

Chapter 12

Guerrilla Drills

Guerrilla Drills are essential to developing the functional mobility needed to perform critical soldier tasks. The drills described in this chapter are designed to enhance individual movement efficiency and the manipulative skills required to functionally employ strength, endurance, and mobility.

SECTION I - GUERRILLA DRILLS

12-1. The purpose of guerrilla drills is to develop mobility. Mobility is movement proficiency and functionally applies the components of strength and endurance. Soldiers must be able to control their body movements, as well as manipulate another soldier's body weight. Regular performance of guerrilla drills enhances a soldier's ability to successfully complete common tasks such as move under direct fire, move over, through or around obstacles, and transport a casualty using a one-man carry as referenced in STP 21-1 SMCT.

TRAINING AREA

12-2. Any level, grassy area of adequate size is appropriate for conducting guerrilla drills. Beware of hazards, such as holes, uneven terrain and rocks. Use caution when conducting guerrilla drills on wet terrain.

UNIFORM

12-3. Soldiers will wear BDUs and boots or PFU when performing Guerrilla Drill 1. Guerrilla Drill 2 will be conducted in BDUs and boots. Additional equipment such as Kevlar, LCE, and weapon may be used when performing Guerrilla Drill 2 in the sustaining phase.

EQUIPMENT

12-4. Traffic cones may be used to mark the 25-yard distance.

FORMATION

12-5. Guerrilla drills are performed by squad or platoon-size elements. These drills are conducted using the extended rectangular formation (covered) as shown in Figure 12-1. Refer to Chapter 6 to assemble soldiers in this formation.

