



## **Loop exercise**

The Loop exercise is designed to build your dogs confidence when walking on a leash.

We gradually extend the walk to teach the dog to focus on you and not the environment. Once the dog starts to relax knowing that you are in control of the walk, they will learn to deal with scenarios that they encounter much better.

This exercise will build yours and your dogs confidence whilst out together.

### **Set up**

1. With your dog on your left hand side in your loose leash walking position, wait for your dog to look up at you to ask permission, then use your release cue and start to walk.
2. Walk between the perimeter of your house only. Back and forth with your dog being rewarded for concentrating on you. **This will be continuous reinforcement.**

### **How to build this exercise**

3. Once your dog is very comfortable at walking from end to end of your house only. You then move the walk on to the end of the next house only. Then return back to the furthest end of your house. So only one more house distance is included.
4. This can then be increased slowly at the dogs pace to incorporate the house the other side of your house. Now you should be incorporating only yours and one house each side of yours. Walking back and forth.
5. Very gradually you will extend your walk to incorporate one house at a time each side, until your dog is focused on you and enjoying walking up and down your street.
6. When you and your dog are enjoying the walk up and down your street very easily and confident, continue the exercise on the other side of the road. Starting with the one house facing yours, your dog will learn that the other side of the road is wonderful to walk down also.
7. If at any time your dog becomes unsure or worried, say nothing to him, turn and go back to the first stage of just walking up and down the front of your home, where you know he is confident.
8. Once your dog becomes calm again, start to build your loop again. However, you can build the loop quicker as you know your dog is confident on this walk.

Patience is the way forward with this exercise.

Happy training.