

Touch Train

The following steps are set up to be printed with one day per page on legal-sized paper. I used a top margin of 1", bottom margin of .5", left margin of 1" and right margin of 1.25".

The steps are self-explanatory -- I hope. I suggest using the word "touch" as the cue word and introduce it in step 10, but of course you could use any word. If you use a clicker, you probably already know that you can click instead of saying "yes."

You're welcome to copy and use these instructions in your classes as long as you give me credit for them.

If you have any questions, you can reach me at BarbaraRR@aol.com. I'd love to get your feedback.

Hope you have fun with these!

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HOMEWORK: These exercises will teach your dog to touch your hand. It seems like a simple thing to have your dog do, but it can help you control and direct your dog. Also, it prepares you and your dog for targeting. Please don't skip any steps. The reason there are so many small steps is to give your dog lots of reinforcement as he or she learns what to do.

FIRST DAY

First Step:

- Hold a treat behind your left hand
- Hold that hand in front of your dog's nose, palm toward dog.
- Don't give your dog a command... but when your dog touches his nose to your hand, say "YES!" and give your dog a treat from your other hand.
- Time it so you say Yes! the exact instant the dog's nose touches your hand.
- Repeat until you get 5 touches, and your dog gets 5 treats.

DONE? OK, go to Step 2.

Step 2:

1. Put 10 treats in your right hand, and put that hand behind your back.
2. Hold left hand, palm out, in front of dog's nose. Don't move that hand. Don't say anything. Wait for your dog to come to you.
3. When your dog touches your hand, say "YES!" and give the dog a treat from your right hand.
4. Repeat 10 times AS FAST AS YOU CAN!
5. When your 10 treats are gone, go to step 3.

Step 3:

Find a clock with a second hand or a timer.

Repeat Step 2 and time how long it takes you.

Is time **under** 60 seconds? If so, go to the next step.

Is time **over** 60 seconds?

If it is over 60 seconds, go all the way back to step one and start over.

Don't worry, it'll go faster this time.

Step 4:

Pat yourself on the back!

You have done VERY WELL!

You and your dog deserve a break, so take a little time off before you go on to Step 5.

Step 5:

1. Put 10 treats in your LEFT hand, and put that hand behind your back.
2. Hold **RIGHT hand, palm out, in front of dog's nose**. Don't move that hand. Don't say anything. Wait for your dog to come to you.
3. When dog touches your hand, say "YES!" and give the dog a treat from your left hand.
4. Repeat AS FAST AS YOU CAN!
5. When your 10 treats are gone, go to Step 6.

Step 6:

Find a clock with a second hand.

Repeat Step 5 and time how long it takes you

Is time **under** 60 seconds? If so, go to Step 7.

Is time **over** 60 seconds?

If so, repeat Step 6 until you can get 10 repetitions in 60 seconds, then go on to Step 7.

THAT'S IT FOR DAY ONE! HOORAY TO YOU!!

SECOND DAY

Step 7:

1. Put ten treats in your left hand and put that hand behind your back.
 2. Put your **right hand at your side**, palm out. Don't say anything. Don't move your hand.
 3. When your dog touches his/her nose to your hand, say Yes! and give the dog a treat.
 4. Repeat as fast as you can!
 5. When your 10 treats are gone, go to Step 8.
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Step 8:

Find a clock with a second hand or a timer.

Repeat Step 7 and time how long it takes you

Is time **under** 60 seconds? If so, go to Step 9.

Is time **over** 60 seconds? If so, repeat Step 7 again.

If time is under 60 seconds, go to Step 9. If it's over 60 seconds, try holding your hand a little closer to your dog. Don't wave it around, though. And then repeat 7.

Step 9:

1. Put ten treats in your **RIGHT** hand and put that hand behind your back.
 2. Put your **LEFT hand at your side**, palm out. Don't say anything. Don't move your hand.
 3. When your dog touches his/her nose to your hand, say Yes! and give the dog a treat.
 4. Repeat as fast as you can!
 5. When your 10 treats are gone, go to step 10.
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Step 10:

1. Put ten treats in your **RIGHT** hand and put that hand behind your back, same as before.
 2. Put your **LEFT hand at your side**, palm out. Don't move your hand.
 3. Say "TOUCH."
 4. When your dog touches his/her nose to your hand, say Yes! and give the dog a treat.
 5. Repeat as fast as you can!
 6. When your 10 treats are gone, go to step 11.
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Step 11:

1. Put ten treats in your **LEFT** hand and put that hand behind your back.
 2. Put your **RIGHT hand at your side**, palm out. Don't move your hand.
 3. Say "TOUCH."
 4. When your dog touches his/her nose to your hand, say Yes! and give the dog a treat.
 5. Repeat as fast as you can!
 6. When your 10 treats are gone, go to step 12.
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Step 12:

Find a clock with a second hand or a timer.

Repeat Step 11 and time how long it takes you

Is time **under** 60 seconds? If so, go to Step 13.

Is time **over** 60 seconds? If so, repeat Step 11 again.

If it's over 60 seconds, go back to Step 11 again.

Keep working at this until you get the time under 60 seconds.

