

# 7

EASY

DOG

TRICKS



TOM MITCHELL

 **1 MINUTE**  
DOG TRAINING®



# STARTING OFF



Think about how you learned to read. If you can't recall, I will try to jog your memory.

First, you probably learned the alphabet and what each letter sounds like. Then, you learned how to put those letters together to sound out a word. Finally, you learned how to group enough words to create a sentence.

I won't ask you to teach your puppy how to read. That would be one smart pup! You will, however, find great success by using the same technique to teach your puppy tricks.

Start small. Your puppy's ABCs are not letters but the fundamental tricks that all others are built upon,,,

## Sit, Stay, and Come



Once your puppy can confidently sit, stay, and come, you can teach her more complex tricks.



## SIT

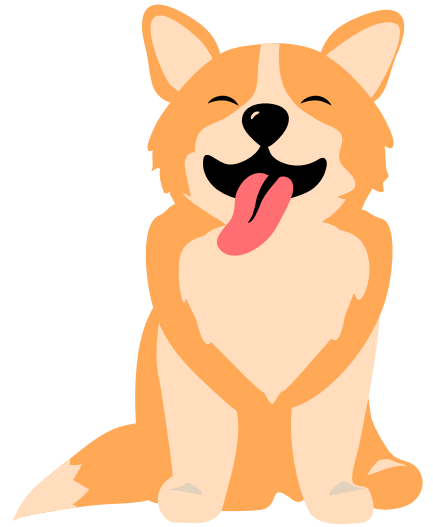


You will use the foundation of sit to work up to stay. To teach your puppy to sit: 

- 1.** Have a treat in your hand to lure your puppy's actions.
- 2.** Hold the treat level with your puppy's nose. Let her sniff it.
- 3.** Slowly move the treat past your puppy's eyes and towards the back of her head.
- 4.** This movement will likely cause her to bend her back legs and sit down. Mark this action with a "click!" or a "yes!" and give her the treat.
- 5.** As you keep practicing, you can add a hand signal and a verbal cue like "sit down please."



# STAY



Great work! Now you can show your puppy how to stay.  
To teach *stay*:

- 1.** Facing your puppy, ask her to sit down.
- 2.** Take one step backwards. If she stays in the sitting position, mark the behavior and praise her with treats and affection. If she gets up and follows you, try again until she stays. As soon as she does, mark and praise!
- 3.** Start adding a verbal cue like “stay please” or “wait please” and a visual cue such as a flat palm or closed fist.
- 4.** Try adding more distance each time you practice. You might also increase the amount of time you wait before marking the behavior and praising your puppy for staying so long.
- 5.** Experiment with varying amounts of time spent in *stay*. Eventually, your puppy will work her way up to staying put in another room before coming to find you. This is exciting game provides great mental stimulation for your pup.



# COME



Way to go! To teach your puppy to come when called, you simply build on sit and stay.

For this exercise, it will help to use a long lead. If you do not have a 15-20' leash, then a rope this length will work just as well.

To teach *come*:

- 1.** Facing your puppy, ask him to sit down.
- 2.** Next, ask him to stay. Holding on to the long lead, take a few steps back while your puppy stays.
- 3.** Enthusiastically call your puppy to come. If he comes running right away, give him plenty of praise. If your puppy hesitates to come, you can give a gentle signal on the lead to show him what you mean when you say “come please!”
- 4.** Repeat steps 1-3 until your puppy can confidently stay while you increase the distance between the two of you. If he energetically comes each time you call, he is well on his way to mastering the puppy ABCs!
- 5.** Keep your puppy guessing about how long he will stay before being called to come. This will keep the exercise stimulating for both of you. And remember to always shower your puppy with praise each time he comes when called.



**SIT  
PLEASE**



**PLEASE  
STAY**

# We want our dogs to come running because they can't imagine being anywhere better than with us.

This approach is key. It is crucial to teach your puppy that coming when called earns him TTouches and appreciation.

Many puppies learn that being called means they are in trouble. Your dog's safety could be at risk if he feels wary about what happens after he is called.

## SHAKE



**I have some hesitations about teaching our puppies shake.**

This behavior can teach your puppy to paw at you when she wants attention. If pawing is something you wish to avoid, you can skip to the next trick.

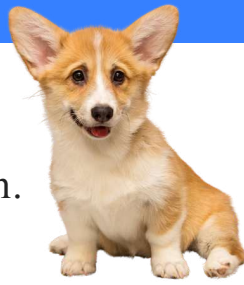


If the possibility of pawing doesn't bother you, then shake is a useful trick to learn!

