Dog Training 101/basic learning theory

To understand basic learning theory is to understand how to get your dog to do what you want and how to eliminate unwanted behavior. It's the knowledge and understanding on how to effectively provide consequences to reinforce or extinguish behavior. The ability to control resources to change behavior.

What dogs care about?
Simply put, dogs care about success in acquiring good stuff. Good stuff falls into the category of anything your dog desires. You probably are already aware just how clever your dog can be when it comes to acquiring something he really wants. This behavior is on display every day, sometimes right under your nose. Ever leave a plate of food un-attended, or briefly walk out of the kitchen while preparing food only to return to empty counters?

Controlling resources
For most dogs the acquisition of food is their number one resource, but there are others as well. The acquisition of toys and chews, human interaction, chance to play with other dogs. The list may also include going for a car ride, a walk, chasing a squirrel, sniffing the ground, or possibly even a trip to the vet. These are all examples of resources that could be used to reinforce desirable behavior. You control all of them and can make them contingent on your dog's behavior. In other words use what your dog wants to reward desirable behavior. Doing so will tip the odds in your favor that desirable behavior will be repeated. Dog Training is about changing behavior, to change it you must pay for what you want by rewarding it.

Supplying consequences:
The power of your training is in supplying consequences. Giving good stuff for behavior you want repeated and taking good stuff away for behavior you want eliminated. It's not about what you say or the tone of your voice. For dogs it's about what happens after any behavior. Did it produce good stuff or was good stuff taken away? This is what determines If behavior is repeated or extinguished.

Eliminating unwanted behavior is a two-pronged approach. First, ask yourself, "What would I like my dog to do instead?" Sitting, lying down, looking at you, or just being calm are all examples of what you could reward your dog to do instead. Next, determine what's driving the unwanted behavior and make sure your dog fails at it by removing it. Now replace the unwanted behavior with a preferred behavior of your choice. When desired behavior is rewarded and undesired behavior is extinguished your dog will naturally begin to transition to what you like instead.