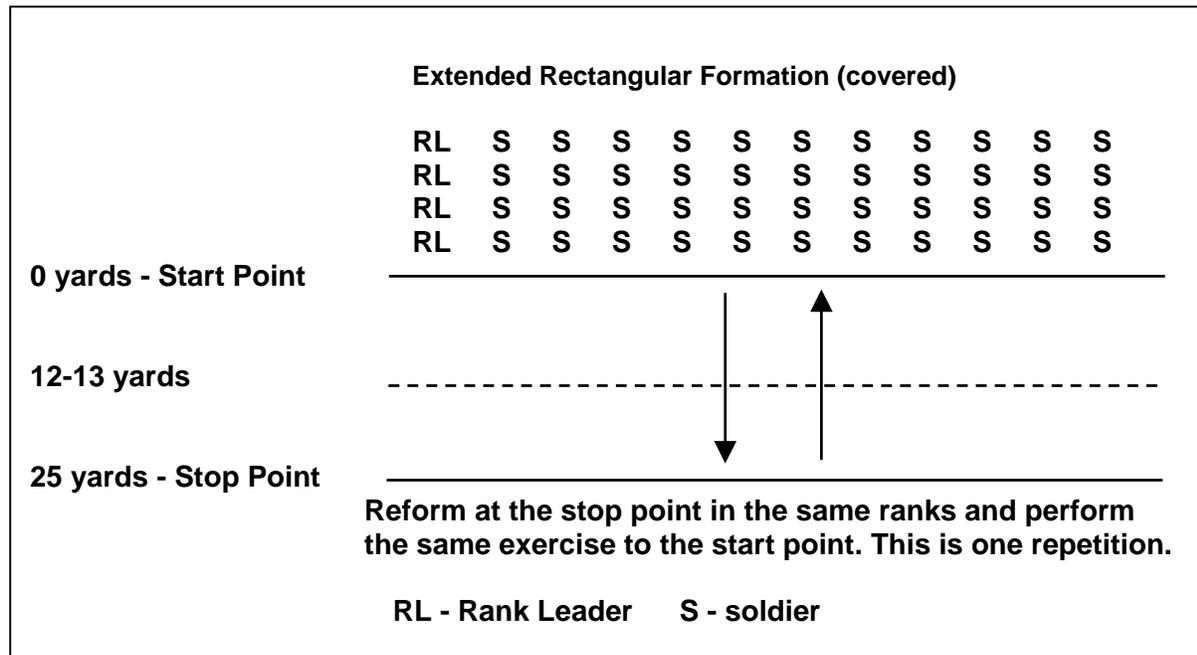


Figure 12-1 Conducting Guerrilla Drills

LEADERSHIP

INSTRUCTION AND EXECUTION

12-6. A physical readiness training (PRT) leader and assistant instructor (AI) are required to demonstrate and lead guerrilla drills. The instructor must be familiar with the method of teaching these exercises, commands, formations, and utilization of AI(s) as described in Chapter 6, PRT Execution. Soldiers should memorize the exercises by name and movement. Considerable time and effort must be expended during the early stages to teach precise performance of each exercise. **Guerrilla Drill 1 is always a part of Preparation and is also used as a PRT activity.**

12-7. Guerrilla drills are conducted in-line using 25-yard intervals as shown in Figure 12-1. The start and stop points must be marked by some means (cones, stakes, lines, etc.). One repetition is 50 yards; 25-yards in one direction (down) and 25-yards in the other direction (back), for all exercises except the Shuttle Sprint which is 75 yards as described in paragraph 12-13.

12-8. When guerrilla drills are conducted in a formation of less than four ranks, leaders must allow for adequate recovery between 25-yard intervals. A 1:3 work to recovery ratio is adequate. For example, if it takes the first rank about 10 seconds to complete a 25-yard interval of Verticals, they should recover for about 30 seconds before completing another 25-yard interval.

PRECISION

12-9. When performing each guerrilla drill exercise, soldiers should attempt to remain aligned with their rank leader (RL). **Do not let soldiers race!** When this happens, precision of movement is compromised and soldiers may become injured. **Precise execution is more important than speed.** The RL is responsible for setting the appropriate pace. An appropriate pace is a pace that allows all soldiers in the rank to demonstrate proper technique. AIs will help to maintain the ranks at the appropriate pace and offer feedback on form. Guerrilla Drill 2 involves a variety of exercises and carry techniques performed with a partner. The carry techniques in Guerrilla Drill 2 must be precisely taught and practiced to develop the proficiency needed to safely perform the drill.

PROGRESSION

12-10. During preparation, soldiers always perform one repetition of Guerrilla Drill 1, after completing five repetitions of Calisthenic Drill 1. When Guerrilla Drill 1 is performed during the activity part of a PRT session, soldiers will perform 1-3 repetitions of each exercise in the drill.

12-11. When soldiers have transitioned to the sustaining phase, they will continue to perform Guerrilla Drill 1 everyday during preparation. They will also perform Guerrilla Drill 2 during the activity part of a PRT session. Soldiers will perform 1-3 repetitions of each exercise in Guerrilla Drill 2.

INTEGRATION

12-12. The exercises in Guerrilla Drill 1 develop anaerobic endurance and mobility. The movements and carries in Guerrilla Drill 2 will develop strength, as well as, endurance and mobility

COMMANDS

12-13. Once the soldiers have learned the guerrilla drill exercises, the PRT leader merely needs to indicate the name of the exercise and command soldiers by rank to move through the repetitions. Exercise 1 of Guerrilla Drill 1 is executed as follows:

- The PRT leader states, **“Verticals.”** The first rank responds, **“Verticals.”** The first rank assumes the starting position.
- The PRT leader commands, **“First Rank, Ready, GO.”** The first rank initiates the first half repetition of Verticals. The second rank moves to the start point and assumes the starting position.
- When the first rank reaches the halfway point (12-13 yards), the PRT leader commands, **“Second Rank, Ready, GO.”** The second rank initiates the first half repetition of Verticals. The third rank moves to the start point and assumes the starting position. The first rank has reached the 25-yard stop point and waits for the second, third, and fourth ranks.
- When the second rank reaches the halfway point (12-13 yards), The PRT leader commands, **“Third Rank, Ready, GO.”** The third rank initiates the first half repetition of Verticals. The fourth rank moves to

the start point and assumes the starting position. The second rank has reached the 25-yard stop point and waits with the first rank for the third and fourth ranks.

