

# THE CHASE ME GAME PHASE 1

(with your dog on a 6-foot leash)



## GOAL:

Your dog *eagerly* follows you when you say your recall cue and trot three feet away

## WHERE:

Inside the house or in your yard

## TRAINING EQUIPMENT:

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

SCAN ME



for details of Lisa Waggoner's book,

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

[rocketrecall.com](http://rocketrecall.com)

Once you've created a very happy association with the cue you use to call your dog to come to you, you're ready for the Chase Me Game. Playing this game takes advantage of your dog's natural genetic desire to chase. Chasing is inherently exciting for a dog, and each time the dog chases the more reinforcing chasing becomes for him. Be animated and enthusiastic in your approach to this fun exercise. Find your inner cartoon character!

## Training:

- With your dog on leash and your body facing *away* from him, look in his direction and say his name. He should immediately look at you because of all the Name Game training you've done.
- The instant he looks toward your face, say your recall cue, "Shazam!" in a very happy tone of voice and trot 3 feet *away* from him.
- As he starts to follow you, continue to verbally encourage him. When he's in movement with you, mark his behavior of following you, turn toward him, and as soon as he reaches you, put your hand on his collar and feed him a treat while telling him he's the best boy in the world.
- After you deliver the first piece of food, tell him again what a fabulous boy he is ("You're the best dog in the whole, wide world!") and continue to feed him one tiny piece of food after another for 15 to 30 seconds while you continue to exuberantly praise him. Keep in mind that 15 to 30 seconds will seem like an eternity to you, yet your dog will love lengthening the duration of the reinforcement.
- Repeat this sequence 5 or 6 times until your dog is eagerly following you.

## Problem Solving:

- If you have any difficulty with this particular exercise, consider the value of your reinforcer and scan the environment to see if there's something that's distracting to your dog. You might need to raise the value of the reinforcer and/or lower the distractions in the environment. If you're unable to lower the distractions in the environment, move to another location where there are fewer distractions or return to the game where your dog was last successful.
- If your dog shies away from your hand as you reach for the collar, it's good information. Set aside time apart from this game to help your dog learn to enjoy a reach for or touch to his collar. Do this exercise: Slowly reach toward the dog's collar with one hand (coming under the dog's muzzle toward the collar) while simultaneously delivering a high-value treat to the dog with the other hand. Repeat in separate training sessions as many times as it takes for your dog to feel happy about being touched and/or gently held by the collar.

Spend a week or so practicing Phase One of the Chase Me Game in and around your house, always with your dog on a 6-foot leash. When he's eagerly moving with you 100% of the time, you're ready for Phase Two. Throughout the training process don't forget to always tell him he's the best dog in the whole, wide world!