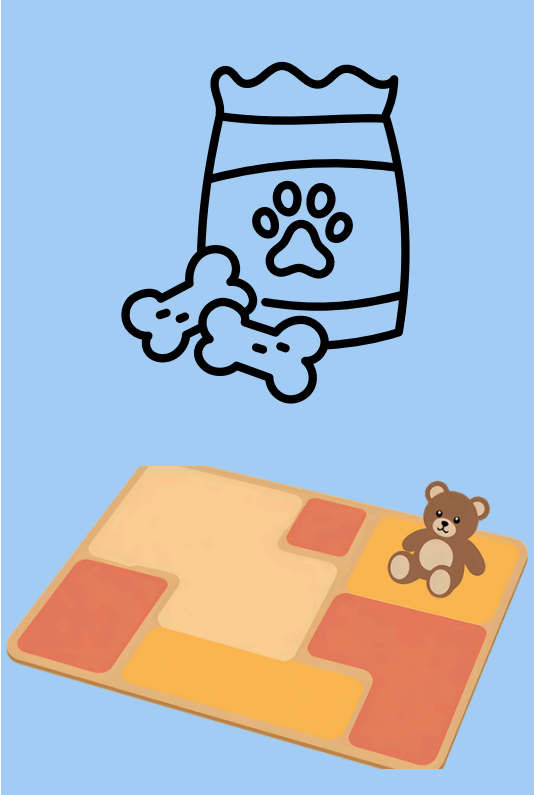


MAT WORK

PREPARATION AND EQUIPMENT



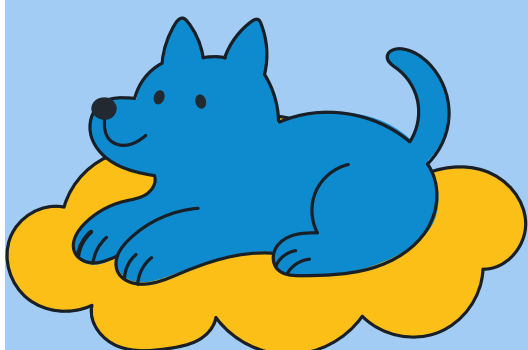
- Get a mat roughly the size of a bathmat
- Have some tasty treat rewards
- Begin your training somewhere quiet

STEP 1



- Lure your dog onto the mat with a treat
- Reward when they have at least some of their body in position
- Get them to sit or lie down on the mat

STEP 2



- Practise in different rooms and locations such as the garden
- You want the dog to understand that they sit on the mat wherever that might be
- Start to call your dog on to the mat without the treat lure. Reward



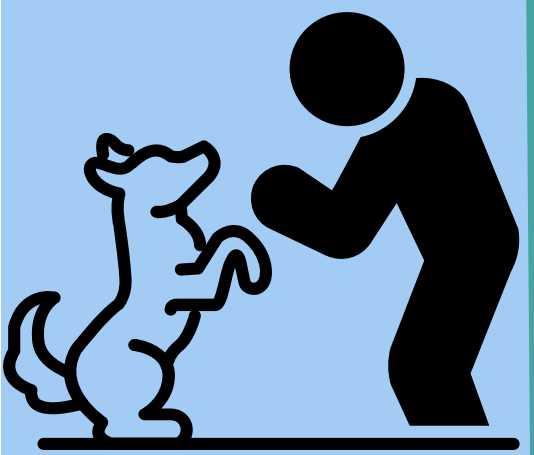
MAT WORK

STEP 3



- Build duration of the stay by taking a few steps away from your dog
- return and reward
- Go in different directions
- Don't build steps incrementally do 3 then 6 then 2 et

STEP 4



- Work in position nearer the front door or wherever you want your dog to remain on their mat
- Start moving towards the door in small stages
- Always return and reward the dog
- Touch the door, move the handle etc
- All steps can be broken down further if the dog needs more practise - don't rush this

STEP 5



- Open the door a fraction of an inch, close and return to reward the dog
- Say hello to Mr Nobody, return and reward
- Progress to being able to open the door wider as if taking in a delivery
- At this stage you can start to add in the doorbell and real visitors



MAT WORK

DO



- Always finish on a high
- Reward the dog for every stage until they get the hang of it
- Reinforce all steps before if dog is struggling
- Stay calm and keep your voice light - the dog is trying their best
- Let your dog know when you are finished with a “break” or “end” cue
- work on internal doors first if front door is too difficult

DON'T



- Try to do more and end up failing - quit while you are ahead
- Make the sessions too long - a few mins is fine
- Repeat the “stay” cue unless the dog moves or looks like they are about to break
- expect too much - steady progress is still progress.

