

How to play fetch

Feng Shui with Fido™ Philosophy: Getting your dog to go get the ball, bring it back and drop it is the goal.

Warning: Once your dog becomes a ball-o-holic, he will always be a ball-o-holic. Here's how it's done!

get:

1. Special ball or toy (used for fetch only).
2. Multiple dog owners: each dog should have their own ball.
3. Keep it in a special drawer. Bring out for fetch only.
4. Treats: See what works. Dry chewy treats are best, rather than crunchy treats.

use: The trick with fetch is to use the same ball or toy every time you play. Never leave the ball out with the other toys. Keep it in a special drawer only for the fetch game. Doing that helps keep the ball special and interesting to your dog.

how: Formalize this game:

1. One dog at a time.
2. Put treat in your pocket.
3. Get dog and the ball.
4. Be excited.



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Creating the Ball-o-holic:

1. Hold the ball in your hand and gesture the letter "j" and say, "Sit."
2. Then in an excited voice say, "OK!" and toss the ball.
3. Crouch down and once your dog gets the ball, begin clapping your hands!
4. As your dog brings you the ball, reach into your back pocket (getting the treat) gesture the letter "j" with the hand that's holding the treat.
5. Gesturing the letter "j" indicates the hand signal obedience command for the word 'sit'. As you do that SUDDENLY stand up saying, "Sit."
6. Your dog will spit out the ball for the treat. Reach for the ball and give your dog the treat.
7. Begin the process again.

Key:

1. Only toss ball twice the first day.
2. Second day—three times.
3. Third day—four times and so on...

When:

1. Play fetch before a walk. This makes the walk easier.
2. Before a meal, then wait 1 hour to feed.
3. Before guests come over to your house. It helps create a mellow dog.
4. Always take your dog to potty on a leash before and after playing fetch.



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*Warning:

1. Play fetch, wait an hour, then feed your dog.
2. DO NOT feed your dog and then play fetch.
3. Monitor water intake after fetch. Large rib caged dogs including big/little dogs (Golden's, Dachshunds, Pugs, etc...) can gulp water and get air trapped, causing BLOAT.
4. Monitor time of day and heat. Best time to play fetch is early morning and late afternoon.

Why?

1. Fetch is a great aerobic exercise that takes the edge off.
2. Playing before walks can make training techniques gel.
3. Combined with walks and proper feeding, fetch can slim down overweight dogs.
4. Calms hyper puppies and encourages play outside rather than in your living room.
5. A quick way to re-bond with mature older dogs.

where: Play fetch outside in the yard. If you play fetch indoors then take your dog outside to go potty before and after you play fetch. Otherwise, your dog will possibly go potty inside during fetch and it will be your fault!



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