



Hand Target

WHAT IS IT?

Hand target is a command you can use to ask your dog to touch or “target” their nose to your hand. Common commands for a hand target include “Touch,” “Target,” “Hand,” or “Kiss.”

WHEN AND HOW TO USE HAND TARGET

- * Use a hand target as an alternative way to ask your dog to “Come when Called.”
- * A hand target can be used to redirect hyperactive behavior or jumping.
- * It can also be a great way for nervous, shy dogs to more confidently greet people and explore new or unfamiliar areas.

HOW TO TEACH HAND TARGET

Step 1

Present your flat, outstretched hand about 6 inches from the side of your pup’s face. Do not move your hand closer to their face, instead keep it stationary.

Step 2

As soon as they touch their nose to your hand, mark the moment with a “yes,” and give them a reward.

Step 3

If your dog appears confused or uninterested, place a piece of treat in between your fingers

before presenting your hand. It is important that you reward and treat with the opposite hand for this method. Use this technique until they are targeting your hand more consistently, and then move to practicing without the treat present.

Step 4

Add the verbal command of your choice once your pup begins to target on a more consistent basis. Simply say the command, and then present your hand near their face.

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Hand Target (*Continued*)

Step 5

Begin to increase the distance of your hand from their face when they are targeting consistently with the added verbal command—this is how you will begin to work towards using the hand target as an alternative “Coming when Called” method.