

Marker Training: The Training method



Before games, we need clarity.

- Marker training teaches your dog exactly which behaviour earned the reward.
- It is a line of communication between you
- It pin points the behaviour you asked for the exact moment they do it.

A marker is a clear word, such as:
"YES."

Marker Training: The Foundation of Brain Sprints



The word must come the exact moment
the behaviour happens.

- Look → "Yes" → reward.
- Sit → "Yes" → reward.
- Calm pause → "Yes" → reward.

Rewards



Rewards can be:

- Food treats
- Praise ("Good girl")
 - Play
- Continuing the walk
- Walking away from pressure
 - Access to sniffing

Not all rewards are food.

The reward must matter to your dog
in that moment.

The 3-3-3 Rule



Three games.

Three minutes each.

Three times a day.

Examples:

Game 1 — Eye Contact

Wait for a glance → “Yes” → reward.

Game 2 — Touch

Hand target → “Yes” → reward.

Game 3 — Spin or Sit

Cue → “Yes” → reward.

End with them wanting more

Practice builds mind-memory muscle