- When the third rank reaches the halfway point (12-13 yards), The PRT leader commands, "**Fourth Rank, Ready, GO.**" The fourth rank initiates the first half repetition of Verticals. The third rank has reached the 25-yard stop point and waits with the first and second rank for the fourth rank.
- When the fourth rank clears the 25-yard stop point, the same command sequence is repeated for the second half of the verticals repetition which will return the four ranks back to the start point. This is one repetition of Verticals.

12-14. The previous command sequence is used for all exercises except the Shuttle Sprint. When conducting the Shuttle Sprint, the PRT leader waits until the preceding rank has completed two 25-yard intervals (down and back) before initiating movement of the next rank as depicted in Figure 12-2. The commands for the Shuttle Sprint are as follows:

- The PRT leader states, "**The Shuttle Sprint.**" The first rank responds, "**The Shuttle Sprint.**" The first rank assumes the starting position.
- The PRT leader commands, "**First Rank, Ready, GO.**" The first rank initiates the Shuttle Sprint. The second rank moves to the start point and assumes the starting position.
- The first rank performs the Shuttle Sprint for 25-yards (down), turns, and runs 25-yards back to the start point, turns, and runs 25 yards to the end point (this is one half repetition). When the first rank reaches the halfway point (12-13 yards) after their second turn, the PRT leader commands, "**Second Rank, Ready, GO.**" The second rank initiates the Shuttle Sprint. The third rank moves to the start point and assumes the starting position.
- The command sequence and procedures for the remaining ranks is the same as above.
- The PRT leader uses the same commands and procedures to perform the second half repetition of the shuttle Sprint. Soldiers will finish the exercise at the same place they started.

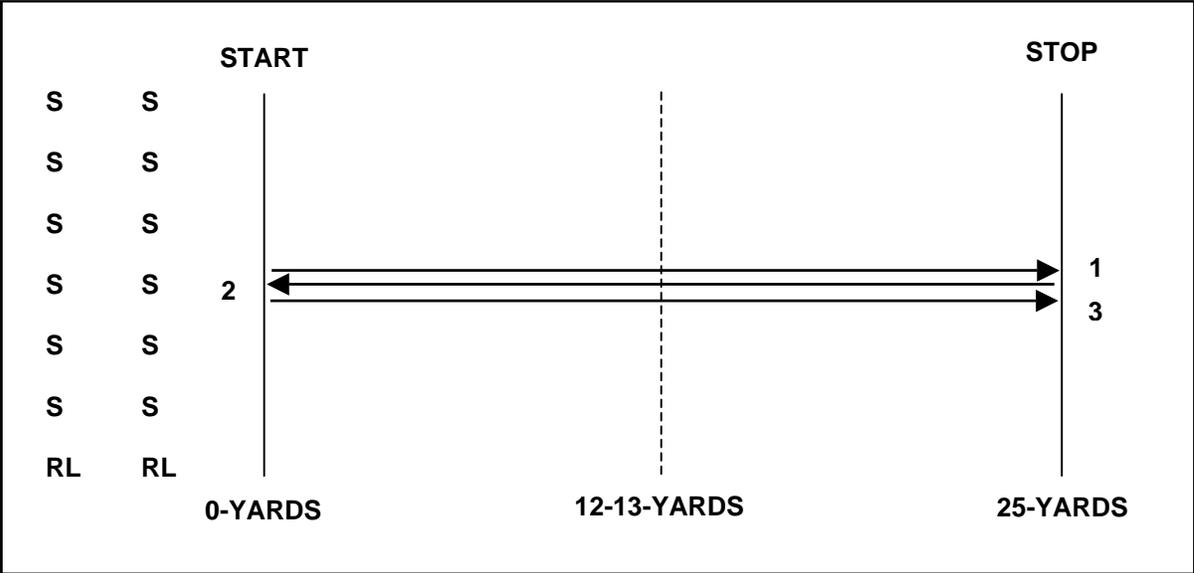


Figure 12-2. Conducting the Shuttle Sprint

SECTION II - GUERRILLA DRILL 1

12-15. The purpose of Guerrilla Drill 1 is to develop body management through a variety of individual movements. Guerrilla Drill 1 is always a part of preparation and is also used as a PRT activity. Each exercise must be taught and demonstrated before soldiers attempt to perform the drill. When teaching and demonstrating the drill, use the extended rectangular formation (covered). During preparation, soldiers perform one repetition of each Guerrilla Drill 1 exercise. When Guerrilla Drill 1 is performed during the activity part of a PRT session, soldiers will perform 1-3 repetitions of each exercise in the drill. **The drill is always performed in its entirety in the order listed.**

Guerrilla Drill 1; Exercise 1

Verticals

Purpose: This exercise promotes a strong running posture.

