

GO TO MAT

Dog goes to mat on verbal cue, lies down, and stays with normal household distractions for 2 minutes.
Pre-req: Dog will do a down/stay for 60 seconds.



STEP	WHAT YOU DO	WHAT THE DOG DOES	CONSEQUENCE
1	Place mat in desired location.	dog sniffs of checks out mat	pay/reward with food
2	Lure dog onto mat	dog puts all 4 paws onto mat	same
3	Lure onto mat then hand signal down	dog lays down	pay in down position
4	Hand signal dog to mat	dog puts all 4 paws onto mat	pay/reward with food
5	Add verbal "Go to your mat/bed" then Hand signal dog to mat, give dog verbal "down" command (hand signal if necessary)	dog lays down	pay in down position
6	Verbal "Go to your mat/bed" then pause for 3 seconds then Hand signal to mat and verbal down (no hand signal)	dog lays down	pay in down position
7	Verbal "Go to your mat/bed" then wait for dog to target mat and auto-down	dog lays down	BONUS payout! Pay in down position
8	Verbal cue, slowly increasing distance (can use hand signal if needed as you increase distance) between you and mat, wait for auto-down.	dog lays down	pay in down position. Give bonus reward as difficulty increases with distance.
9	Continue with standard down/stay plan to build duration with distractions on mat	dog lays down, holds stay for up to 2 minutes with distractions	pay in down position. Give bonus reward as difficulty increases with distractions and duration..