When your puppy feels comfortable giving you her paw, she might be more open to having her nails clipped.

A puppy who is confident being handled in that sensitive area might do better when it comes to grooming and vet visits.

To teach *shake*:



- 1.** Ask your puppy to sit down.
- 2.** Holding a treat in your hand, close your fist and hold it where your puppy can easily reach it while staying seated.
- 3.** Let your puppy sniff your fist. Wait patiently until she responds by pawing at your hand. Mark this behavior with a “click!” or a “yes!” and give her the treat.
- 4.** As you practice, keep your shaking fist closed. Feed your puppy treats from your other hand.
- 5.** You can slowly start to eliminate the treats. You can gradually open your fist a little more every time you practice the trick. Your puppy will begin to learn to offer her paw when you reach out your open hand.
- 6.** You can also add your verbal cue. You might say, "shake my hand Fido," or something similar. Remember to reward with praise and TTouches each time your puppy gets the action right.



# SPIN



## Teaching your pup to spin is quite easy. Better yet, this trick is a real crowd pleaser!

Keep in mind that your puppy can get dizzy from too much spinning. Take lots of breaks while practicing this trick and stick to 1 minute sessions.

To teach *spin*:

1. Face your puppy. He can either be sitting or standing to start.
2. With a treat in hand, lure your puppy to spin clockwise. You might say “Spin for me!” Or “Spiral please!” **Whichever verbal cue you choose, use the same one consistently.**



My favorite treat! Thanks!

3. As soon as the spin is complete and he is facing you again, praise him and give him the treat.





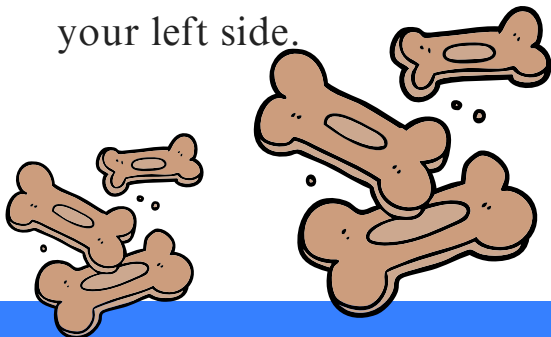
4. As you practice, phase out attracting with the treat. Your visual cue can be the same hand motion you used to lure, just minus the treat.
5. If you want to take this trick a step further, you can teach your puppy to spin the opposite direction. To do this, use your other hand to lure him into a counter-clockwise rotation. Use a different verbal marker as well: “Twist” or “Turn” would be good options.

## CIRCLE

This trick is really interactive, since it instructs your dog to walk in a circle around you. You'll both have fun practicing and showing off this new move!

To teach *circle*:

1. Ask your dog to sit in front of you. Have a treat in your right hand.
2. Move the treat to your right side and have your puppy follow. Move the treat behind your back, (switch your treat to your left hand now), and around your left side.



3. While your puppy follows your hand, you can add your cue. You might say “Circle please!”

**Circle  
Please!**

4. When your puppy reaches your left foot, ask her to please sit again.

5. Give your puppy the treat and praise her!

6. As you practice, replace the treat with a hand signal that looks like the motion you used to attract your puppy in steps 2-4.



## PAWS UP

**This is such a fun trick,  
but there are some  
things to keep in mind  
when teaching your  
puppy “paws up”.**



Your pup will need to have strong core muscles to perform this trick. Be patient if he doesn't get it right away—he might not be strong enough!

**This one's  
not for me.**

Practice this trick for only a couple of minutes each day to avoid straining your puppy's developing core muscles.

