

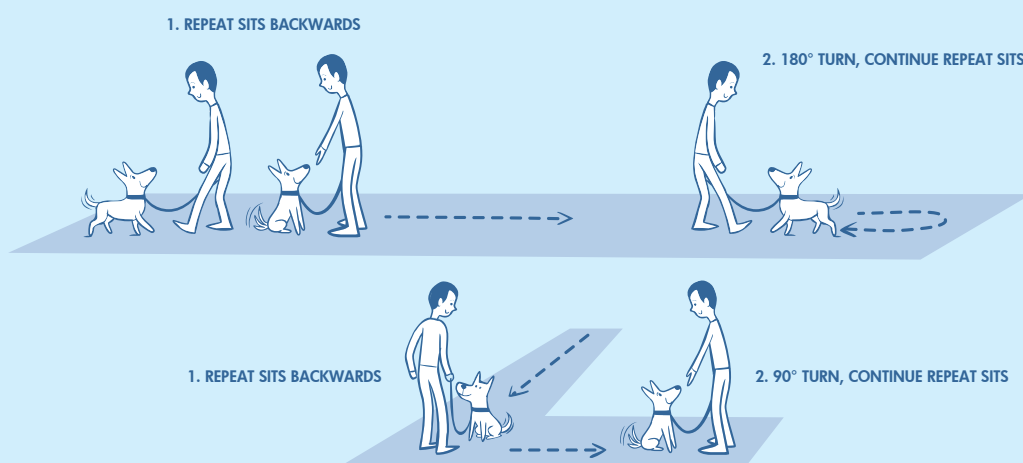
Focus Exercises

If your dog barks and lunges at distractions or just drags you on walks, one helpful strategy is to perform fun exercises that help your dog focus on you. These exercises work best if you adopt quick, precise treat delivery and movement speed as well as posture and arm positions that make your signals clear.

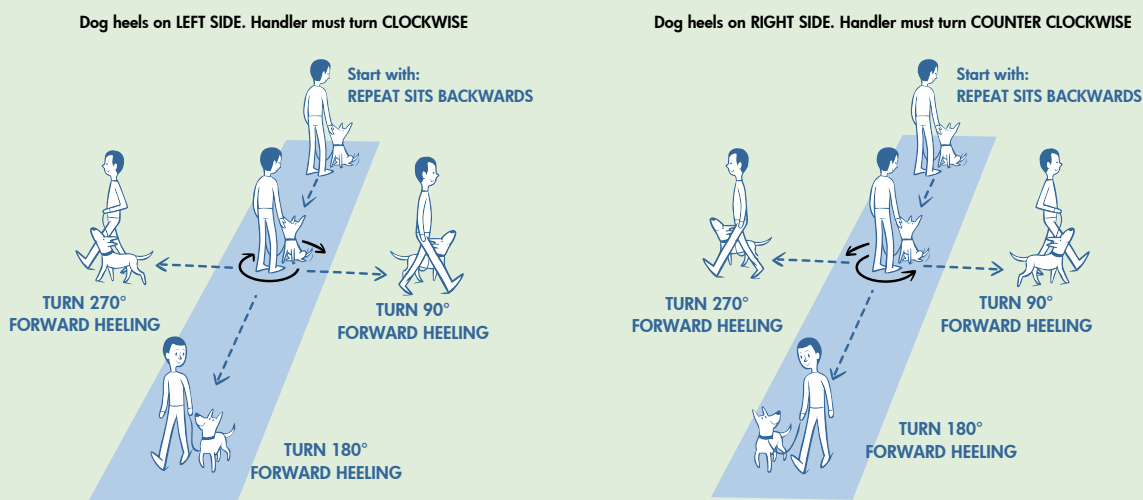
The following is a set of patterns for combining simple exercises:

REPEAT SITS BACKWARDS, HEELING, REPEAT SITS ON THE SIDE and **CHANGES IN PACE** in ways that make focusing on you fun.

