

THE CHECK-IN GAME PHASE 1

(first indoors off leash, then outside with your dog on a 6-foot leash)



GOAL:

Your dog offers attention to you regularly without your asking

WHERE:

Inside your house or in your yard

TRAINING EQUIPMENT:

A wearable treat bag filled with treats, a marker signal (verbal or clicker), a 6-foot leash

PREPARATION:

Practice first in a **no-distraction** environment, such as a quiet room inside your home, with your dog off leash. Wear a treat bag with treats and be ready to use your marker signal.

SCAN ME



for details of Lisa Waggoner's book,

**The Original
Rocket Recall™:
Teach Your Dog
to Come**

rocketrecall.com

What could be better than your dog regularly offering you his attention even when you didn't ask? The three phases of the Check-In Game will help your dog learn just that. Whether you're enjoying on-leash or off-leash walks with your dog, he'll learn to regularly look toward you (check in) as you go about your walk. In this first phase of the Check-In Game you'll work indoors off leash, then outside with your dog on a 6-foot leash.

Training:

- Stand still and observe your dog without talking. Your goal is to say **nothing at all** while looking at your dog.
- The **instant** your dog orients toward you or looks at your face, mark/feed, and verbally praise your dog, then remove attention from the dog. Removing eye contact gives the dog permission to visually explore the environment.
- Continue to watch the dog with your peripheral vision and the moment the dog orients toward you again, mark/feed and praise.
- Repeat the game in various rooms of your home.
- Once your dog is consistently offering his attention to you indoors, practice with your dog on a 6-foot leash in slightly more distracting areas around your home (for example, on the front or back porch or patio), before moving to your front or back yard where there are lots of distractions (animal scents on the ground, passersby, etc.).
- Your goal is to help your dog always get it right. This is not about testing his limits with a newly learned skill.

Problem Solving:

- If your dog's eyes are glued to yours, toss a treat to the floor behind the dog. As soon as the dog finishes eating the treat, he will likely look toward you again. Then mark/feed.
- If your dog seems very distracted, instead of a full look toward you, take any approximation of looking your way. You could mark an ear turn your way or a slight turn of the head toward you.
- If at any time the exercise isn't successful, move to a lower distraction area and/or raise the value of the food used to reinforce the dog.