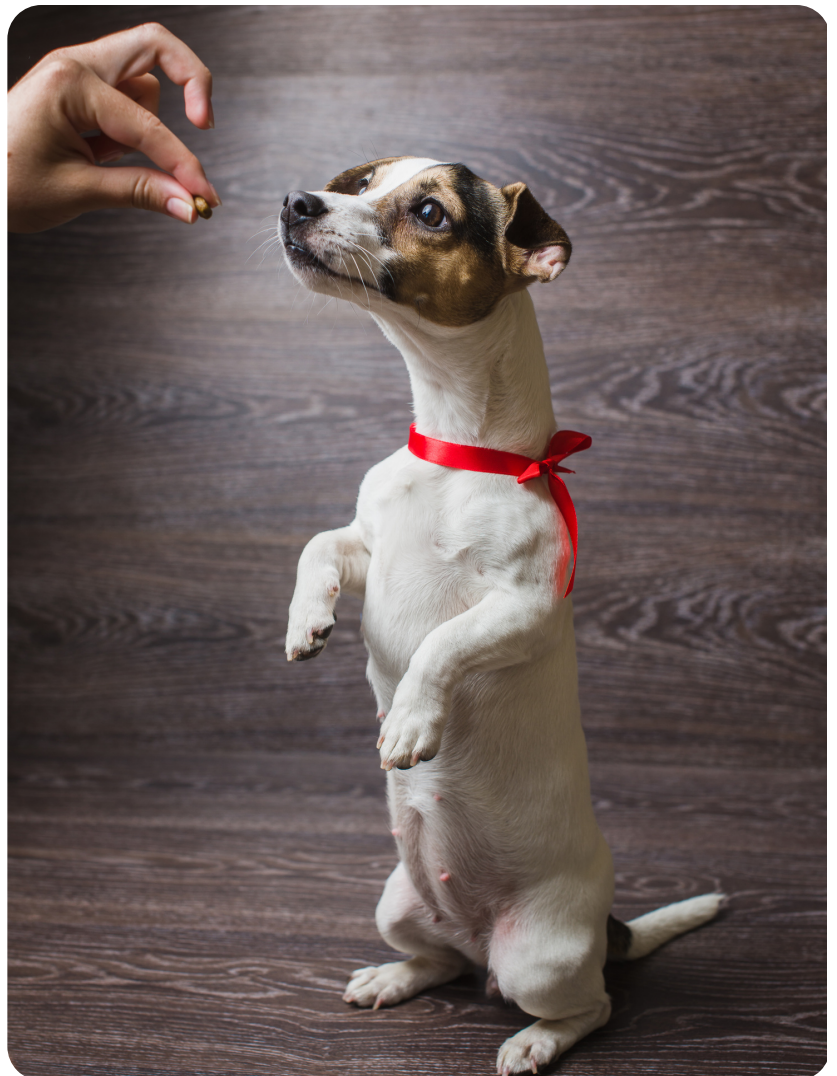


It's a good idea to have a helper stand behind your puppy. If he starts to fall over, your helper can be there to catch him.

Long-backed dogs (think Corgis and Dachshunds) and dogs with joint pain should skip this trick altogether.

Let's dive in! To teach *paws up*:

- 1.** Ask your puppy to sit. Have a couple of treats in your hand.
- 2.** Show your puppy the treats, close your fist around them, and hold them close to his nose. When he sniffs at your hand, move it over his head and directly above his hindquarters. This should cause him to lift his front paws off the ground so he is balancing on his tush and back legs in a seated position.



3. As soon as his front paws lift off of the floor, use your verbal cue like “Paws up for me please.”



4. You want to reward your puppy as soon as his paws come off the ground because it is likely a new movement for your dog.



**You can further shape the trick later into a more perfected version. For now, praise your puppy for learning to balance his weight in a new way!**

## PEEKABOO



This simple trick is a great way to build trust with your puppy.

You want to be patient, however, because trust must be built slowly.

This trick requires your puppy to stand in between your legs. Instead of stepping over your puppy to do this, which might frighten her, invite her to stand under you.

Use your calm voice and treats to lure her into the pose. She will feel much safer if it's her choice to complete the trick.

To teach *Peekabo*:

- 1.** Ask your dog to sit and stay. In one of your hands, have a treat at the ready.
- 2.** While your puppy waits in her seated position, walk in front of her so she is sitting behind your back. (Please remember that your pup must first understand sit, stay, and come to be able to successfully do this trick). Step your legs so they are more than shoulder-width apart. Keep your feet firmly planted in this position!
- 3.** Hold your treat in between your legs. Instead of bending your knees and making the space between your legs smaller, hinge at your hips and hold the treat slightly in front of your legs. This will invite your puppy to stand directly below your hips.
- 4.** As your pup approaches the treat, use your verbal marker to name the trick. You can use a name other than “Peekaboo” if you’d prefer.
- 5.** You will eventually replace the lure with a simple hand signal (such as pointing towards the ground in your wide-legged stance) and a consistent verbal cue.

The goal of this trick is to have your puppy stand in between your legs. Feel free to experiment with different variations of Peekaboo!

You might try asking your pup to sit or lay down in Peekaboo once she is comfortable with the standing variation of this trick.



Are you going to get me the treat or what?



# ROLL OVER

You're probably familiar with this trick already. Although *Roll Over* is considered a beginner trick, it might be uncomfortable for your puppy.

The spine and hips make contact with the floor, which might be the source of your pup's discomfort.

Try to practice on a soft surface like carpet or grass to reduce pressure on the spine and hip bones.

