



# HEEL PART TWO

## BEFORE YOU BEGIN

You have survived beginner behaviors and now you're ready for something harder. Welcome to Advanced behaviors! In these, your dog will be pushed hard to behave during distractions (some of which are very, very distracting!). Many of our commands have been broken up into multiple parts to make it easier for our owners and dogs to learn and enjoy themselves during the training sessions.

The advanced behaviors we will be learning can be frustrating to both dog and owner, so if you find yourself getting frustrated, please **do yourself a favor and end the training session with something simple**, like sit. Ending a session on a good note will make you feel better and encourage your dog as well. By this point, your dog should be well versed in basic commands and willing to respond to them quickly without always needing a treat for their efforts.



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## HEEL PART TWO

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Heel teaches your dog how to walk close to you, which is ideal for big crowds like sporting events. The AKC requirement for heel states that it should be done on the left side. If you do not have the AKC Canine Good Citizenship award as a goal, you may choose to heel on whichever side you prefer. Heel is extremely difficult for dogs to understand as it's not natural to remain so close to a moving body for so long while ignoring the world around them. Because of this, we break Heel up into three different parts to make sure that your dog learns it smoothly and with the least amount of frustration for both of you. This is the second part of learning the heel behavior. We will be adding turns to our heel command and working on getting our dog to pay more attention to us as we move.

-  Get your dog into the correct "finish" position that we learned last week.
-  Tell your dog to heel and start with your left foot forward
-  Begin walking slowly, in large figure eight patterns. Go slowly, you don't want to get dizzy doing these too fast!
-  When your dog walks beside you and is actively looking at you during the patterns, make sure to click and praise their good behavior.
-  Stop at random spots throughout the figure eight pattern and ask your dog to sit.

By making your dog sit every time you stop, you continue to form the habit we began last week. Having the habit of sitting at your side every time you cease movement will keep your dog safer (and be quite impressive!)

**If you have an opportunity to give your dog a treat while walking in the heel position, do so!** Rewarding your dog with a treat when they are looking directly at you and moving tightly at your side is an excellent reinforcement to their good behavior. If you only treat when they sit, your dog won't realize that the treat was for the good Heel but only for that sit. We want them to be encouraged during the heel behavior as well.

