

# 123 GAME

**FROM CONTROL UNLEASHED  
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## 1

### **BUILDING VALUE FOR THE NUMBER 3**

Stand in front of your dog at home. Say "three!" and follow with a treat. Remember to bring the treat out after you have said three. Once your dog brightens up upon hearing "three", you can add the number "two". Count, "two, three!" and follow "three" with a treat. After a few repetitions, add "one". Count "one, two, three!" and follow three with a treat.

## 2

### **ADD MOVEMENT**

Load treats into your hand and hold them up to your dog's nose. Keeping the treats at your dog's nose level like a magnet, take a few steps backward while counting, "1, 2, 3". Open your hand and give your dog one treat on "three". Continue to practice having your dog follow you as you walk backwards repeating the 1-2-3 pattern and always rewarding on 3.



### **WALKING BESIDE YOU**

Have your dog follow your food hand until they are standing beside you. Practice a few repetitions of "1,2,3" stationary, while they stand beside you. If your dog stays in position, add some movement forward. Use your hand like a magnet to keep your dog by your side while walking and counting.

## 4

### **FADING THE FOOD LURE**

Once your dog is sticking beside you as you walk and count, try without food in your hand. Get your dog beside you and in a stationary position, count 1,2,3. On "three", reach into your treat pouch and deliver a treat. If your dog does well stationary, try moving as in step 3, but this time, food only comes out after you have said "three".

## 5

### **ADDING THE LEASH & TRIGGERS/DISTRACTIONS**

If your dog is doing well with the above steps, try with your dog on leash. If a leash is likely to make your dog excited, practice this when your dog is tired after a walk vs. when your dog has a lot of energy.

The first time you practice in the real world, start with a low distraction environment where triggers are not present or are very far away, and increase difficulty level as your dog is successful.