

Passive Leadership & Recall

Building a relationship of trust and respect

Visual Guide for all ages and training levels

WELCOME

We are excited to share in your family's journey together on this path to building a solid and lasting partnership with your dogs. No matter if this is your first encounter with a trainer or just a new way to train with us, we welcome you to the Frolic family!

This handout is meant to supplement your personal lessons with your trainer on the topics you've already covered.

TERMS WE USE

Here are some common terms we will be using in these handouts, along with their definitions:

Flick: a quick, wrist movement that offers direction so the dog feels the quick movement of the leash. Your wrists range of motion should be approximately 6" without moving the elbow; like flicking a dish towel.

Growl: a vowel sound used as a "no" warning to stop a behavior, many clients use the word "hey", because it's short and easy to remember.

Lure: Can be a treat, noise, toy or movement to grab their attention or create a positive association.

Distractions: Movement, smells or sounds that may frequently make it difficult for your dog to comply with requests or rules. As your dog improves, you will gradually increase difficulty of the exercises by varying speed, distance and volume.

Praise: A high, light tone that signals "great job" or "good choice". It does NOT mean release. An example would be praising a dog while it's in sit. In a sit, **VERBAL ONLY** praise works best. Praise for recall involves squatting with verbal and petting.

Release Word: Can be any word you choose to let your dog know they can go free.

Set-ups / Scenarios: Set-ups create situations / scenarios that allows you to be proactive. (Ex. Your scenario involves giving a warning prior to taking food off coffee table is a different lesson than teaching them to drop it after they've already taken it.)



Establishing Trust & Respect

Strong trust and respect, also referred to as **Passive Leadership**, are key aspects of a happy & healthy relationship between you and your dog.

Dogs use a combination of these things to help establish their relationships and interpersonal interactions:

Body Language, Tone, Scents.

Many people work with the concept that bad behavior, if ignored, will go away. In some situations this proves to be true, however the majority of the time, they may get worse. People and pets need direction, whether it comes from a parent, teacher or even our boss, and good direction comes from a good Leader.

Good leaders aren't frightening and they don't force a confrontation. There will be times when a fair warning is the best course of action to take while training, but being a bully will not help you and your dog move forward together.



Just like with humans, dogs have different personalities, so your training will need to take their unique personality into consideration.

Knowing your dog's personality and temperament will help you modify your training to help them achieve success.



WHEN SHOULD WE USE THIS TECHNIQUE?

The most basic and important factors in successful dog training are having a solid relationship of **TRUST** and **RESPECT**. We define **TRUST** as when they know you will handle all situations that may seem concerning to them and **RESPECT** is when they choose to listen or follow your requests when highly distracted rather than ignoring you in any situation.



IT'S NEVER TOO EARLY OR LATE

From the moment you bring your dogs into your home, you can set up the relationship and let them begin to understand the expectations. From new puppies to rescue pups of any age, it's all the same to them. Remember, you don't have to be loud or domineering to make a point to your dog, but it is crucial that everyone in the family is consistent with the rules you've put into place.

INITIATE PETTING AND PLAY

Beat them to the punch! Make yourself be the one in charge of the fun! Call your dog 20-30 times a day for affection, play, & positive interactions. Wait until they are "off-topic" or distracted by something else. This may sound easy, but for many people it can be more of a challenge than they first realize. Don't use the same reward every time, so they stay curious about you, learning that you are fun and exciting and helping them understand you are the primary decision maker in the relationship.

IGNORE DEMANDS & REQUESTS FOR ATTENTION

How many times a day does your dog place its head in your hand, or lick your face, bring you a toy, jump in your lap or bark at you for seemingly no reason? With some dogs its letting them in and out of the house, room or their crate. These are all prime examples of your dogs attempts at requesting attention.

The Leader Leads:

From going in and out of doorways or thresholds (see Sit/ Stay Exercises handout) or up and down stairs (see Leash Exercises handout), what matters to them most is who gets to do it first!

If your dog does not come when called (every time, see Recall Exercises below). Ignoring you is not an option, so be selective about when you ask your dog to do something. Always set yourself up for success. Think and plan before you ask for a behavior – especially in the first few weeks of training - so you can plan ahead gathering any tools needed (reference the suggested tools your trainer had you use at your in-person lessons) before you begin. You want your percentages of success to be high.

