

**OTS 206 DRILL
LESSON PLAN 2**

BASIC STANDING DRILL

2 periods

Introduction

Learning these basic movements will help the cadets grasp the concept of drill and are the foundation for other movements.

The Position of Attention

a) purpose – the position of readiness. Used when:

- speaking to a superior (i.e. officer);
- you are ready to march, and when you stop marching;
- during inspections; and
- during Colours and Sunset.

b) things to look for:

- heels together and in line;
- feet turned out to form an angle of 30 degrees;
- body balanced and the weight evenly distributed on both feet;
- shoulders level and square to the front;
- thumbs touching the seam of the pant leg and pointing down, knuckles touching the pant leg;
- arms straight to the side with the elbows and wrists touching the body; and
- head and eyes straight to the front.

NOTE: Although this is a still position, do not forget to breathe regularly. You may also wiggle your toes and bend your knees SLIGHTLY in order to keep comfortable. It is also important to be wearing your uniform properly, without being constricted by a tight or undersized clothing.

Attention to Stand at Ease – “Squad, Stand at – EASE”

a) purpose – a more comfortable version of Attention which should be used when standing still for longer periods of time.

b) things to look for:

- carry the left foot to the left by bending the left knee, keeping the foot and lower leg relaxed;
- straighten the left leg and place the left foot about 25 cm away from the right foot;
- as the left foot touches the deck, both arms are moved behind the back;
- put the right hand in the palm of the left;
- cross thumbs and straighten fingers;
- balance body evenly on both feet; and
- the remainder of the body is the same as for the position of attention.

Stand at Ease to Stand Easy – “Squad, Stand – EASY”

a) purpose – used when it is time for the division to relax. It is only given if the division is standing at ease

b) things to look for:

- close your hands and bring them to the side as in the position of attention;
- observe a standard pause (1 second); and
- relax the body - DON'T FALL APART! – no moving your feet or talking.

NOTE: There is only one order that can be completed from the Stand Easy position. When you hear the beginning of the next drill command, you should immediately assume the position of Stan at Ease.

Stand at Ease to Attention – “Squad, Atten – TION”

a) purpose – used to bring the division to the position of attention and continue with other movements (i.e. marching, dismissing)

b) things to look for:

- carry the left foot to the right by bending the left knee, keeping the foot and lower leg relaxed;
- straighten the left leg and place the left foot beside the right;
- feet should be at a 30 degree angle as in the position of attention;
- as the left foot touches the deck, both arms are moved to the side;
- hands and arms revert to the position of attention; and
- balance body evenly on both feet;

Conclusion

These positions and movements that form the basis for all other movements. Timing is important, but will seem easier as you practice each movement. Remember that all of these positions are designed with comfort in mind, so if it doesn't feel right, ask an instructor for assistance.