

## Back

### Purpose:

The **Back** teaches your dog to move away from you by taking steps backwards. You can use this behavior to assist you in getting up from a sitting position. You could also use this behavior to ask your dog to move away from something.

**Verbal Signal:** Yes

**Non-Verbal Signal:** Optional

### Steps for Back:

Step 1 – Have your dog stand in front of you facing you.

Step 2 – Walk toward your dog or slightly lean into her. This should cause your dog to move. **Click** when she takes a step backwards and then **Treat**.

### **Savvy Helpful Hint**

If your dog wants to turn around try training this behavior in a narrow hallway or between two chairs.

Step 3 – Repeat Step 2 for several training sessions. Continue reinforcing your dog for taking steps backwards until she can take several steps.

Step 4 – Once your dog will confidently and easily take several steps backwards it is time to add a cue. With your dog in front of you, walk toward or lean into her. As she begins to walk backwards say, "**Back**" or whatever cue you wish. **Click/Treat** as she is walking backwards.

Repeat Step 4 for several training sessions.

Step 5 – Once you've added a signal, it's time fade the prompt used to teach the behavior. Have your dog in front of you and give her the signal to **Back**. Do not walk toward or lean into your dog. If she makes any attempt to respond to the signal, **Click/Treat, Jackpot**, and end the training session. If she does not respond to the signal, go back to Step 4.

### **Training Tip**

Once your dog is responding to a verbal signal without any physical prompts, you can add a non-verbal signal. Add it when you give your verbal cue.

## Back continued

Step 6 – Now that you have a dog that is responding on cue, it is time to get more distance. You can get this by varying the distances of backing up. For example, **Click/Treat** for four steps back, then one step back, then three steps back, then two steps back, then five steps back, then two steps back. As your dog becomes consistent at the current distance, periodically ask for one step more than she has done before.

### **Training Tip**

Practice this behavior in every room of your home. Also try giving the signal while you are in a different position such as sitting.