And then go on.

Step 13:

YIPPEE!!! You've accomplished a great deal!!! Celebrate!

DAY THREE

Step 14:

1. **Stand a foot away** from your dog.
2. Put ten treats in your RIGHT hand and put that hand behind your back.
3. Put your **LEFT hand at your side**, palm out, and say "TOUCH!" Don't move your hand.
4. When your dog touches his/her nose to your hand, say YES! and give the dog a treat.
5. Repeat as fast as you can!
6. When your 10 treats are gone, go to Step 15.

Step 15:

Repeat Step 14 and time how long it takes you

Is time **under** 60 seconds? If so, go to Step 16.

Is time **over** 60 seconds? If so, repeat Step 14 again.

If it's over 60 seconds, go back to Step 16 again.

Keep working at this until you get the time under 60 seconds.

And then go on.

Step 16:

1. **Stand a foot away** from your dog.
2. Put ten treats in your RIGHT hand and put that hand behind your back.
3. Put your **LEFT hand at your side**, palm out, and say "TOUCH!" Don't move your hand.
4. When your dog touches his/her nose to your hand, say YES! and give the dog a treat.
5. Repeat as fast as you can!
6. When your 10 treats are gone, go to Step 17.

Step 17:

Repeat Step 16 and time how long it takes you

Is time **under** 60 seconds? If so, go to Step 18.

Is time **over** 60 seconds? If so, repeat Step 16 again.

If it's over 60 seconds, go back to Step 16 again.

Keep working at this until you get the time under 60 seconds.

And then go on.

Step 18:

1. **Stand a foot away** from your dog -- but in front of your dog so that you're both facing the same direction.
2. Put ten treats in your RIGHT hand and put that hand behind your back.
3. Put your **LEFT hand at your side**, palm out, and say "TOUCH!" Don't move your hand.
4. When your dog touches his/her nose to your hand, say YES! and give the dog a treat.
5. Repeat as fast as you can!
6. When your 10 treats are gone, go to Step 19.

Step 19:

1. **Stand a foot away** from your dog -- but in front of your dog so that you're both facing the same direction.
2. Put ten treats in your LEFT hand and put that hand behind your back.
3. Put your **RIGHT hand at your side**, palm out, and say "TOUCH!" Don't move your hand.
4. When your dog touches his/her nose to your hand, say YES! and give the dog a treat.
5. Repeat as fast as you can!
6. When your 10 treats are gone, go to Step 20.

Step 20:

You're almost ready to take this on the road. Congratulations!!

DAY FOUR

Remember: You're teaching your dog using very small steps so you can give him or her lots and lots of reinforcement. Please don't skip steps.

Step 21:

Time Step 19 which is: **Stand a foot away** from your dog -- but in front of your dog so that you're both facing the same direction; put ten treats in your LEFT hand and put that hand behind your back; put your **RIGHT hand at your side**, palm out, and say "TOUCH;" when your dog touches his/her nose to your hand, say YES! and give the dog a treat.

Is time **under** 60 seconds? If so, go to Step 22.

Is time **over** 60 seconds? Go back to Step 19 again.

Keep working at this until you get the time under 60 seconds.

And then go on.

Step 22:

1. **Stand two feet away** from your dog.
2. Put ten treats in your LEFT hand and put that hand behind your back.
3. Put your **RIGHT hand at your side**, palm out, and say "TOUCH!" Don't move your hand.
4. When your dog touches his/her nose to your hand, say YES! and give the dog a treat.
5. Repeat as fast as you can!
6. When your 10 treats are gone, go to Step 23.

Step 23:

1. **Stand two feet away** from your dog.
2. Put ten treats in your RIGHT hand and put that hand behind your back.
3. Put your **LEFT hand at your side**, palm out, and say "TOUCH!" Don't move your hand.
4. When your dog touches his/her nose to your hand, say YES! and give the dog a treat.
5. Repeat as fast as you can!
6. When your 10 treats are gone, go to Step 24.

Step 24:

Excellent Work!! You're on your own now. Now, you can slowly, step by step, make it harder and harder for your dog to "touch" (and more interesting for you). Some things to try:

1. Go to a new place and try touch, but when you do, go back a couple steps to make it more likely that your dog will succeed. (That is, basically, stand fairly close to your dog at first.) Have your dog "touch" until he or she is touching at a fast rate and remember to say "YES!" and give your dog a treat for each touch when he/she's learning something new or trying an old thing in a new place.
2. Try holding your hand in different positions -- up high, way out at your side, etc. Remember to have your dog "touch" until he or she is touching at a fast rate and remember to say "YES!" and give your dog a treat for each touch when he/she's learning something new, or trying an old thing in a new place.
3. Try having your dog "touch" while you're walking together. Your dog can be on leash or off leash. Remember to have your dog "touch" until he or she is touching at a fast rate and remember to say "YES!" and give your dog a treat for each touch when he/she's learning something new, or trying an old thing in a new place.
4. If you ask your dog to "touch" using one of the early steps, you don't have to give a treat each time now because you haven't made it any harder. Instead, simply say "Good Dog" for example, sometimes.