "go away."

Step 6: Now that your dog is running as fast they can to you add one more game to your "be the squirrel" game, hand target. As your dog is coming to you put your hand out and ask for a hand target from your dog. This give the dog something to drive to.

Step 7: Make sure to now take your dog's different places and practice the "be the squirrel game."



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