

ELITE PET UNIVERSITY, LLC

Focus Games:

WEEK 1: CHECK-INS

WHAT IS A "CHECK-IN"

THE STARTING BLOCK TO A FOCUSED DOG!

A check-in is when the dog chooses to look at and focus on you in a variety of situations. The dog chooses to do so without any outside input from the owner in terms of a verbal or physical cue.

AREAS CHECK-INS HELP WITH

Recall

Dogs that check in frequently are easier to recall and are more attuned to where you are located

Loose Leash Walking

Dogs that check in while loose leash walking are less likely to pull and react to other stimuli in the environment

Overall Distraction Work

Dogs that check-in frequently are more attuned to you, more focused on you, easier to train and work with, and less distractable

Supplies Needed:

- CLICKER
- TREATS & TREAT POUCH
- COLLAR &/OR HARNESS
- REGULAR LEASH 4-6 FT LONG

HOW TO TRAIN THIS:



1. Stand in a neutral stance

Hands should be at side or whatever is natural. No hands in pockets, treat pouch, holding treats, or towards face

2. Wait for dog to look at your face on its own

Dog needs to choose to look at your without you doing anything

Click and immediately deliver treat

Click the moment your dog's eyes meet your face and then get and deliver the treat to the dog



Focus Check Ins



Common Mistakes

Lack of Patience

Do NOT cheat! The dog needs to **choose** to look at you. Don't shift weight, clear your throat, etc, to try to get dog to look at you!

Adding in a Cue

Do NOT say the dog's name, "look", "watch", etc. Again, we are trying to establish a default behavior. Keep your cues at home!

Holding Hand Up to Face/Pointing

Do NOT point at your eyes, hold your hands up near your face, etc. It looks silly and isn't going to create a reliably focused dog

Clicking for looking at the treat pouch

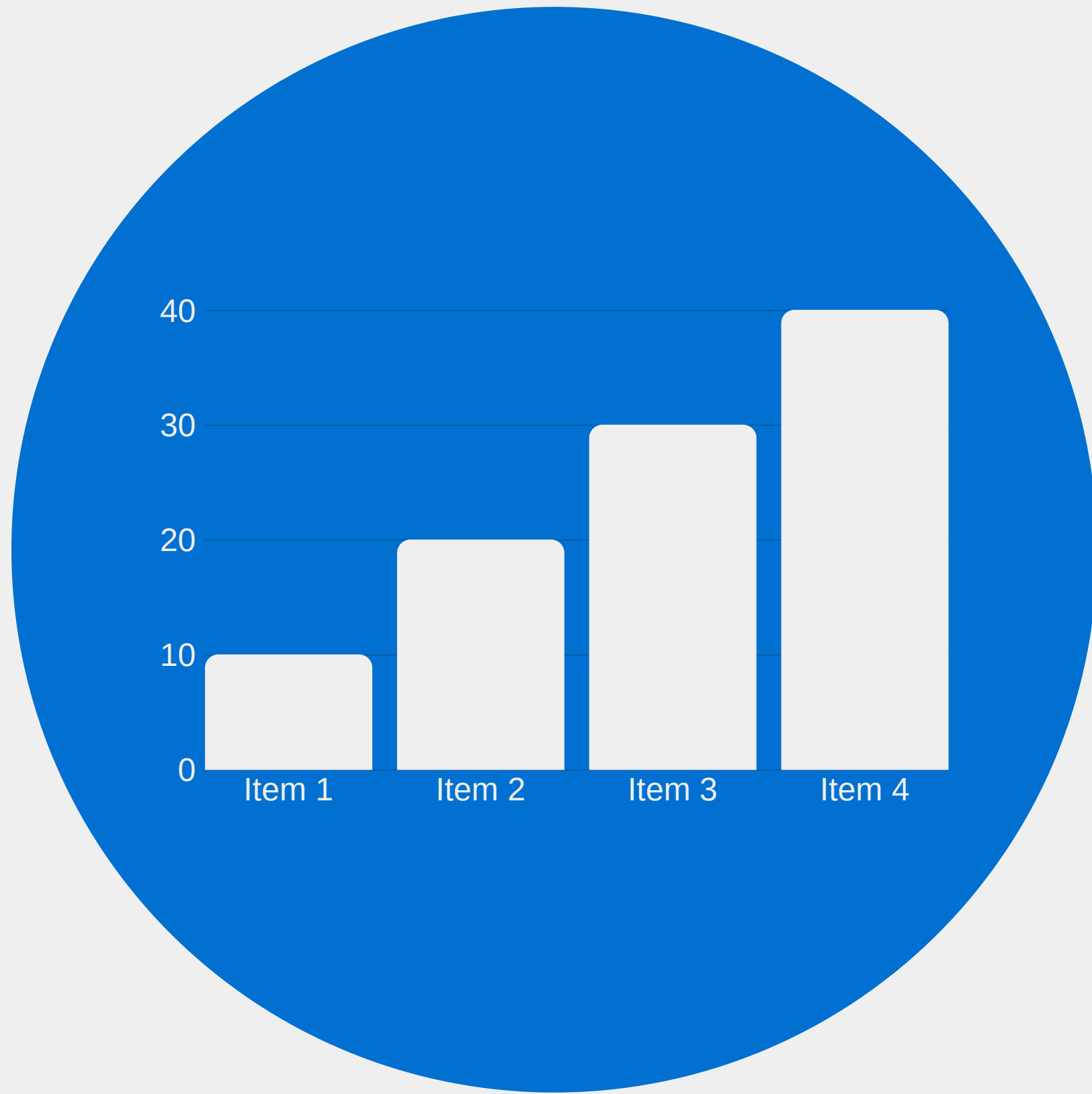
You want to click the moment the dog's gaze meets yours or your face. Do NOT click for the treat pouch

COLLECTING DATA

HOW MANY C/T CAN YOU GET FOR CHECK-INS IN 2 MINUTES?

Make sure to video yourself. Count how many times in 2 minutes you were able to click and treat. Did you get more reps each time you practiced in that environment?

HOW LONG BEFORE THE FIRST CHECK-IN?



Remember our locations for Brown Bag Lunches? When your dog is comfortable in that environment, how many check-ins can you get?