

GOLDEN RETRIEVER TRAINING

8-Week Owner Guide



Why Golden Retrievers Are Different

Goldens are #4 in canine intelligence and consistently rated the easiest breed to train. They live to please, are extremely food-motivated, and forgive training mistakes that more sensitive breeds wouldn't tolerate. The challenges are predictable: jumping, mouthing everything, and a long puppyhood that lasts until age 2-3. This guide handles all three.

3 things every Golden owner needs to know

- **They stay puppy-like longer than you expect.** Most Goldens don't fully mature until age 2-3. Plan accordingly: training built in the first 12 months carries you through years of adolescent enthusiasm.
- **Mouthing is bred-in.** Goldens were bred to retrieve birds in their mouths. They will pick up everything — shoes, food, hands, your kids' toys. Redirect early; don't try to suppress it.
- **The jumping problem is universal.** Goldens greet everyone with full-body enthusiasm. Universal consistency from every household member is the only thing that fixes it.

Why Goldens are first-time-owner ideal

They're forgiving. Most training mistakes that would create permanent problems in a Husky or German Shepherd just slow Goldens down briefly. Goldens want to work with you — your job is mostly to not get in their way.

Want video demos for every Golden Retriever command?

The Fast Dog Training program covers Golden-specific training (jumping, mouthing, recall). Used by Golden owners worldwide.

→ [See the Training Program](#)

8-Week Training Plan

Weeks	Focus	Skills
1-2 (8-10 wk)	Foundation: name, sit, crate, bite inhibition	Sit, name, crate
3-4 (10-12 wk)	Recall + Off (no jumping) intro	Come, Off, leash
5-6 (12-14 wk)	Drop it, Leave it (Goldens swallow EVERYTHING)	Drop it, Leave it, Down
7-8 (14-16 wk)	Heel + Place + retrieving control	Heel, Place, Fetch with rules

Fixing the Jumping Problem

Jumping is the #1 complaint from Golden owners. The fix is simple but requires absolute consistency from every person the dog interacts with. Most Golden owners fail because they allow jumping 'sometimes' (when they're happy to see the dog) — variable reinforcement is the hardest schedule to extinguish.

The 4-step protocol

- **1. Turn your back.** The moment paws leave the ground, turn 180° away. Zero attention is the punishment Golden owners hate most.
- **2. Wait for four paws on the floor.** The instant all four paws are down, mark and reward generously.
- **3. Cue Sit.** Once they're calm, ask for a sit. Reward heavily for sitting during greeting.
- **4. Universal consistency.** Every household member, every visitor, every time. ONE person who allows jumping 'sometimes' undoes weeks of work.

Why this works

Golden Retrievers crave human attention more than treats. Removing attention is the most effective consequence. They learn 'jumping = no attention; sitting = lots of attention' within 1-2 weeks of universal consistency.

Get video demos for jumping fix

The Fast Dog Training program has a step-by-step video demo of the no-jump protocol.
Used by 50,000+ owners.

→ [See the Training Program](#)

Final Word

Goldens make training enjoyable. The breed is so biddable that most owners under-train them — they're charming without being well-mannered. Don't make that mistake. Investing 4-6 months of consistent training produces a 10-12 year companion that's a pleasure in every situation.

Get Fast Dog Training

Step-by-step training program with video demos, breed-specific Golden Retriever guidance, and lifetime access.

→ [See the Training Program](#)

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