



Follow-Up Training Instructions for Zola

Transfer Session #1	Date: 01/30/20
Training Instruction for: Zola	
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Review and Progress

Zola has had 2 Day Training Sessions to learn “touch”, “chill” and “mat” to help address two areas – recall when off leash and also being calm when people come to the house. The training so far has been done inside the house, without distractions. She understands that the word “Yes” means that she has made the right choice and gets a treat. She likes to work for food. She has also shown that she likes to play with the puzzle ball which is good for her mental stimulation and confidence.

Training Instructions

1. **Touch** – Extend your hand down in front of you, with your palm out. Move backward to have her follow and say the word “Touch”. She should touch her nose to your hand. At the very moment she does, say “Yes” and give her a treat. **Cue: Touch Variation:** You can have her run back and forth between the two of you.
2. **Chill** - Stand in front of the couch and say “Chill”. When Zola jumps on the couch, say “Yes” and give her treat. Tell her to “Wait” and walk a few feet back, count to 5, walk slowly back and say “Yes” and give her a treat. Then Release her by saying “OK”. When she jumps off the couch, say “Yes” and throw a treat on the floor. **Cue: Chill, Wait and OK**
3. **Mat:** Sit in chair or couch with mat next to you. Point to mat and say “Mat” and as soon as she lies down, say “Yes” and give her a treat. Continue to sit and give her treats every few seconds for sitting quietly. No need to say anything. This is reinforcing her relaxing on the mat. Can use “OK” to release her from the mat, say “Yes” and throw treat. **Cue: Mat, OK**

Remember:

1. Keep training sessions short – 1-2 times a day for 5-10 minutes without distractions.
2. Wait for Zola to do the right thing before giving her a treat. Don’t let Zola see a treat or see you reach for a treat. Wait for her to make the choice. Keep hand still at side.
3. Never say a cue more than once. If she doesn’t respond, throw a treat on the floor and say “Find it” to reset her. She picks up on physical signals before the cues.
4. Once she gets at least 8 of 10 times correct, you can make it slightly harder. For “Wait” on couch, extend from 5 to 10 seconds. If she gets off before, just go back to last success. For Touch, you can try moving your hand to the side of your body. End each session on a positive note. If she whines or seems frustrated, have her “sit” – say “Yes” and give her a treat to end the session on a successful note.

