

805P-COM-1113
Perform Military Movement Drill 2 (MMD2)
Status: Approved

Security Classification: U - Unclassified

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the U.S. Center for Initial Military Training, Ft Eustis, VA foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

Conditions: Military Movement Drill 2 is a dynamic preparation drill for the plyometric movements required in Conditioning Drill 3, obstacle course negotiation, Terrain Runs, and other multi-planar movements encountered in combat tasks. The Soldier is provided a PRT area with traffic cones set IAW ATP 7-22.02, an approved PRT plan, a PRT Instructor, and in a uniform designated by the PRT Instructor during scheduled unit PRT. Standard MOPP 4 conditions do not exist for this task. See the MOPP 4 statement for specific conditions.

Standards: Perform Military Movement Drill 2 (MMD2) completing all the prescribed exercises as planned so each exercise is performed in the proper sequence, using movements precisely as described. Exercises must be performed without causing injury and without errors, while utilizing the GO & NO-GO criteria, approved PRT plan, and ATP 7-22.02, "Holistic Health and Fitness Drills and Exercises."

Special Conditions: None

Safety Risk: Low

MOPP 4: N/A

Task Statements

Cue: None

DANGER
Sudden cardiac event could occur during the execution of this drill. Unit chain of command should be aware of Soldiers that have self-reported previous cardiac injury and/or Soldiers requiring over-40 screening.

WARNING
- Injury may occur from improper execution of exercises in this drill. It is important that each exercise in this drill be executed IAW ATP 7-22.02.
- Dehydration may occur in Soldiers not properly hydrated. Proper hydration needs to be monitored by the unit leadership and PRT Instructor.
- Heat or Cold Weather injuries may occur in Soldiers not properly acclimated and/or trained. Unit leadership and PRT Instructor need to monitor as per their Deliberate Risk Assessment.

CAUTION
- Conduct visual reconnaissance of training area before execution of this drill.
- Beware of hazards such as holes, uneven terrain and rocks.
- Use caution when conducting MMDs on wet terrain.

Remarks: None

Notes:

(1) Military Movement Drill 2 is a dynamic preparation drill for the plyometric movements required in Conditioning Drill 3, obstacle course negotiation, Terrain Runs, and other multi-planar movements encountered in combat tasks.

(2) Most exercises in the Military Movement Drill 2 can be viewed on YouTube using the following links:

MMD2-1: <https://www.youtube.com/watch?v=YX1UvKd0IzY>

MMD2-2: <https://www.youtube.com/watch?v=mzNUilpNIwI>

MMD2-3: N/A

Performance Steps

1. Perform the Power Skip.

Note: EQUIPMENT: 4 ea safety cones

VIDEO: Military Movement Drill 2 (MMD2), Exercise 1: <https://www.youtube.com/watch?v=YX1UvKd0lzY>



UNCLASSIFIED

Power Skip



1

Exercise 1

Military Movement Drill 2 (MMD2)

a. Assume correct starting position: staggered stance with right foot forward.

b. Movement: Step with the left foot, then hop and land on the left 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.

2. Perform the Crossover.

Note: EQUIPMENT: 4 ea safety cones

VIDEO: Military Movement Drill 2 (MMD2), Exercise 2: <https://www.youtube.com/watch?v=mzNUilpNlwl>



MILITARY MOVEMENT DRILL 2 (MMD2)



<https://www.youtube.com/watch?v=mzNUilpNwI>
UNCLASSIFIED

2

Exercise 2 Military Movement Drill 2 (MMD2)

a. Assume correct 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.

