



Train your dog to sit on command

Teaching your dog to sit on command is a basic command but none the less a useful command. The command can be used to distract your dog from bad behavior or simply to control your dog in situations where you need him to sit.

What you need to start training

Liver Treats, Garlic Treats or Veggi Treats. Your dog in a controlled environment (a small room with no distractions. Lead and collar optional.

Suggested Verbal Command word.

Sit
'Dogs Name' Sit

Method: What you need to do.

Get the dog into training mode by using your attention exercise. Hold the Liver Treat between your fingers and be prepared to hold onto the treat until your dog sits in a satisfactory position.

The treat is to be used like a magnet, held at the end of your dog's nose, and very slowly move the treat upwards and backwards over his head. This action should cause your dog's bottom to move to the floor as their head come up.

As he reaches the sit position give the command 'Sit'. It sometimes helps in the early stages of this exercise to have your other hand available to gently stroke along the dogs back while applying gentle pressure to coax your dog into the position.

End Result.

After a few repetitions the dog should understand what you want him to do. i.e. sit. Keep up the verbal praise for the position. Remember to re-command while the dog is in the sit position. Keep practicing until he recognizes the word and responds every time.

If your dog jumps up at the treat rather than sitting, you have probably held the treat too high above his head. If your dog is moving back when using this exercise try training in a corner to prevent him from moving.

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