Starting Position: Straddle Stance.

Movement: Bring the hips quickly to 90-degrees of bend without raising the knees above waist level. Ground contact should be primarily with the balls of the feet. When the left leg is forward, the right arm swings forward and the left arm is to the rear. When the right leg is forward, the left arm swings forward and the right arm is to the rear.



Checkpoints:

- Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.
- Keep a tall stance with a stable, upright trunk. The back remains perpendicular to the ground.
- There should not be any back swing of the legs.

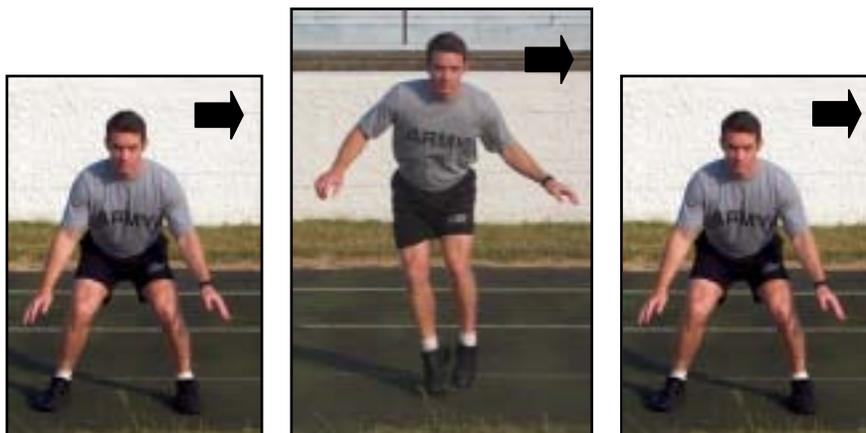
Guerrilla Drill 1; Exercise 2

Laterals

Purpose: This exercise trains soldiers to move laterally.

Starting Positon: Straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward or holding weapon. Face perpendicular to the direction of movement.

Movement: Step to the side by rising slightly and bringing the trailing leg to the lead leg. Quickly hop to the side and land back in the crouch with the knees shoulder width apart. Always face the same direction so that the first 25-yards is moving to the left and second 25-yards is moving to the right.



Checkpoints:

- Pick feet up with each step. Avoid dragging feet along the ground.
- Crouch slightly while keeping the back straight.
- Rank leaders will face their rank throughout the exercise.

Variation: Soldiers may perform this exercise holding a weapon at port arms.

