

Training Plan: Treat/Retreat

Time: 30 seconds-1 minute to start. Max 5 minutes

Supplies: Treats, treat bag. If working with an animal in protected contact, be sure to have ex-pens. Additionally, leashes and long lines should be used when introducing new people or working in a larger space like a yard.

Goal: To teach dogs to approach and move away from people and to help them become more comfortable doing so.

Instructions:

Step 1:

1. While seated, wait for the dog to approach the **edge of their safe zone**.
2. Once they have reached the edge of their safe zone, toss a treat toward the dog's feet.
 - a. The treat should be tossed as close as possible to the dog.
 - b. Don't use treats to lure the dog towards you into the not-safe zone.
 - c. The dog should be able to stand watching but not feel like they have to run away.
 - d. Food can be used to keep the dog back, especially if they like to come in hot, then realize they are too close for their comfort.



Step 2:

1. Once the dog has eaten the first treat, toss a treat out deep into the **safe zone**
 - a. Give the dog a chance to say they don't want to engage in this exercise anymore.
2. Then toss another treat into the **safe zone**.
 - a. At this point, the dog might come to the same spot, move in closer, or reset and move further away.
 - b. Only the dog will move the **edge of the safe zone**—refrain from moving yourself closer to the dog.
 - c. Don't use treats to lure the dog toward you.

Step 3:

1. Repeat steps 1 and 2!

- a. Watch for:
- i. Smooth movements
 - ii. Balanced stance
 - iii. No, stretching, leaning, or ticked rear-ends
 - iv. The dog should move away in search of food, not to get away from you
 - v. The dog should have the reluctance to end the session

Progression

