

BASIC SIT-STAY PLAN

GOAL: At the end of training, the dog will hold a sit (on a hand signal or verbal cue) while you walk in a circle around the dog in either direction.

NOT TO FORGET:

Before beginning this plan, complete the [Teaching a Dog to Sit](#) training.

For each step, give the cue once as directed (food lure, hand signal, verbal cue etc). If dog gets it right (gives the desired behavior), feed him the treat. If not, wait a few seconds to give him a chance to respond. If after that he does not, or if he walks away or does something else, get dog's attention and try again.

GRADING RULES:

Work in sets of 5 tries.

- If the dog gets it right 4 or 5 times out of 5, move to next step.
- If the dog gets it right 3 times out of 5, repeat the current step.
- If the dog gets it right 1 or 2 or times out of 5, drop to the previous step.
- Always reward the dog in a sit position. If he gets up when you're reaching for treats after a distraction, get him back into a sit before giving him the treat.

THE PLAN:

Step	What the dog needs to do to get treats	# right
1	Hold a sit for 1 second with a treat ~2' away from the dog at his nose level.	
2	Hold a sit for 3 second with a treat ~2' away from the dog at his nose level.	



3	Hold a sit for 1s with a treat 2-3' away on the ground. (If he moves, cover or grab the treat away so he can't pick it up.)	
4	Hold a sit for 3s with a treat 2-3' away on the ground.	
5	(Stand on other side of dog) Hold a sit for 1s with a treat 2-3' away on the ground.	
6	(Stand on other side of dog) Hold a sit for 3s with a treat 2-3' away on the ground.	



THE PLAN (cont):

Step	What the dog needs to do to get treats	# right
7	Hold a sit while handler takes one step to the left, then returns to starting position	
8	Hold a sit while handler takes 2 steps clockwise around the dog & back to the starting position	
9	Hold a sit while handler takes 3 steps clockwise around the dog & back to the starting position	
10	Hold a sit while handler walks 1/2 way clockwise around the dog & back to the starting position	
11	Hold a sit while handler walks a full circle clockwise around the dog	
12	Hold a sit while handler repeats steps 7-11 in the counter-clockwise direction	
13	Hold a sit (on a hand signal or verbal cue) while you walk in a circle around the dog in either direction	

