

IYC (IT'S YOUR CHOICE)

LEVEL THREE

GET READY:

- ✓ Yummy treats
- ✓ Decide on a release word for your dog such as "Get it!" or "Take it!"

GET SET:

- ✓ Have your treats easily accessible (pocket, pouch, etc.)
- ✓ Start with your dog in front of you
- ✓ You can do this standing, but I find that the easiest way is initially to be sitting or kneeling on the floor with your dog.

GO:

- ✓ Begin by dropping a few treats on the floor in front of your dog. Allow the dog to make a choice, either attempt to grab the treats or back off and wait for you to tell them it's ok.
 - If the dog attempts to grab the treats, immediately cover them with your hand or foot. **DO NOT LET THE DOG STEAL THE TREATS!**
 - The dog will try everything they can to get the treats: pawing, mouthing, nipping, licking, etc. Endure the dog's efforts, while not pulling your hand or foot away or reacting to the attempts. Let them pass. This may take a while initially.
 - The second you see the dog start to pause in their attempts, uncover the treats. If they come back cover with your hand or foot again.
 - The idea is to get the dog to realize that your hand or foot only moves when they back off. Once the dog lets you uncover the treats, and doesn't immediately lunge for the treats, mark and reward.
 - Reward the dog for not attempting to steal the treats and waiting for you to tell them it's ok.
 - Start increasing and varying the time and distance the cookies are dropped/tossed in front of them before you give them one. This will build impulse control.
- ✓ Once you are able to toss the cookies on the floor anywhere in front of your dog, and they don't make any movement forward (or better yet move back!), you can move on to Level Four.

