

A photograph of a person's legs in dark, tactical-style pants, petting a tan puppy on a grassy field. The puppy is looking up at the person's hand. The background is a soft-focus green field.

The 10-Minute Puppy Training Session Blueprint

Stop winging it. Here's the exact structure pro trainers use to build focus, obedience, and drive in just 10 minutes.

THE PROBLEM:



You take your puppy outside. You have treats.

You say "sit"... and then what? You feel like you should be "training," but you have no structure, no plan, and no clue if you're doing it right.

Ten minutes later, you're frustrated, your puppy is confused, and nothing got better.

THE 10-MINUTE SESSION FORMULA

Copy this structure. Use it every single day. Watch everything change.

PHASE 1: ENGAGEMENT (Minutes 0-2)

Goal: Get your dog's eyes on YOUR face, not your hands.

- Take puppy out of crate with energy
- Keep treats in your MOUTH (yes, really string cheese works)
- Say their name: "Duane!"
- When they look at your face → spit treat directly to them
- Repeat 5-10 times until they're locked in

Why it works: You're teaching them that YOUR FACE = rewards. Not your pockets. Not your hands. You.

PHASE 2: LURE & SHAPE (Minutes 2-6)

Goal: Teach them how to LEARN, not just obey commands.

- Move the treat to guide body positions (sit, down, stand)
- Reward EVERY attempt, even messy ones
- Practice in different positions:

Down in front of you

Down next to you

Down facing away

Sit on both sides of your body

- Add light movement/heeling with treat as a magnet
- Keep the long line on (don't yank just step on it if they bolt)



Pro move: You're not drilling "perfect sits." You're building a dog that WANTS to figure out what you want.

PHASE 3: PLAY & FLOW (Minutes 6-9)

Goal: Make training feel like a game, not a job.

Speed up the pace

walk, sit, down, stand, repeat

Throw in little challenges

(catch treats from your mouth)

Let them jump on you

get excited channel it, don't shut it down

Mix obedience with movement

so it feels dynamic

The secret: If your dog is PUSHING into you, offering behaviors without being asked, and staying focused despite distractions you're winning.

PHASE 4: END ON FIRE (Minute 10)

Goal: Leave them wanting MORE.

- End when they're still amped up and engaged
- Don't wait until they're tired or mentally checked out
- Last treat should feel like "Wait, we're done already?!"

📌 **Critical rule:** NEVER end a session when your dog is frustrated, distracted, or has just failed something. If things go sideways, do ONE easy win (sit or eye contact), reward, and THEN end.

WHAT YOU DON'T DO:

Repeat the same command 47 times

Drill perfect heel position for 10 minutes straight

Get mad when they don't "get it" yet

Train until they're exhausted and hate life

You're teaching them to love learning. Not obedience bootcamp.

THE GEAR YOU NEED:



String cheese

(cut into tiny pieces)



11-foot long line

(safety, not control)



Your crazy energy

and commitment to making this FUN

That's it. No fancy equipment. No shock collars. Just you, treats, and a plan.

NEXT STEP: Get the Full **30-Day Puppy Training Roadmap**



This 10-minute session structure is GOLD but what do you do on Day 1? Day 7? Day 23?

[ENROLL NOW: "The First 30 Days with My Puppy" Course]

- Daily video journal showing EXACTLY what Robert does with his puppy from arrival to week 5
- Socialization, crate training, bite inhibition, confidence building all in real time
- No fluff. Just follow along day-by-day and build the dog you actually want to live with.

OR: Master the **#1 Thing Every Puppy Owner Struggles With**



If your puppy is screaming in the crate, won't settle at night, or treating it like a prison this is your emergency fix.

[GET INSTANT ACCESS: "Crate Training That Actually Works" Mini-Course - \$39]

- Step-by-step protocol to eliminate crate anxiety in 7 days**
- How to stop 3am screaming without caving in**
- The mistakes 90% of owners make (and how to fix them fast)**