

PALLADIUM
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MJ'S PET TRAINING ACADEMY, LLC
GUIDE

DRILLS TO IMPROVE PET DOG MANNERS

Follow these drills for more
productive practice sessions
and learn how to design your
own.



BY MJ VIERA

Drills to Improve Pet Dog Manners

Written by MJ Viera

MJ's Pet Training Academy, LLC Guide

Part 1

This ebook will be sent out in sections and later available as a single pdf. Enjoy!

In this guide written by MJ Viera of MJ's Pet Training Academy, LLC, you'll find a variety of drills and exercises designed to inspire creativity and improve the everyday skills of your beloved dog. Whether you're a pet owner looking to improve your dog's behavior at home, or a professional trainer seeking new ideas for your clients, we hope this guide gives you new ideas for training games to play.

Introduction

Training your dog to be well-behaved might not always be the most exciting part of the process, but it's undoubtedly the most important. After all, well-mannered dogs make excellent companions! However, training doesn't have to be dull or repetitive. By mixing up the drills and exercises you use, you can keep things interesting for both you and your dog.

The purpose of these drills is to add variety and keep things fresh. Don't get stuck in a rut – mix things up, change them up, and feel free to add your own twists. A practice session that leaves you wondering what to do next isn't very productive, so use this guide to help you create more engaging and effective practice sessions for your everyday pet skills.

Sports vs. Pet Dog Training

Training a dog for a sport like obedience or agility isn't all that different from training a pet dog for everyday life skills. In fact, many pet owners can benefit from adopting a more sport-like approach to training their dogs. When you set clear goals and commit to a regular training routine, your relationship with your dog will transform.

For competitive handlers, training for a sport involves preparing for the heavy distractions found at shows and trials, as well as training for a responsive dog even in the absence of food rewards (which aren't allowed in the obedience ring). However, when it comes to training pet dogs, there is no single standard or rule book outlining which skills the family pet should know. It's up to the owner to define what they want their dog's behavior to look like.

So, what should you practice with your pet dog? Before moving on, it's a good idea to start thinking about your own standards for a well-trained dog. These two exercises will help you reevaluate your goals and come up with new ideas:

Exercise 1: Set a timer for two minutes and write down as many skills as you can think of that you'd like your dog to learn, as quickly as possible. Don't overthink it – just write down whatever comes to mind, no matter how silly or outrageous it seems. The only rule is that you must only write down things you want your dog to do, rather than things you want them to stop doing.

Exercise 2: Repeat the above exercise, but this time write down everything you wish your dog wouldn't do (e.g. begging at the dinner table).

Once you've completed these two exercises, take a look at the lists you've created. Are there any skills that overlap or are related in some way? How are the skills on your "do" list different from the ones on your "don't" list? Are there any surprises on either list? The next step is to start setting some goals.

Choose a few items from each list and use them as the basis for your training plan. Remember, it's important to mix things up and keep things interesting, so don't be afraid to try new drills and exercises.

In the following sections of this ebook, you'll find a variety of drills and exercises designed to help you achieve your training goals.

Setting Up Reminders to Practice

One of the keys to success in training your dog is consistency. Regular practice sessions are important for helping your dog learn and retain new skills, but it can be easy to let things slide if you don't have a plan in place. That's why it's a good idea to set up reminders to help you stay on track and motivated.

One effective way to do this is by using visual cues to remind you to practice. For example, you could put your dog's training bag in a visible location where you'll see it every day. This could be in your kitchen, by the front door, or in your office – wherever you'll see it frequently. Seeing the bag will remind you to take a few minutes to work on some training with your dog.

Visual cues can be especially powerful because they work on a subconscious level. When you see the bag, your brain may automatically be triggered to think about practicing with your dog, even if you're not consciously aware of it. This is because our brains are wired to pay attention to visual stimuli, and we're more likely to remember something if it's paired with a visual cue.

In addition to using visual cues, you might also consider setting up alarms or notifications on your phone or computer to remind you to practice. You could schedule these for a specific time each day, or use them as a way to remind you to take a few minutes to work on training whenever you have a free moment.

It's also a good idea to keep track of your progress and celebrate your victories. This can help you stay motivated and focused on the long-term goal of training your dog to be well-behaved. You might want to keep a journal or log of your practice sessions, noting any challenges or successes you encounter.

Ultimately, the key to staying motivated and on track with your dog's training is to find what works best for you. Everyone is different, so experiment with different approaches until you find something that feels right. And remember, training your dog should be enjoyable – so don't hesitate to have some fun with it!
