



# Adolescent Foundations

## Session 4 Summary

*What you learned today:*

**Back Up to Heel with Closed Hand Target:** Keep your baited fist next to your leg, and take two steps backwards. Mark the movement towards you, and reward when they reach and touch your fist then immediately take 2 steps forward, cue touch and stop. Only give the reward when your dog is still in the heel position. Keep your movement limited to 2 – 3 steps so your puppy gets a lot of reinforcement for being in *heel* position.

**Meet & Greet with Open Bar/Closed Bar:** Open Bar/Closed Bar is a technique for pairing new experiences (people, places, and things) with a reward. Begin continually feeding (Open Bar) on the approach of something. Stop feeding (Closed Bar) as the “thing” moves away.

**Patting & Handling:** As they move through adolescence, it’s important to make body handling comfortable for the dog as well as you, the owner. Your goal is to reinforce for no movement and acceptance from the dog as he is touched and held. Remember to use slow, careful movements, stop before your dog gets nervous, and pair handling with food when introducing it.

**Restrained Recall:** This should be FUN! Challenge your dog to chase you, call once and *really run* away. Stop, turn toward them and jackpot right in front of you.

**“Mine”:** Make sure you watch for the slightest signal that your puppy’s attention is breaking from the object you are holding you hand over and mark and reward. Repeat until you puppy actively avoids going toward your hand. The goal is for your puppy to back away from a “naked” treat but please raise your criteria slowly, be cautious about pushing too quickly.

**Yap-Yap-Yap..., “Quiet”:** See the handout by Brenda Aloff from class.