

# THE CHASE GAME

**GOAL:** To play a game with the dog which incorporates fun, training, and exercise.

## GENERAL RULES:

You are the source of fun! Play energetically with the dog with the chase toy (lunge whip with a lightweight stuffed toy tied to the end). The dog must never make (mouth) contact with your hands or other body parts, must always drop the toy when asked, and must not 'take' the toy until the cue is given. Breaking the rules results in a temporary end to the game (and fun), for a minimum of one minute. Put the toy out of reach of the dog, and ignore the dog during the break.

## INSTRUCTIONS

1. Say 'take it' and then begin flinging and moving the toy around so that your dog can jump at, chase, and attempt to catch the toy.
2. After some running, leaping, and chasing, allow the dog to catch the toy.
3. Cue the dog to 'drop it'.
4. If the dog won't release the chase toy, try:
  - Putting a tasty treat right in front of the dog's nose
  - Tossing several treats onto the ground
  - Squeaking a squeaky toy (which is kept in your pocket for this purpose)
  - Dropping the chase toy
5. When the dog releases the toy, give the dog a treat and immediately encourage the dog to 'take it' again!

## HELPFUL HINTS

- Once the dog 'drops it' every time you ask, start reducing the frequency with which you give the dog a treat for 'drop it'. Resuming the game is now the reward for dropping it!
- Once dog is quickly and regularly releasing the chase toy when asked, start asking the dog to perform a cue ('sit') before gaining access to the toy.
- If the dog is reluctant to release the toy, try a higher value treat and a lower value toy. If the dog remains reluctant, end the game.



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**Shelter Dogs**

A PROGRAM OF THE ANIMAL RESCUE LEAGUE OF BOSTON