**Obedience Training Week 1**

**The Heel and Sit**

**Heel**

* Hold leash with two hands
* Begin with the dog sitting beside your left leg. With your dog sitting and facing forward, command “Dog’s Name, heel,” as you step briskly forward with your **left** leg.
* Give the leash a gentle tug to remind the dog to pay attention. Allow the leash to go slack and wait for the dog to jump ahead or fall behind. Then, jerk him back into position just hard enough to get him in place as you repeat “Heel.” Your dog has to learn that you want him to walk beside you.
* Every time you stop, hold the leash above his neck and push on his rump to sit. Eventually, he will sit without command. Practice heeling in all directions and at all speeds.

**Sit**

* You need to do three things at the same time.
  + Say, “Sit”
  + Push his rump down with your left hand
  + Pull the leash straight up with your right hand
* The dog should sit squarely next to your left leg.
* This should be easy after all your heel work.
* Immediately give your dog lots of praise when sitting correctly.