

Basic Drill Movements Handout

Purpose: Learn and practice simple drill movements used for focus, discipline, and teamwork.

If you have questions, email Mr. ECarter or Mrs. BSwank

1. Attention

- Stand tall and straight
- Heels together, toes slightly apart at a 45-degree angle
- Arms straight at your sides
- Eyes forward, quiet and still

Video: <https://www.youtube.com/watch?v=8De7O691yjc>

Command: "Attention"

2. Parade Rest

- Start from Attention
- Move left foot about shoulder-width apart
- Hands behind your back (right hand inside left)
- Eyes forward, quiet

Video: <https://www.youtube.com/watch?v=onGybrxXSIs>

Command: "Parade, Rest"

3. At Ease

- Start from Attention
- Feet may move slightly, but stay in place
- Hands can be behind back or at sides
- Talking is allowed quietly

Video: <https://www.youtube.com/watch?v=onGybrxXSIs>

Command: "At Ease"

4. Left Face

- Start from Attention
- Turn 90 degrees to the left on your left heel and right toe
- Keep body straight and eyes forward after turning
- Feet should return to a 45degree angle

Video: https://www.youtube.com/watch?v=T0QP6_5Ky4Q

Command: "Left, Face"

5. Right Face

- Start from Attention
- Turn 90 degrees to the right on your right heel and left toe
- Keep body straight and eyes forward after turning
- Feet should return to a 45degree angle

Video: https://www.youtube.com/watch?v=T0QP6_5Ky4Q

Command: "Right, Face"

6. About Face

- Start from Attention
- Turn 180 degrees to your right
- Pivot on right heel and left toe
- End by standing tall at Attention Feet should return to a 45-degree angle

Video: https://www.youtube.com/watch?v=T0QP6_5Ky4Q

Command: "About, Face"

Drill Reminders

- Listen carefully to commands
- Move only when commanded
- Stay focused and respectful