USE YOUR BODY LANGUAGE FIRST

Remember earlier we told you Body Language is usually the first communication with dogs? In general, lowering of the height signals to another dog that they are not a threat and is a friendly greeting. You will often see licking of the lips by a dog to signal they are not a threat and it is a friendly gesture. There is an extreme tucking of the tail and submissive urination that signal the dog is very submissive and is not confident about the interaction. On the other extreme is the dog that wants to signal they are “bossy” and want to have more control in the relationship. They will make themselves more erect, head up tail up, may stop moving and stiffen and stare. Sometimes a very tight jaw along with the hair on their shoulders or back (hackles) will go up. To people, this may sometimes be seen as an aggressive dog, but more often than not the dog is being dominant and trying to signal social order to each other.

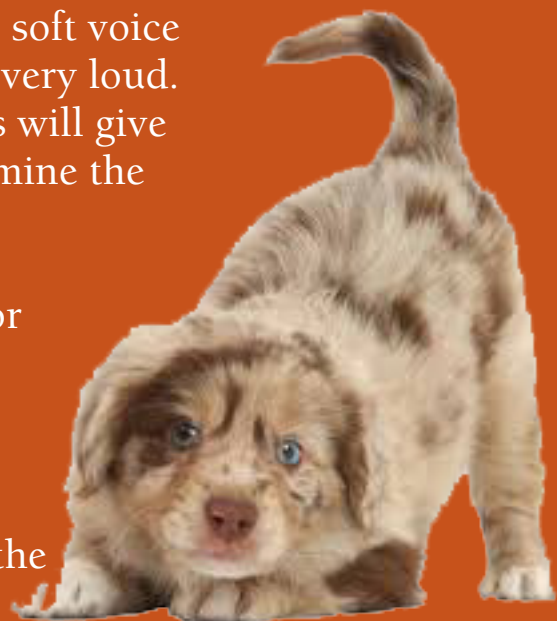
BODY LANGUAGE TECHNIQUES

Using these general body language positions and techniques can better help your dog understand you and do what you ask of them.

- Squat down if you want the dog to come to you. Bending at the knees is less frightening than bending at the hips.
- Some dogs need you to turn sideways to them and keep your hands

touching your legs. Letting the dog come up to you sniff and let them walk away and return a few times, especially if you are greeting a dog that does not know or trust you yet, is usually a good plan.

- If you are calling a dog that knows and trusts you, you may not have to squat down as far and you may be able to reach your hands out. So many dogs have been grabbed by the collar or picked up, that the outstretched hand can be viewed as a negative for the dog. Letting them come up to your hands and you scratching under the chin, can help you to get a leash attached. Utilizing slow movements and a treat, along with either a 6 ft leash or a slip lead usually helps to make this successful.
- If the dog comes in part way, try taking a step backwards, away from the dog. Squat again and the dog may now come closer. Moving away from the dog just by 1-3 steps, is usually the better plan, versus going toward the dog. Moving toward the dog, after you have called the dog, may end up with a dog playing the chase me game, or feeling threatened. Neither is great for teaching the dog to come to you and come all the way in where you can easily pet them and put the leash on them.
- **Tone:** Use a high happy voice tone when you are asking your dog to move toward you. The amount of excitement, volume and movement will need to be adjusted based on the dog's personality. Some dogs respond well to lots of excitement and volume, while others are more timid and respond to a soft voice full of calm, light happy tones and not very loud. Watch the dog's body language and this will give you the information you need to determine the best plan.
- **Treats:** always ask about giving treats or food to a pet. Some dogs have severe food allergies. If you are unsure about a new treat, start out slow and make sure your dog doesn't have any tummy reactions, or itchiness associated with the new food/ treat.



COMING WHEN CALLED (aka RECALL)

HOW OFTEN SHOULD WE DO THIS?

This exercise needs to be done on a long lead for a few minutes daily for at least a few weeks before you test your dog in a fenced, safe area.

SETTING THEM UP FOR SUCCESS

For best results, recall should be practiced in the home first, then a backyard or on the sidewalk in front of the house with few or no distractions to start. Once you feel you have a good recall in these scenarios, you can raise the level of difficulty and practice with your dog using larger distractions and in different environments.

