



Muscle Memory

To develop muscle memory, platforms or other aids that cause the dog to be right every time have a lot of value. Be sure to create a platform that is sized correctly to the dog. Lining yourself up correctly to the platform will cause the dog to be straight on the sit box. If you call your dog onto a platform hundreds of times, from different angles, your dog has the opportunity to practice being right 100% of the time, without much thought at all (just get up on the sit box!). When the platform is gone, the dog's muscles already know what to do to end up straight. Train well and have fun!

BUILDING RELIABLE POSITION:

Exercise: **Pocket Hand**

With your dog in heel position, feed from index finger and thumb, while holding other three fingers lightly around the dog's muzzle for position.

Exercise: **Sit Box**

A sit box is any raised surface that is just big enough for your dog to sit on.

It gives your dog...

- a defined space to perform a sit.
- a clear indication of what you want.
- Just enough space to be correct
- confidence to work without over-thinking how to be correct
- muscle memory

The uses for a sit box are endless!

Game 1: **Power up the sit box**

Method: Shape or lure your dog to target the sit box. Very, very gradually, work up to one foot on, then two, then four, then sit. You can eventually work on duration, distance, and distraction.

Game 2: **Sit box fetch**

Method: Using oppositional reflex, hold your dog back and toss a toy. When your dog returns with the toy to position on the sit box, reward.

Break Fun!

Game 3: **Using a cone to create a clean finish into heel**

Put sit box in heel position and the cone next to it. Ask your dog to stand/wait approximately 5 feet in front of you. Lure with treat to go around the cone and sit on sit box.