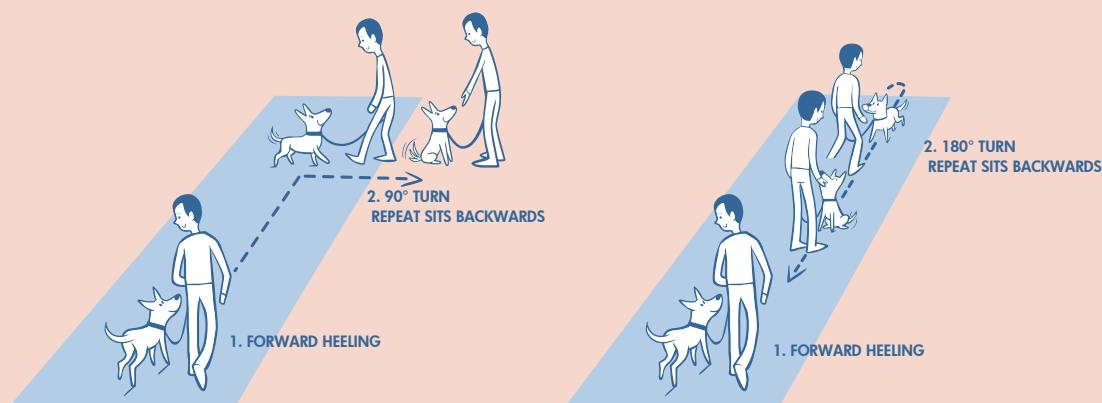
A. Repeat sit backwards: change directions by turning 90° or 180° (backwards U-turn) and continuing with repeat sits backwards.



B. Repeat sit backwards: change directions by turning 90°, 180°, 270°, or 360° and heeling forwards.



C. Heel forward: change direction, switching to repeat sit backwards 90° (L-pattern) or 180°.



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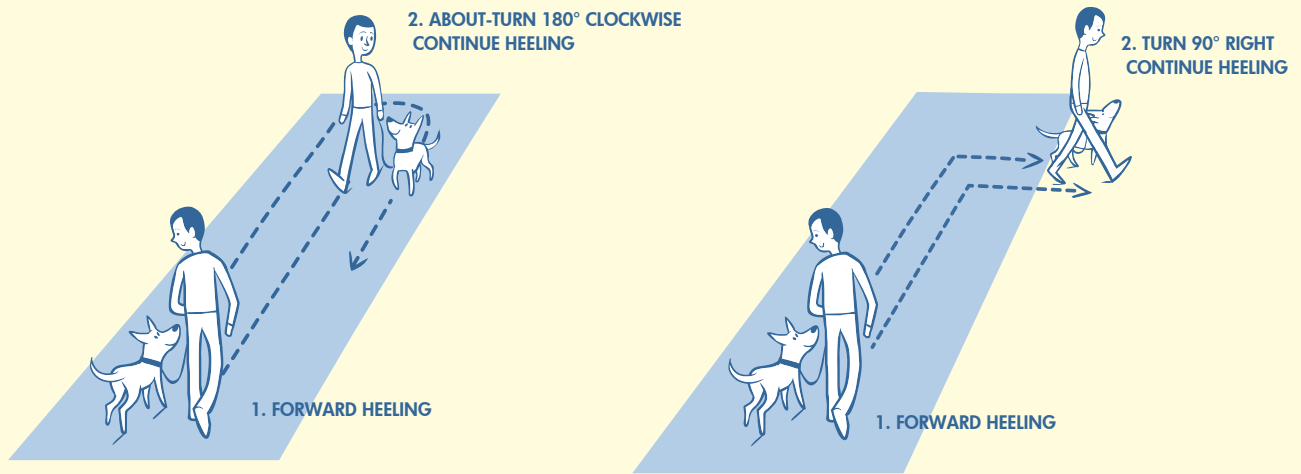
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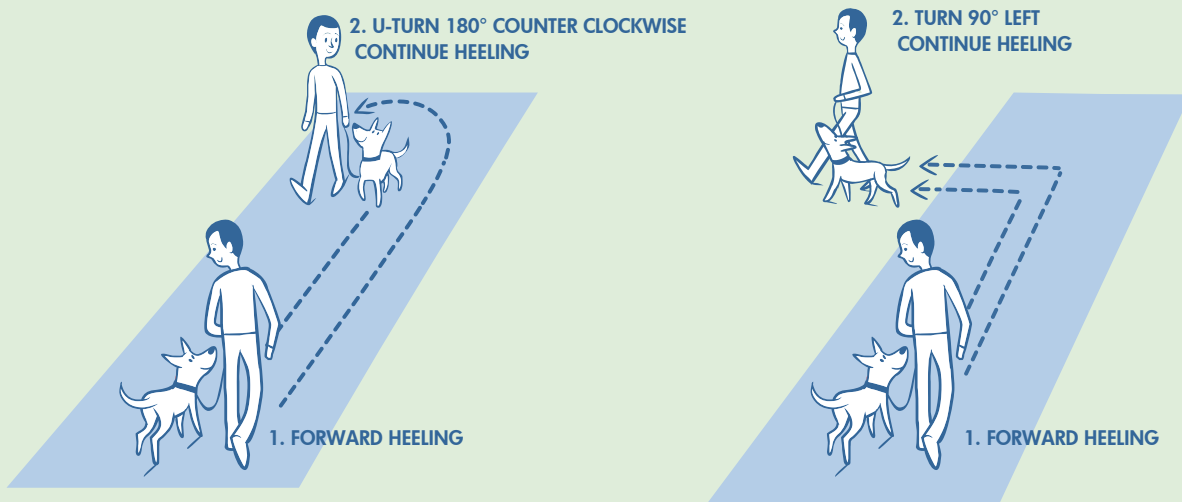