The exercises below must be practiced on a 6ft or long lead depending on location.

Teaching them the word

- Have your dog on a 6ft leash
- Squat down and call your dog's name normally to get their attention.
- Say "Come" (or the recall phrase you choose) once in an excited tone.
- If they don't respond flick the leash or step on it if they are moving away.
- Go back to your high happy voice tones to repeat your come command.
- Do that over and over until they come on command.

Knowing the Word, But Not Quite Ready

- Begin like above
- If they don't respond, give them your warning growl and flick the leash.
- Immediately return to your high happy voice tones to repeat your come command.
- If they choose not to come, then add a clap to your warning growl and immediately return to your high happy voice tones to repeat your come command.
- Do that over and over until they come on command.

Set-Up With Distractions

You will be calling your dog away from things they are interested in. This means you may have to escalate your warning to include dropping your training tool next to the dog or flicking the leash.

- As soon as you drop the training tool and growl, they should respond. Immediately use higher voice tones to praise them over and over again.
- Do anything to keep encouraging them to advance toward you. Don't use the lead to reel them in; they need to decide to come on their own.
- When they get to you, provide lavish praise.
- If you have already used the training tool and your dog gets distracted halfway, flick the lead and growl again. Then instantly encourage them as described above.
- If your dog stops two feet in front of you, don't reach out to pull them toward you. Back away and keep encouraging them.



*I can't imagine not having a dog as a companion. They know when it's play time or walking time and they know when it is working time and they are content to catch up on their sleep knowing you are close by. -
Author: Ted Martinez*

Advanced set up ideas

Once you have a good recall in the above scenarios, you can begin to add big distractions to your set ups. Some things are a combination of movements, smells and sounds. For example, when you walk, you stomp or move faster while eating or holding a high value food item. That combines movement and smells. Combine things, but not so advanced that they can't do it. Switch up the variables at a pace your dog can handle.

Smells

Call them away from smells. Pretend to eat, use lunch meat or other super smelly food items, drop food on the floor put some on a plate at their level.

Sounds

Make noises. Ring the doorbell, knock on walls and doors, stomp, bounce a ball or crinkle food bags.

Movement

Walk fast, wave your arms, bounce a ball, skip, or ride a bike past them. Wear large hats, open and close umbrellas, walk funny.

THINK THEY'RE READY?

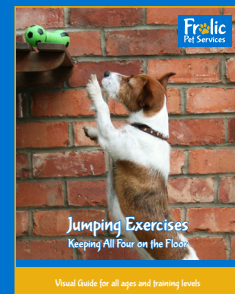
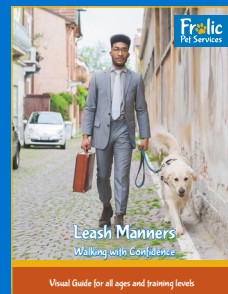
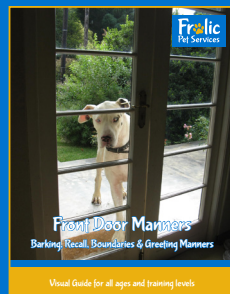
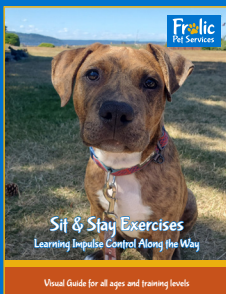
After a few weeks of diligently working with your dog on a 20-30ft long lead, you can now test your dog off lead in a fenced, safe and secure area.

To practice off leash, start in your home with very large distractions, then move to a fenced in area. (Tennis courts are a good example)

Do the exercise and on a 20-30ft long lead until your dog is coming with you rarely using or touching the leash. Let the go out until there is only 5ft left on the ground, call them back over and repeat. On a trail, go into bushes and call them back over and over.

Let them get distracted and call them back to you, gradually increasing difficulty and distance. Once they successfully are coming and you haven't had to touch the leash, they are now ready to try off-leash.

REMEMBER: Ultimately, the decision and responsibility to let your dog off lead rests with you based on how much control you have gained after all this practice. Remember to follow your local city, county and state laws when taking your dog off lead.



FOR MORE TRAINING TIPS CONTACT FROLIC PET SERVICES

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