

HIND END AWARENESS

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Training Tip Tuesday: Hind End Awareness!

This is a great game to play indoors or out; for dogs of all ages! You don't need any fancy equipment, or even a lot of space. It helps dogs learn to control their hind end separately from their front end, it helps with focus and control, and is a great 'brain game'. To start, find any object that your dog can put his front paws up; a phone book, and upturned bowl, a small pillow - anything! Using a tasty treat, lure him so he places his front feet on the object and reward! Practice this a few times until he's comfortable. Then start asking him to move his back end while keeping his front end on the object. You can lure again, moving the treat from his nose towards his shoulder (if you want him to pivot clockwise, you would lure his nose towards his right shoulder). Remember to practice in both directions and keep it fun! And don't do too much at once; your dog is likely using muscles in a new/different way and he could get sore if you do too many repetitions!

<https://youtu.be/VWV7-gIbKfA>