7-Day E-Collar Training Plan

A free guide from PetsTEK — shockcollarfordogs.com

This plan assumes your dog already knows basic commands ("come," "sit") on-leash. If not, teach those first — the collar reinforces known commands, it doesn't teach new ones. Never use a training collar on a puppy under 6 months, or on a fearful or aggressive dog without a professional trainer.

Safety Checklist (read first)

☐ Dog is 6+ months old and knows "come" on-leash.
☐ Collar fits: high on the neck, two-finger rule, both contact points on skin.
☐ You know how to find the working level (lowest level the dog notices — see Day 4).
☐ Sessions are short: 10–15 minutes, 1–2 times a day. End on a win.
☐ You will never use the collar as punishment, never raise the level in frustration, and never leave it on more than 8–12 hours.
☐ If the dog yelps, freezes, cowers, or runs from you: STOP. Go back a step. The level is too high or the dog isn't ready.

Day 1 — Fit + Beep-Only Conditioning

Goal: The collar becomes boring, and the dog learns beep = good things.

1. Fit the collar: high on the neck, snug (two-finger rule), contact points on skin. Rotate position every couple of hours.
2. Let the dog wear it during normal play and training. Press no buttons.
3. Beep conditioning: press beep, then immediately give a treat or praise. Repeat 15–20 times across the day.
4. By evening, the dog should perk up happily at the beep.

Do not use vibrate or stim today.

Day 2 — Vibrate Introduction

Goal: The dog learns vibrate is just another signal, not something scary.

1. Collar on, short session in a quiet yard.
2. Beep → treat, a few reps to warm up.
3. Press vibrate briefly, then immediately treat/praise. Repeat 10–15 times. Keep your energy calm and positive.
4. Mix beep and vibrate reps so both signals stay positive.
5. Practice a known command ("come") on-leash: say the command, beep, reward the response. Vibrate is not used as a correction yet — just as a signal the dog gets

rewarded for noticing.

If the dog startles at vibrate: go back to beep-only for the rest of the day and try vibrate again tomorrow. No rush.

Day 3 — Vibrate + Known Commands

Goal: The dog responds to beep/vibrate as a prompt for a command it already knows.

1. Warm up: beep → treat, vibrate → treat, a few reps each.
2. On-leash recall: let the dog wander a few feet, say "come," beep, and reward when the dog turns toward you.
3. Repeat with vibrate: say "come," vibrate, reward.
4. Keep distances short (10–20 feet) and distractions low.
5. End each session with an easy win — a command the dog nails, followed by praise.

Do not use stim yet. The dog should be responding to beep/vibrate prompts reliably before stim enters the picture.

Day 4 — Find the Working Level + First Low-Stim Recall

Goal: Find the lowest stim level your dog notices, and pair it with a known command.

Finding the working level (2 minutes):

1. Dog standing calmly. Start at level 1.
2. Tap stim briefly. Watch for the subtlest reaction — ear flick, head turn, pause.
3. No reaction? Go up one level and repeat.
4. The first level with a mild, curious reaction is the working level. Train at or just above it. Recheck every session.

First low-stim recall:

1. On-leash, short distance, quiet yard.
2. Say "come." If the dog responds, praise — no stim needed.
3. If the dog ignores you: tap stim once at the working level, paired with "come," and reward the turn.
4. Keep it to a handful of reps. Short session, end on a success.

Rules: Never jump to a high level. If the dog yelps or cowers, the level is far too high — stop, go back to beep-only, and start over lower tomorrow.

Day 5 — Low-Stim Recall With Mild Distractions

Goal: The dog responds at the working level with light distractions present.

1. Recheck the working level (it varies by day).
2. Same recall exercise as Day 4, but add a mild distraction: a toy on the ground, a family member standing nearby, a longer distance (30–40 feet).
3. Pattern: command → beep → if no response, one tap at working level → reward the correct response.
4. If the dog fails twice in a row, reduce the distraction or distance. Don't raise the level — make the task easier.
5. Keep sessions to 10–15 minutes.

Day 6 — Proofing: New Location, Real Distractions

Goal: The dog responds in a new place with real-world distractions.

1. Move to a new location (front yard, quiet park, friend's yard).
2. Recheck the working level in the new environment — distraction raises it slightly.
3. Practice recall with real distractions: other people, dogs at a distance, smells.
4. Use the same pattern: command → beep → one tap at working level if needed → reward.
5. If the dog fails repeatedly, the environment is too hard. Move back to an easier spot and rebuild.

Day 7 — Proofing + Off-Leash (Safe Area Only)

Goal: Reliable recall with the leash dragging or off, in a safe enclosed area.

1. Safe enclosed area only — fenced yard or empty field. Never near traffic.
2. Start on-leash for a warm-up, then let the leash drag.
3. Practice recall at distance with distractions. Beep first; stim only if the dog ignores the beep.
4. If the dog is reliable with the leash dragging, try one short off-leash rep in the enclosed area.
5. Celebrate: the dog just learned off-leash recall the right way.

After Day 7: Keep practicing daily. Gradually phase out the collar: collar on but unused, then collar off for easy sessions, then off more often. The goal is a dog that listens with or without it.

If Your Dog Shuts Down

Signs: freezing, cowering, tail tucked, refusing treats, running away from you, hiding.

1. **Stop immediately.** Take the collar off.
2. **Do not train again that day.** Go for a walk or play — rebuild the positive

association with you.

3. **Next session:** go back at least two steps (usually to beep-only conditioning, Day 1–2 style).
4. **Check your level and timing.** Shutdown usually means the level was too high, the timing was late, or the dog didn't know the command well enough.
5. **If it happens twice,** stop e-collar training and consult a professional trainer. The collar is not the right tool for this dog right now, and that's okay.

Quick Reference Card

Step	Signal	When to use it
1	Beep	Always first — prompt for a known command
2	Vibrate	When beep alone isn't enough
3	Stim (working level)	Only when beep + vibrate don't get a response

Golden rules: Train the command first. Beep first. Lowest working level. Timing within 1–2 seconds. Never punish. End on a win.

By PetsTEK — shockcollarfordogs.com. This guide is free to share. For the full reference, see "Shock Collar for Dogs: The Complete Guide" on shockcollarfordogs.com. Shop training collars at petstek.com.