

Why Uncontrolled Repeated Ball Throwing Can Create Problems for Dogs



Fetch can be fun — but too much, without control or balance, can lead to behavioural and physical problems, especially in gundog breeds.

It's not about removing play, it's about finding balance.



OVERSTIMULATED
Frantic • Obsessive • Unable to Settle



BALANCED
Focused • Calm • In Control

VS



Why Uncontrolled Repeated Fetch Can Become a Problem

- Drives adrenaline & excitement
- Can lead to overarousal
- Dogs struggle to switch off
- Fixation on balls or toys
- Poor impulse control & recall
- Frustration when play ends



Common in gundog breeds.



Physical Risks

- Cruciate ligament injuries
- Shoulder strain
- Wrist & toe injuries
- Back & spinal stress
- Long-term joint wear



Repetitive sprinting, sharp turns and sudden stops put huge stress on the body.



Signs Your Dog May Be Overstimulated

- Can't settle after exercise
- Obsessed with balls or toys
- Constantly demanding more
- Ignores you when excited
- Frantic or obsessive outdoors
- Poor frustration tolerance



This isn't healthy engagement — it's compulsive behaviour.

Better Ways to Exercise Your Dog

Engage body and brain for a calmer, more balanced dog.



Structured retrieve training



Scent work & searching games



Long-line walks & exploration



Obedience & impulse control



Gundog-style directional work



Swimming



Food-based enrichment



Calm social walks



A balanced dog is not a constantly exhausted dog.

