

CHASE ME!

The following information has been adapted from Dr. Brenda Griffin's [Playing Games with Shelter Dogs](#)

A love of running and chasing is hard-wired in dogs. It is a big part of play between dogs and can be very engaging for the dog, especially since you know this type of play too. This model of play teaches the dog that running to you is fun! It is a great foundation for a fun and reliable recall. Consider interspersing chase games and obedience commands for a fun session!



One absolute rule: It's one-way only. The dog should chase you and not the other way around (don't encourage the dog to run from you)

What to do:

1. Run away from the dog—make some noise: clapping and giggling are good! This should encourage him to run towards you
2. When he is only a few feet away, toss a treat behind you (even through your legs) so he keeps running in your direction
3. Turn and run the other way. You only have to run 5 or 10 feet to play!



Know when to stop:

- If chase leads to nipping, mouthing, and/or over-exuberant jumping, then the game stops
- This game is not recommended for young kids to play for this reason
- You may be able to redirect the dog if you modify the game – try tossing him a toy to carry in his mouth, or focus on tossing the food to redirect him before he gets to you



This game is often very good for shy/anxious dogs – it can be confidence building. For shy dogs, be sure to take it slow at first so they are not overwhelmed or frightened by your silliness. Use high value treats that they love, and encourage them without being too over the top until they relax and join the fun of the chase!