To teach *Roll Over*:

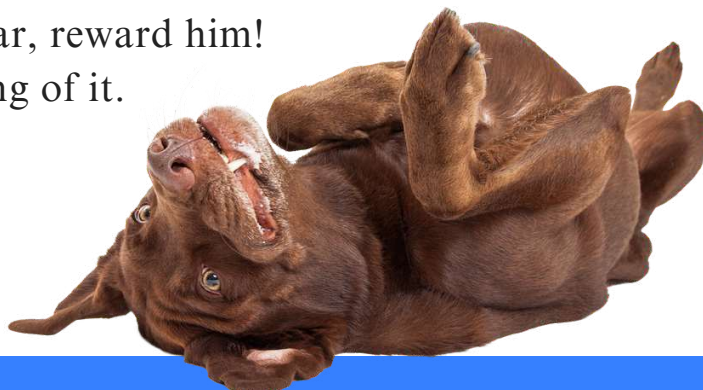


**1.** Have a treat in your hand. Ask your puppy to sit, then ask him to lie down.

**2.** With the treat, encourage your puppy so he is laying on one side (whichever side you choose). His head should be resting on the ground at this point.



**3.** Move your hand with the treat close to your dog's nose. Slowly guide the treat towards the back of your puppy's head. If he follows the treat with his nose, this should cause him to roll from his side to his back. If your puppy only makes it this far, reward him!  
He's getting the hang of it.



4. Add your voice. This trick is usually called “Roll Over,” but you can name it anything that makes sense to you.
5. Continue to practice with the goal of completing the roll. This will be accomplished once your puppy ends up lying down on the opposite side from where he started.

**In embarking on this journey of teaching your dog or puppy new tricks, remember that the path to success is paved with love, affection, and an abundance of patience.**

Training should be seen as bite-sized opportunities for connection—a series of 1 minute sessions that seamlessly integrate learning into your daily routine.

These brief yet consistent practices not only keep the experience positive for both of you but also reinforce learning in a manageable, stress-free way.

Embrace these moments with enthusiasm and patience, acknowledging that each session, no matter how short, is a step toward mutual understanding and respect.

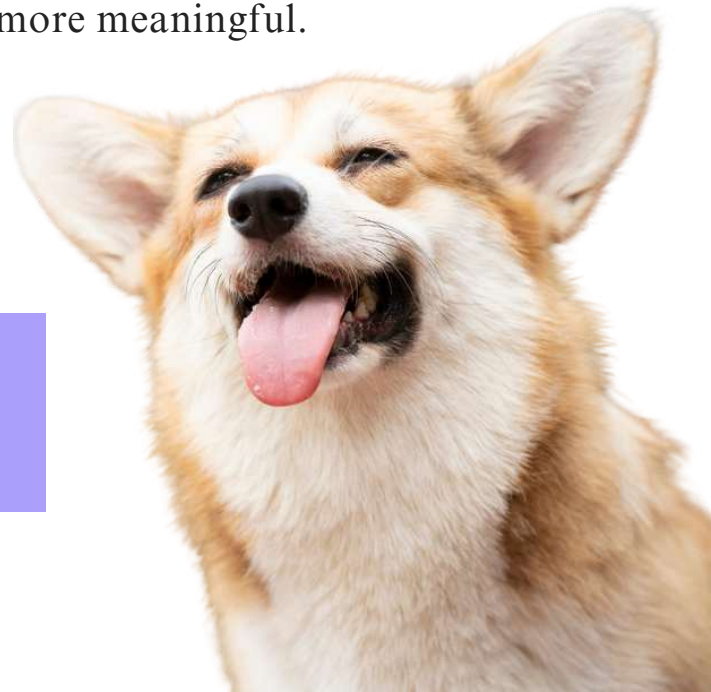


**As you apply the tricks and techniques shared above, do so with a gentle hand and a generous spirit, celebrating each small victory and learning from every challenge.**

The process of teaching and learning together, especially through these focused, one-minute interactions, can be as rewarding as the achievements themselves.

So, go ahead, weave these training moments into your day with love and patience. Your commitment to nurturing your bond in such a thoughtful, attentive manner will not only result in a well-behaved companion but will also deepen the connection you share, making every moment together even more meaningful.

Let love and patience guide you, and may this journey enrich both your lives, one minute at a time.



**THANK YOU**

Tom Mitchell,  
The 1 Minute Dog Trainer

**P.S. Scan the QR code or visit [www.1minutedog.com](http://www.1minutedog.com) to stay up to date with the latest tips & tricks for your pup!**

