



Loose-Leash Walking

Relaxed Heel

- Load your hand up with treats, and hold it at the center of your body at the level of the dog's nose (usually between your knees for most dogs).
- Begin walking backwards, luring your dog to follow you and rewarding (dispensing) often.
- Start walking backwards as in the previous step, rewarding your dog often, and then pivot to your left, turning counterclockwise to face in the same direction as your dog. The dog should now be on your right.
- Begin walking forward, with your loaded hand at the level of the dog's nose, luring your dog to move with you.
- Dispense often, provided that there is slack in the leash and your dog is in position.
- Bring your loaded hand up to your chest to prompt your dog to make eye contact with you. Immediately bring your hand back down and reward your dog in position.
- Repeat, adding one step each time until you are taking 10 steps with your dog staying at your side.
- Once you have gotten up to 10 steps, only reward your dog for offered eye contact (or check-ins).
- If your dog gets ahead of you, turn clockwise and begin walking in the opposite direction, rewarding your dog when he is in position again.

Red Light – Green Light

- Begin walking with your dog in the intended direction. The instant the leash is tight, stop dead in your tracks.
- Wait for your dog to loosen the leash – he may sit, look back at you, wander off to the side, etc. It doesn't matter what he does, as long as it releases the tension in the leash.
- The instant the leash is loose, say "okay" and began moving forward.
- Repeat this *every* time you feel tension in the leash – no exceptions.



- Do not use food during this exercise. The reward is moving forward.
- Use this exercise if your dog pulls toward a smell, as well. The reward, in that case, is the opportunity to take in the enticing scent.

Loose-Leash Walking Tips

- Practice in a low-distraction environment first.
- The exercises begin the instant you leash your dog up. Don't allow him to drag you out the door, or to the sidewalk until you're ready to "train." You should be in training mode as soon as the leash is attached.
- If the leash is tight, stop dead in your tracks and walk your hands up the leash to shorten your dog's radius. When there is slack in the leash, begin moving again and gradually grant your dog more length in the leash. The idea here is: when the leash is tight, the dog has less freedom to explore.
- Note that if the leash is ever tight and you allow yourself to be pulled, then it will take way longer to make walking on loose leash a habit.
- Start with frequent rewards for heeling or frequent repeat sits. But as soon as the dog is consistent at one reinforcement rate, increase the expectation. For instance, require she heel and look at you for more steps before you reward her or only reward for repeat sits on average every 3-5 times.
- Keep the walks short enough so that you can keep your dog near your side during the entire walk.

See a demo video here: <https://www.youtube.com/watch?v=DCUzsACsn8c>