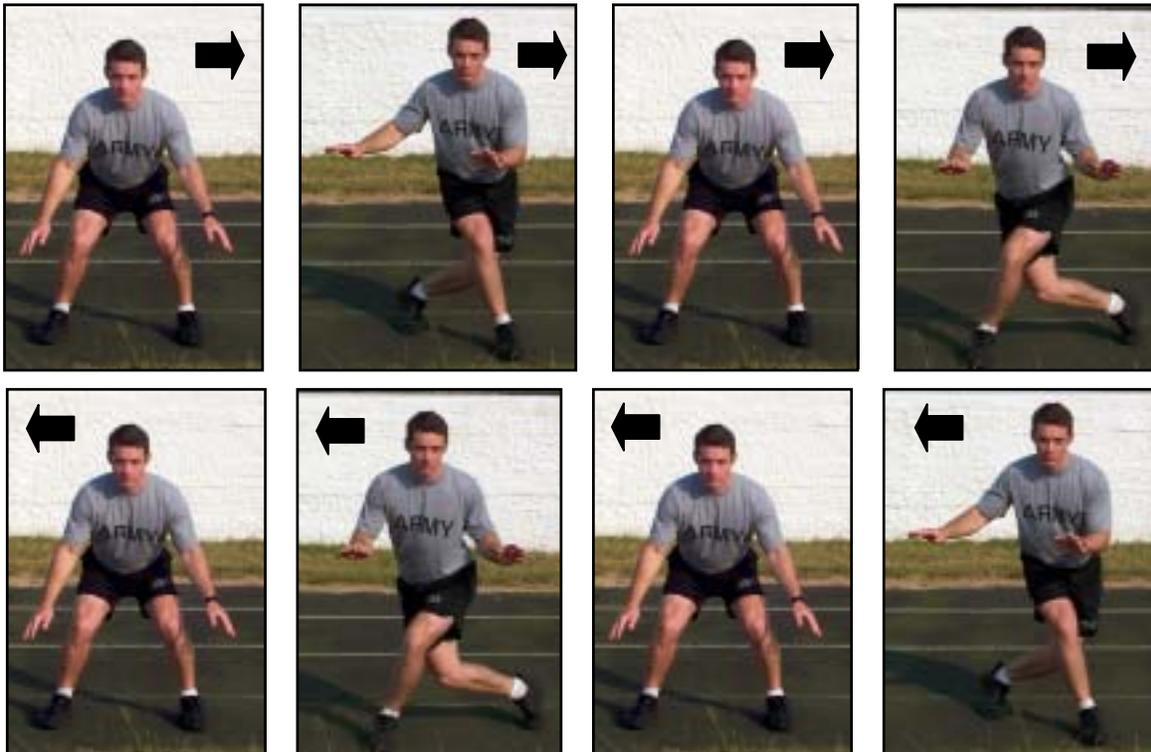
Guerrilla Drill 1; Exercise 3

Crossovers

Purpose: This exercise improves leg coordination and trains soldiers to move laterally.

Starting Position: Straddle stance, slightly crouched, with the back straight, arms at the side with elbows bent at 90-degrees and palms facing forward or holding weapon. Face perpendicular to direction of movement.

Movement: Cross the trail leg first to the front of the lead leg and step in the direction of travel to return to the starting position. Then cross the trail leg to the rear of the lead leg and step in the direction of travel to return to the starting position. Repeat sequence to the 25-yard stop point. Always face the same direction so that the first 25-yards is moving to the left and the second 25-yards is moving to the right.



Checkpoints:

- Pick the feet up with each step. Avoid dragging the feet along the ground.
- Crouch slightly while keeping the back straight.
- Maintain the trunk perpendicular to the direction of travel while allowing the hips to move naturally.
- Rank leaders will face their rank throughout the exercise.

Variation: Soldier may perform this exercise holding a weapon at port arms.

Guerrilla Drill 1; Exercise 4

The Power Skip

Purpose: This exercise develops leg power, coordination, and jumping ability from a single leg. It also promotes a powerful extension from the ankle, knee, and hip.

Starting Position: Straddle Stance.

Movement: Step and then hop and land on the same leg, followed by the same action with the opposite leg. When the right leg is forward, the left arm swings forward and the right arm is to the rear. When the left leg is forward, the right arm swings forward and the left arm is to the rear.



Checkpoints:

- ❑ Start slowly and progress the speed and height of the skip with each 25-yard interval.
- ❑ Soldiers should gradually incorporate larger arm swings as they jump in order to get higher elevation. Arm swing is strong and smooth with the forward arm at 90-degrees and the rearward arm relatively straight.
- ❑ Arm swing is from front to rear, not side to side, with the upper part of the forward arm reaching parallel to the ground as it swings to the front.

