



# Duration Down

Hold your dog to the criteria of a down, with elbows on the floor, rear on the ground, one stillness, regardless of your position.

Cue the down. Mark, but reward only if all criteria are met. Don't be in a hurry to feed.

Supporting games: Airplane Game and Mouse game. We are watching:

- Where dog's weight is: forward, back, or neutral. Feed for neutral.
- The elbows and rear. Feed when they are on the floor.
- Energy. Feed for stillness. Work towards calmness.

Only another cue releases them.

Create distractions to strengthen duration. Try:

- standing up
- moving around
- walking away
- swinging your arms/legs
- dropping treats/play with a toy/ toss a toy

Power up your release word. (the more value you have in your release word, the less likely your dog will break position on their own.):

- Alternate between fast downs with immediate release and duration downs to work on arousal up/arousal down.
- Play with food and toys while your dog maintains position.
- With toy or baited food bowl out in front of the dog, cue the down. Or, toss a treat or toy out in front of the dog and then cue the down. Release the dog to go and get the reward on a "get it" cue.

Add a chin target to the floor for a fun trick.