Focus Exercises

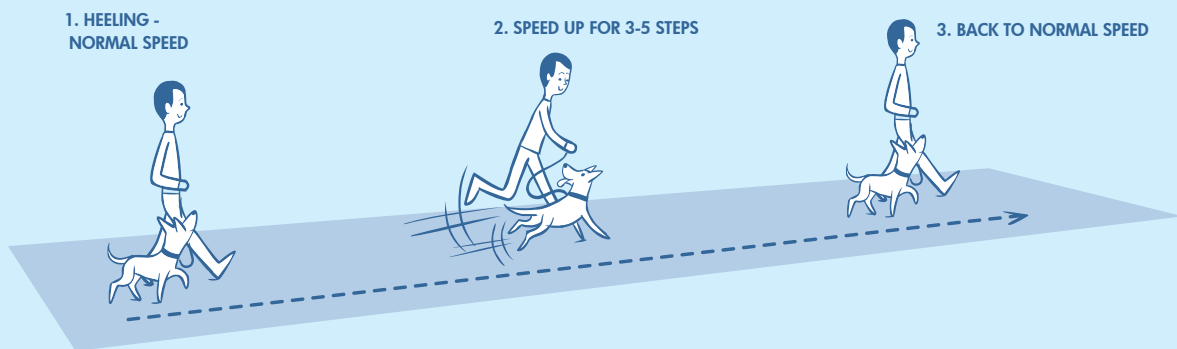
D. Heel forward: Change directions by continuing to heel, but in a 90° or 180° about-turn.



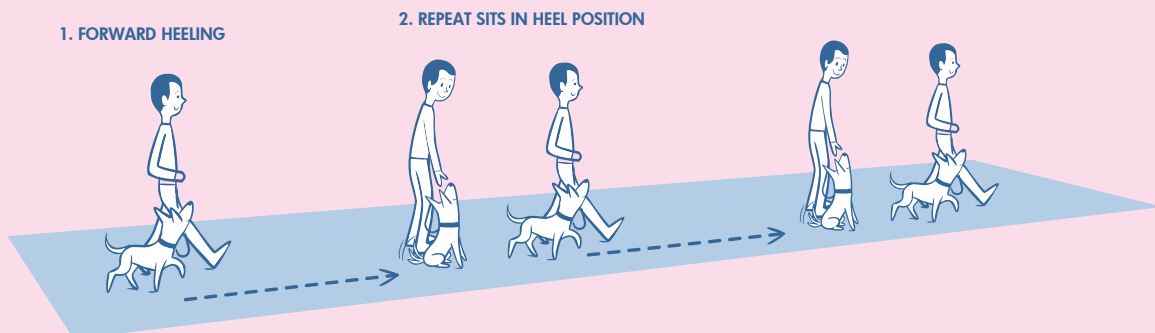
E. Heel forward: Change directions by continuing to heel, but in a 90° or 180° U-turn.



F. Changes in Speed: Sudden increase in speed for 3-5 steps.



G. Changes in Speed: Sudden stops by doing repeat sits in heel position.



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