		Leash Pressure Exercise Training Plan	
		Goal behaviour- An automatic release of pressure on the collar or harness when pressure is applied	
		Use the Push Drop Stick criteria for this exercise: do FIVE reps at a time. Count your successful reps. If you have 4 or 5 successful reps increase your criteria, if you have 3 out of five stay at this level til you hit 4 or 5, if you have less than three you need to lower your criteria.	
		Criteria	
Step			**#/5**
1		With the leash attached to the collar, sit on a chair or on the floor and with the leash in hand and shortened to about 1.5 feet add tension enough to the leash (parallel with the floor) to make it go straight but not to pull the dog in it's direction. While maintaining the pressure evenly, wait for the dog to move into the pressure even a very tiny bit making the leash tension release, C/T	
2		Repeat step one with the other hand (in other direction) remembering to keep leash parallel to floor.	
3		Going back and forth with each hand work towards getting faster and faster responses to the leash pressure	
4		Switch to standing and repeat from beginning	
5		Start moving back and forth with the dog, when the dog responds to the light pressure on the leash and dog moves your way, click and treat.	
6		Take more steps in each direction C/T when the dog has moved out of the pressure and is NEXT TO YOU in a Loose Leash Walking postion	
7		Click/Treat for moving with you for 5 Steps either way and the dog is with/next to you. Reward IN position near your leg.	

Working in a Harness/Same process

Adding Difficulty

To another room

To your yard

To the front of your home or building

To a park or place where there are people (a bench near a shopping area for example)

With items that your dog may want- food treats, toys, other dogs, people they want to greet etc. When they release tension C/T. You CAN if it's safe allow them to move towards the item or have the item but I recommend you be conscious of what you choose to let the dog have AND be sure to use a cue "GET IT" or "Go Say Hi" if it's a dog or person

Where the Conversation Begins