



SIT

Why train sit?

Every dog should have one command she can do anywhere, anytime. Sit is a great contender for that job. It gives your dog a way to say, “Please,” and can become her default greeting, which stops her from jumping on people.

How to train it.

Step 1. *Show it.* Lure your dog into a sit by putting the treat up to her nose and moving the treat slowly over her head toward her tail. Keep the treat lure close to your dog’s nose – if you move your hand up too quickly or too far away from her mouth, she may give up and lose interest.

Step 2. *Pay it.* As soon as your dog’s hindquarters hit the ground say “Yes” and treat. Repeat as many times as you can, so long as you and your dog are still enjoying yourselves. Praise and treat every sit.

Step 3. *Repeat it.* Repeat steps 1-3 many times. When your dog gets into the down quickly, it is time to add the verbal cue

Step 4. *Say it.* Hold a treat in your hand. Tell your dog, “Sit” in a cheerful tone of voice. Then lure the treat above the head.

Step 6. *Show it again.* Pause a second (one-one thousand), then lure your dog into a sit using the hand signal.

Step 7. *Pay it again.* As soon as your dog’s hindquarters hit the ground praise and treat. When you and your dog are having repeated successful trials, move on to fade the hand signal.

Training Tip: Be sure to wait for that second in between saying the cue and luring your dog into a sit. If you do both at the same time (called overshadowing), your dog might not ever learn the word by itself – and you will be stuck luring forever.



SIT (CONTINUED)

Training Tip: If you say the cue and then can't lure the behavior, do not repeat the cue. Just go back to step 4 and train silently for a bit longer – you moved to step 5 too fast.

When to practice: Before throwing a ball, Frisbee, rope-toy, etc. Before giving your dog a toy. Before putting the food bowl down. Before handing over a treat or chewie. Before opening a door. Before putting on a leash to go for a walk. Before taking off a leash at the park or beach. Etc.

Troubleshooting: If you have trouble with this exercise, try practicing with your dog standing in front of a wall or fence. This way, when you move her back, she has nowhere to go but into a sit. Then break the exercise into small steps. First treat your dog for putting her nose in the air. Then wait until she lowers her hindquarters and treat for that. Finally treat generously when your dog's bottom touches the ground.