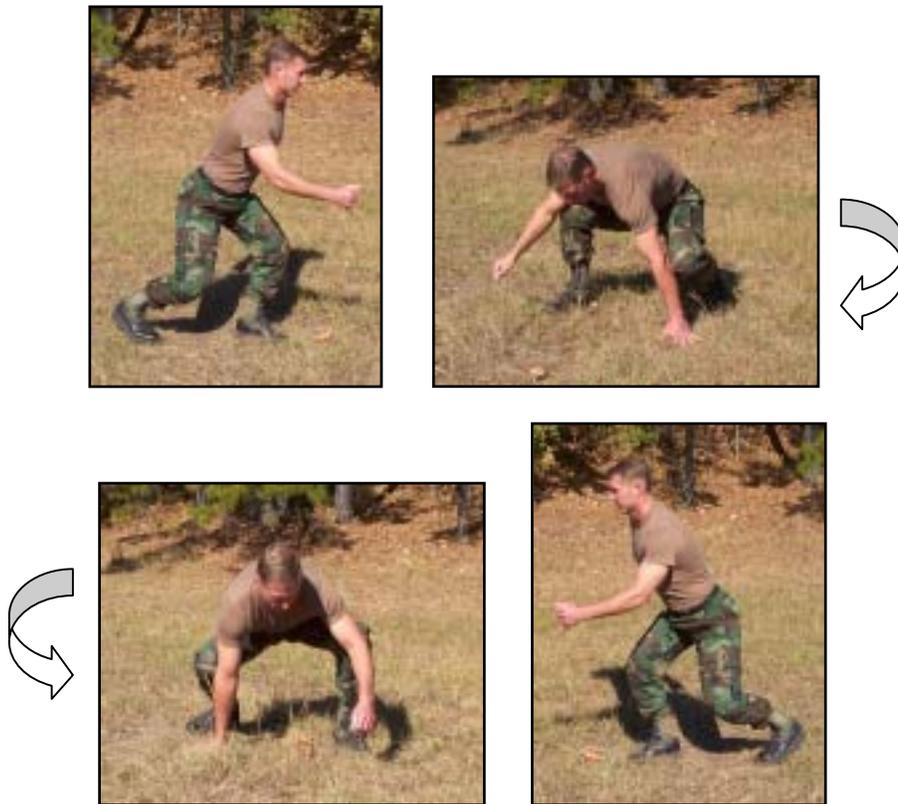
Guerrilla Drill 1; Exercise 5

The Shuttle Sprint

Purpose: This exercise develops anaerobic endurance, leg speed, and agility.

Starting Position: Straddle Stance.

Movement: Run quickly to the 25-yard mark. Turn clockwise while planting the left foot and bending and squatting to touch the ground. Run quickly back to the starting line and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Run back to the 25-yard mark gradually accelerating to near maximum speed.



Checkpoints:

- ❑ Soldiers should slow their movement before planting feet and changing direction.
- ❑ Soldiers should both bend the trunk and squat when reaching to touch the ground as they change direction.
- ❑ Soldiers touch the ground with their left hand on the first turn, then with their right hand on the second turn.
- ❑ Accelerate to near maximum speed during the last 25-yard interval.

Precautions: Soldiers should use caution when performing this exercise on wet terrain.

SECTION III - GUERRILLA DRILL 2

12-16. Guerrilla Drill 2 develops leg power, coordination, and the ability to lift and carry another soldier. When the soldiers can precisely execute each exercise and carry, the drill is performed continuously for 1-3 repetitions. **All movement in the carry position is performed at quick time.** Each exercise and carry must be taught and demonstrated before soldiers attempt to perform the drill. When teaching and demonstrating the drill, use the extended rectangular formation (covered). In the illustrations to follow, soldier **A** refers to the soldier performing the carry and soldier **B** refers to the soldier being carried. **The drill is always performed in its entirety in the order listed.**

Guerrilla Drill 2; Exercise 1

The Shoulder Roll

Purpose: This exercise develops the soldier's ability to safely fall and roll-up to a standing position.

Starting Position: Straddle Stance.

Movement:

Step forward with the left foot, squat down and make a wheel with the arms by placing the left hand on the ground with the fingers facing to the rear and the right hand also on the ground with the fingers facing forward. Tuck the chin to avoid injury to the neck. Push off with the right leg and roll over the left shoulder along right side of the body. To roll to the opposite side, step forward and switch hand and leg positions. Progress to continuously walking and rolling on opposite sides.



Checkpoints:

- ❑ Lead with the left foot when rolling on the left shoulder and the right foot when rolling on the right shoulder.
- ❑ Hands are placed on the ground with the middle fingertips together and facing one another so that the arms form a wheel.
- ❑ Rotate the upper body so that the lead elbow is pointing straight to the front while maintaining a wheel with the arms.
- ❑ Tuck the chin so that ground contact is made with the arms, shoulder blades, and back not with the neck.
- ❑ The momentum of the roll brings soldiers up to their knees. Continue to the feet by pushing off with the rear leg while standing up on the front leg.

