



“The Learning Dog” Training and Enrichment Center

TEACHING A “SIT”

A “sit” is one of the most important things to teach our dogs. And, it’s also one of the easiest.

Take a treat, cupped in your hand while your pup is standing and lure your pup into a sit by moving your hand up and over your dog’s nose to the back of his head (palm up).

As soon as he backside hits the floor, happily say “good sit!” and reward with the treat.

Repeat 5x.

(Do not say the word first – your dog doesn’t know what “sit” means yet)

Once your pup is following your lure regularly, you’ll now begin to add the word first.

With treat in hand again begin to lure your pup into the sit and as you do so, add the word drawn out.

SSS-III-TTT saying the “T” as their bum hits the floor. Reward when they sit.

Repeat 5x.

Once your dog is doing this regularly, you’ll now ask for the “sit” first.

Get your treat and ask your dog to “sit.” Remember to say this calmly but confidently.

If you pup does it, reward big time!!!!

If not, give him a second. Be patient. Your dog may need to process what to do. If he does something other than the sit say “wrong” and wait. If he still isn’t figuring it out then don’t worry, you just moved a bit too fast. Go back to the step he was last successful and practice. Then try the final step again.

Remember - be patient.

As your dog progresses, you should incorporate the hand signal as you fade the treats out. The hand signal for “sit” is an open, palm up hand going up towards your shoulder bending at the elbow. The point of teaching a hand signal is two-fold. First, dogs often respond better with hand signals(visual) versus verbal commands. Secondly, the hand signal gives you a distance advantage. If your dog got away from you and was about to run across the busy street, you could put him into a sit (if you’ve practiced enough so that it’s reliable) however with a lot of noise, he probably won’t hear your voice. But, he CAN see the hand signal.

Once your dog knows a sit, use that to your advantage. Before the leash goes on, have him sit. Before he goes out the door, have him sit. Have him sit before receiving his dinner. Have him sit before receiving a pet in public. The list goes on.

Practice is very important. But just because your pup knows how to sit, it doesn’t stop there. Now practice your sits in other places; outside on the grass, down the street, in the pet store.

Sit should be second nature. It’s a great alternative to unwanted behaviors.