GO GET IT

🎾 Game 8 - Hand Targets II

Precision under excitement.

🎾 Why This Game Matters:

We now test clarity under arousal. Your hand becomes the reset button even when excitement rises.

🎾 What You'll Need:

- Your dog
- High-value treats
- Tug toy
- Phone on tripod

🎾 Step-by-Step-Guide:

1. Set Up

a. Begin with a short, engaging game of Hand Targets.

2. Build the Behaviour

- Restrain your dog by holding their collar or push against their chest
- Say your cue and release
- Reward with cookie throw or to mouth

3. Add a Layer

- Hover your cookie hand above your dog's head (IYC)
- Restrain, cue, release

Play with both hands. Play with and without verbal cue.

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4. Add Movement

Play tug → let go of the toy → present your hand.

Run around → stop → present your hand.

5. Raise Criteria

- Lengthen the tug session before asking for a Hand Target
- Add some distraction to the game
    - place a low level distraction on the floor and play with restrain
    - increase distraction level to 8 in layers

You want at least 6 firm and precise Hand Targets before moving on.
Can you use one of the distractions as a reward?

🎾 Daily Use:

Creating arousal to prepare for other games. Is your dog in the headspace to work?

Play at least 5 times today with 5 Hand Targets II on each hand.

Remember to keep your criteria up and don't settle for less!

🎾 Troubleshooting:

My dog is driving by:

- Look at arousal level or distraction level
- Review value for Hand Targets

🎾 Checklist:

1. Is arousal productive?
2. Are responses immediate?
3. Are mechanics clean?

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