

# Dumbbell Retrieve

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## How I train the dumbbell retrieve

1. 15 ft. retractable leash
2. Dumbbell
3. Dog
4. Attitude to play

Before training the dumbbell retrieve the dog must know how to sit, down, stand and hold the dumbbell.

I throw the dumbbell and see if the dog goes for it, if he does, I run over to get it. Then the dog gets it all the time and we fight for it, let him win after a little tug play. Hit the side of the dumbbell with a downward movement, as the dog runs around you, if he drops it, I start again. I do this until the dog has that dumbbell and won't let it go no matter what.

If the dog doesn't go for the dumbbell, then I make that dumbbell the most important thing in front of the dog's eyes, until he has to have it and we play the dumbbell game.

## Dumbbell Retrieve

Keep it simple, throw the dumbbell, let dog go get the dumbbell, pull on the leash for him to bring it back. When the dog gets to me, we play tug and the dog always wins. This game is repeated about 6 – 10 times. Eventually the dog will bring the dumbbell back to you to play tug, when this happens, I start holding the dog back a bit after I throw the dumbbell and then send him with the "bring" command.

Once I have a reliable retrieve, ask the dog to sit next to me, throw the dumbbell, issue command "Bring" send the dog, when he returns ask for a sit, wait to a count of 5 and remove the dumbbell from the dog's mouth.

Then I change the 15 ft retractable for a 6 foot leash and continue with the dumbbell retrieve, this time I let the dog go with the leash alone and returns with the dumbbell. After a while I change to a tab about 6-inches long and do dumbbell retrieves. If at any time the dog runs away with the dumbbell, he is returned to the retractable and start again. After a while put him on the 6 foot leash and then once he's reliable on the 6 foot leash, the tab then replaces the leash.