



Training Visit Report - Zola

Date: 1/31/20 – Session 3	Time of Visit: 12:00 pm
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Notes

I started out reinforcing Zola for lying on the mat using the “Mat” cue. Getting Zola to REALLY love being on the mat is going to be a huge goal – lots of good stuff happens while she is on that mat!

I took her to the cemetery to walk her and used the Easy Walk harness (buckles on her chest). She responds very well to this collar and when she feels slight pressure on her chest, she turns around and looks at me. I reinforced her with “Yes” and a hot dog when she gave me her attention, especially when we walked past anything on the ground that looked tasty. She did not pull at all, she was very attentive and I had a very enjoyable walk with her.

Zola is such a sweet girl it’s obvious you have a strong bond with her and vice versa. The work you have already done with her has built a good foundation. The practice exercises will build a new reinforcement history to get her out of habits you would like her to lose. You are teaching her something to do instead that she is rewarded for.

Instructions

1. On the trail, continue to play the hide and seek game and when she runs to you, do the “touch” game. Give her a small bit of hot dog as a reward.
2. For the Mat, try to work up to at least 15 minutes of her staying on it. You can have it next to you and feed to keep her on (without standing over her). As best you can, don’t let her come off without the release cue of “OKAY”. If she is not staying more than 5 minutes and getting up, then release her in less than 5 minutes to make it successful. You can try to add 30 seconds next time. Just go as slowly or as quickly as possible to keep it successful. You don’t want her to get off whenever she wants.
3. Throw her trout or something else to end any training sessions so she knows it’s done.
4. The “chill” game on the couch is fun for her and for you and it’s okay as a way to make training more interesting, but getting her to lie on the mat in the house is the most important for keeping her calm around guests in the future.
5. The Easy Walk Harness will reduce her wanting to pull. Dogs have something called Oppositional Reflect so being pulled from the back of the neck makes them involuntarily move against it (you can Google it, it’s a thing).
6. Save the hot dog treats for recall work on the trail only. Not in the house.