Precautions: The PRT leader and AI(s) must ensure that soldiers are in the proper squatting position for the roll with hands on the ground and the chin tucked before rolling.

Guerrilla Drill 2; Exercise 2

The Lunge Walk

Purpose: This exercise develops the leg power needed to move both vertically and horizontally.

Starting Position: Straddle Stance.

Movement: Walk forward, starting with the left foot, stepping as in the forward lunge. Lightly touch the knee of the rear leg to the ground with each step. Without returning to the starting position, continue to lunge walk to the 25-yard stop point by alternating legs.



Checkpoints:

- Incorporate arm swing with the arm opposite the forward leg, raise the arm to parallel with the ground.
- Keep the back straight and the head up.
- Do not allow the knee of the lead leg to move forward of the toes.

Precautions: Do not allow the knee of the rear leg to forcefully contact the ground.

Guerrilla Drill 2; Exercise 4

The High Crawl Crouch Run

Purpose: This exercise develops the ability to high crawl and run quickly in a crouched position.

Starting Position: Prone Position.

Movement: High crawl for 10 yards. Run forward in the crouch position to the 25-yard stop point.



Checkpoints:

- ❑ While lying prone on the ground, raise the body, supporting weight on the forearms and the lower legs. Keep the knees well behind the buttocks. Keep the buttocks low. Move forward by alternately advancing the right elbow and the left knee, then advance the left elbow and the right knee.
- ❑ Move from the high crawl to the crouch run by assuming the Mountain Climber starting position and firing out to the crouch run.
- ❑ On the crouch run, stay low with minimal arm swing.

Guerrilla Drill 2; Exercise 4

The Saddleback Carry

Purpose: This exercise develops the soldier's ability to carry a conscious soldier of comparable size.

Starting Position: Soldier **A** stands in front of soldier **B**. Soldier **B** mounts soldier **A**'s hips and clasps his hands around soldier **A**'s chest. Soldier **A** grasps soldier **B**'s thighs securing this position.

Movement: Soldier **A** quick times 25-yards, then soldier **B** dismounts and the soldiers change positions and return to the start point.



Checkpoints:

- Soldiers squat deep enough to allow partners to mount hips without jumping.

Precautions: Soldiers should not jump on their partners back to assume the carry position. All movement in the carry position is performed at a quick time.

Guerrilla Drill 2; Exercise 5

The Fireman's Carry

Purpose: This exercise develops the soldier's ability to carry a conscious or unconscious soldier of comparable size.

Starting Position: Soldier B assumes the prone position, arms overhead. Soldier A straddles soldier B and squats, reaching under soldier B's armpits. Soldier A stands lifting soldier B to his knees. Soldier A claps his hands around soldier B's chest and continues to lift soldier B to his feet, leaning him back slightly to lock the legs. Soldier A raises one of soldier B's arms overhead, and walks under the arm to the front of soldier B oriented sideways to soldier B. Soldier A bends his knees and leans forward, placing one arm through soldier B's legs. Soldier A leans soldier B forward until he lies across soldier A's shoulders. Soldier A stands up, lifting soldier B off the ground. Soldier A, using the hand of the arm through Soldier B's legs, grasps the wrist of soldier B's arm that is hanging over his shoulder.

Movement: Soldier A moves 25-yards at a quick time, then soldier B dismounts and soldiers change positions and return to the starting point.



Checkpoints:

- Soldiers should squat low and grasp the soldier under the arms to lift them from the prone position.
- Position the soldier over the shoulder during carry. Secure the position with one hand, grasping the soldier's forward arm.

Precautions: Keep back straight and use legs to lift soldier to carry position. All movement in the carry position is performed at a quick time.

SECTION IV - SUMMARY

12-17. Though soldiers may possess admirable strength and endurance, if they lack mobility they will be unable to perform critical soldier tasks to standard. Regular, precise performance of guerrilla drills develops the mobility soldiers need to perform their duties.