



**LINCOLN
DOG TRAINING**
because dogs are awesome

Teddy's Training Plan

It was such a pleasure to meet you and Teddy yesterday. He is a very sweet dog. This plan is designed to build some additional structure into your daily routine, establish clearer expectations on walks, and cultivate strong internal motivation for working with you in low-distraction environments.

1. Essential Equipment

The right tool can significantly help with communication and control on walks:

- **Harness Recommendation:** Consider purchasing the **PetSafe 3-in-1 Harness**.
 - This harness allows for clipping in the front (for greater handler control) and the back (for leisure/decompression walks), depending on the expectations during the walk.

2. The Two-Part Walk Strategy (High Priority)

The goal is to clearly differentiate between structured, focused walking and decompression time, when Teddy can sniff and explore about on a long lead or at the very end of his leash. This helps him understand *when* he needs to be attentive and *when* he is free to explore.

Walk Type	Cue	Leash Length & Positioning	Goal & Action
1. Structured Walk	"With Me"	Shorter lead.	Focus and Pace.

		Teddy on your left side , his shoulder aligned with your hip.	Use a nice, quick pace. Mark compliance (good position, focus) immediately with "Yes!" and a treat (if accepted). The expectation is clear, attentive walking, such as when navigating streets or other similar areas.
2. Sniffing/Decompression	"Okay"	Full 6-foot leash or long lead. Slow down or Stop walking.	Rest and Reward. Give him a full 2–3 minutes to sniff and explore freely. You must remain still during this time. Sniffing is a huge mental release and serves as his reward for the structured work.
Transition Back	"Let's Go"	Shorten the leash slightly, and start moving immediately.	Return to Structure. This cue signals that the sniffing time is over and you are resuming the "With Me" structured

			walk. Keep him on your left and return to your quicker pace.
--	--	--	--

Key Application: Use the Structured Walk for walking to your destination (like Willard Woods) and the Sniffing Time when you are in a safe, quieter area.

3. Inside Training & Motivation (Simultaneous Work)

The goal here is to offer high-value rewards to create stronger motivation for working in areas where distractions are low.

1. Find High-Value Food Rewards:

- Find **two or three** specific foods he is highly motivated to work for *inside*. These should be foods he rarely gets otherwise.
- *Suggestions:* Hard boiled egg or plain boiled chicken
- **Crucially:** Use these foods ONLY for structured training inside, not for general meals or snacks.

2. Basic Obedience Refinement:

- Dedicate time daily to simple, quick training sessions (est. 5 minutes per session; you can have multiple short sessions per day) inside using the high-value food.
- **Sit:** Continue reinforcing the Sit command.
- **Down:** Work on Down. If he's not offering it on cue, simply treat him generously when he naturally lies down. This builds positive association with the position.
- **Recall:** Practice recall in the house and quiet backyard.

4. Socialization and Play Adjustment

We noted that dog-dog play seems to be Teddy's "main course" for leisure. The plan is to rebalance his leisure time.

- **Shift Focus:** Reduce dog-dog playtime from his primary fun activity to a **smaller, enjoyable part** of his leisure time.
- **Increase Engagement:** Increase the amount of quality, focused time spent with you,

particularly through the new two-part walking structure and indoor training. This elevates your role as the primary source of fun and structure.

5. Managing Guests

Provide Teddy with opportunities to stay out of the crate and engage positively when guests are present.

- **Boundary Training:** Use a dog bed or mat as a "place" command. When guests arrive, cue him to his mat. Reward him frequently and consistently for staying on the mat while guests are present.
- **High-Value Chew:** Give him a long-lasting, high-value chew (like a bully stick or safe dental chew) *only* when guests are there. This keeps him busy, relaxed, and associates guests with a major reward.
- **Controlled Greeting:** If he is calm, allow a *controlled* greeting (e.g., leash on, one guest approaches slowly, tosses a treat). If he retreats or seems overwhelmed, respect his space, but aim to provide a safe, non-crate option (like the mat in a quiet corner).