

Confident Canine

1-2-3 Walking Pattern Game



1-2-3 is a simple, but powerful moving pattern game to help get your dog from A-B. The game is a simple chain of voluntary behaviours that repeat. Pattern games are safe, predictable, repetitive and voluntary.

Step 1

Aim: The aim of the 1, 2, 3 pattern game is to walk with your dog at your side whilst counting.

For this game, you will need a handful of easy to eat treats.

Find somewhere quiet, with limited distractions, for example your living room. We can add in distractions later.

Step 6

Practice in your garden and quiet locations. Gradually build up to different environments.

Step 2

First we are going to build the value in the word "3".

We are going to condition the word "3" to mean a yummy treat is coming.

Start with the dog facing in front of you.

Hold a treat in your closed hand (you can if you prefer have your hand close to your dogs mouth).

Say the word "3" in a nice happy tone and feed your dog a treat directly into their mouth. Repeat several times, building the value in the word "3".



Step 5

Once your dog is starting to predict the treat when they hear "3", you can start to add movement.

Start walking backwards with your dog facing you "1, 2, 3" treat

Try walking with your dog at your side. "1, 2, 3" treat.

Step 3

Next, add in your 2.

This time count out "2, 3" and give your dog a treat.

Repeat this step several times.

Step 4

Finally add in your 1.

"1, 2, 3" and give your dog a treat.

Repeat this step several times.

1-2-3 Walking Pattern Game is a game created by Leslie McDevitt as part of the Control Unleashed™ programme

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