



Homework for the stand command

Week 1:

- Practice F.O.L.L. for 2 minutes in the living room. This is a warmup.
- Tell your dog to sit for 30 seconds and release after 30 second. Repeat this 5 times in a row.
- Tell your dog to sit and stay for 1 minute.
- Go to the right side of your dog and ask it to stand for 10, 20,30, 40, 50 or even 60 seconds.
- Have your dog on your left side and tell your dog to heel for 30 seconds.
- Tell your dog to sit and stay for 10 seconds and release after 20 seconds.
- Repeat all these as many times as possible for 20 to 30 minutes.

Week 2:

- Practice loose leash walking for 2 minutes in the living room. This is a warmup.
- Tell your dog to sit and stay for 1 minutes. Go around your dog in a big circle, slowly and go back to your dog's right side.
- Ask your dog to stand for 30 seconds.
- Have your dog on your left side, release and tell your dog to heel for 30 seconds. Then tell your dog to go F.O.L.L.
- Soon tell your dog to sit and stay for 1 minute. Go to the end of the leash and tell your dog to come to you and ask it to sit and stand for another 30 seconds.
- Repeat as many times as possible for 20 to 30 minutes.

Week 3:

- Practice loose leash walking for 3 minutes in the living room. This is a warmup.
- Ask your dog to sit for 3 minutes and release after 20 second. Repeat this 2 times in a row.
- Tell your dog to sit and stay. Go to the end of the leash and call your dog to you.
- Go to the right side of your dog and ask it to stand for 1 minute.
- Have your dog on your left side and tell your dog to heel for 1 minute. Then tell your dog to go F.O.L.L.
- Soon tell your dog to sit and stay for 1 minute. Go to the end of the leash and tell your dog to come to you and sit and soon ask it to heel and finish with a sit and release.
- Repeat as many times as possible for 20 to 30 minutes.