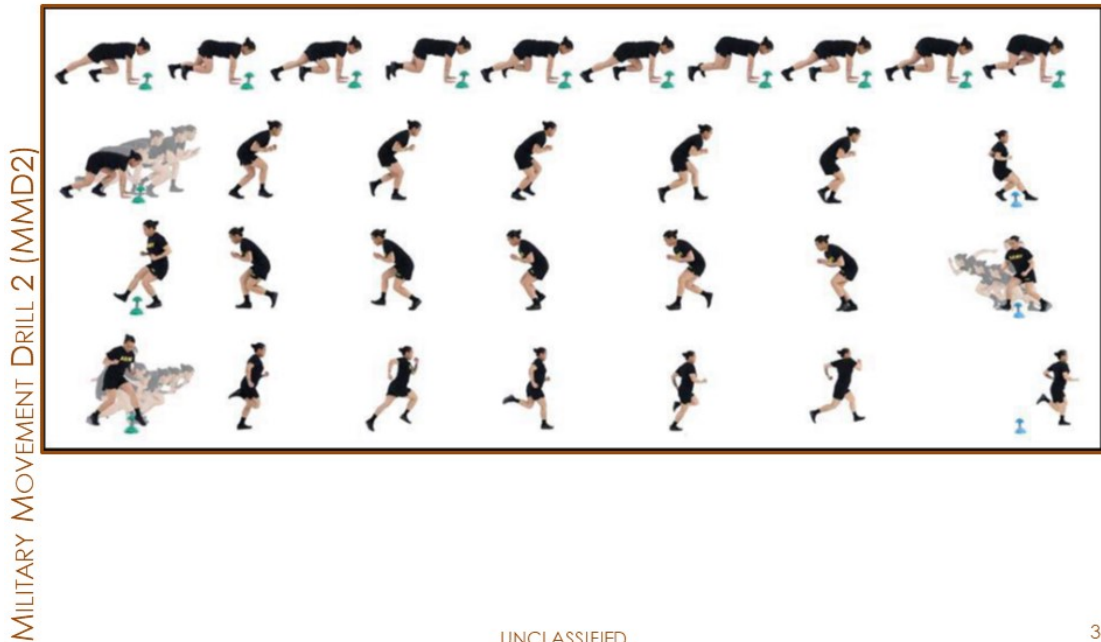
b. Movement: Cross the trail leg first to the front of the lead leg and step in the direction of travel to return to the starting position. Then cross the trail leg to the rear of the lead leg and step in the direction of travel to return to the starting position. Repeat sequence to the 25-yard stop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

3. Perform the Crouch Run.

Note: EQUIPMENT: 4 ea safety cones

VIDEO: Military Movement Drill 1 (MMD1), Exercise 3: N/A

Crouch Run



Exercise 3
Military Movement Drill 2 (MMD2)

a. Assume the correct starting position: the starting position for Exercise (3) three of CD 1: Mountain Climber.

b. Movement: Power out of the starting position, performing one repetition of mountain climber, then upon finishing count 4, run forward in the crouch position to the 25-yard mark. Turn clockwise while planting the left foot and bending and squatting to touch the ground with the left hand, as in performing the shuttle sprint in MMD1. Crouched run quickly back to the starting line and plant the right foot, turn counter-clockwise and touch the ground with the right hand. Accelerate out of the crouch run to an upright position and sprint back to the 25-yard mark gradually accelerating to near maximum speed.

(Asterisks indicates a leader performance step.)

Evaluation Guidance: Score the Soldier "GO" if all performance measures are passed (P). Score the Soldier "NO GO" if any performance measure is failed (F). If the Soldier scores "NO GO," show the Soldier what was done wrong and how to do it correctly.

Evaluation Preparation: Any dry, level area of adequate size is satisfactory for the performance and evaluation of Military Movement Drill 2 (MMD2). The Soldier should wear APFU. The uniform should be appropriate for the activity that follows Military Movement Drill 2 (MMD2). For example, when the activity includes Climbing Drill 2 (CL2) or the Guerrilla Drill (GD), ACUs with boots will be worn.

PERFORMANCE MEASURES	GO	NO-GO	N/A
1. Performed the Power Skip.			
a. Assumed correct starting position: staggered stance with right foot forward.			
b. Movement: Stepped with the left foot, then hopped and land on the left leg followed by the same action with the opposite leg. When the right leg was forward, the left arm swung forward and the right arm was to the rear. When the left leg was forward, the right arm swung forward and the left arm was to the rear.			
2. Performed the Crossover.			
a. Assumed correct 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. Faced perpendicular to direction of movement.			
b. Movement: Crossed the trail leg first to the front of the lead leg and stepped in the direction of travel to return to the starting position. Then crossed the trail leg to the rear of the lead leg and stepped in the direction of travel to return to the starting position. Repeated sequence to the 25-yard stop point. Always faced the same direction so that movement of the first 25-yards was to the left and movement of the second 25-yards was to the right.			
3. Performed the Crouch Run.			
a. Assumed the correct starting position: the starting position for Exercise (3) three of CD 1: Mountain Climber.			
b. Movement: Powered out of the starting position, performing one repetition of mountain climber, then upon finishing count 4, ran forward in the crouch position to the 25-yard mark. Turned clockwise while planting the left foot and bent and squated to touch the ground with the left hand, as in performing the shuttle sprint in MMD1. Crouched ran quickly back to the starting line and planted the right foot, turned counter-clockwise and touch the ground with the right hand. Accelerated out of the crouch run to an upright position and sprinted back to the 25-yard mark gradually accelerating to near maximum speed.			

Supporting Reference(s):

Step Number	Reference ID	Reference Name	Required	Primary	Source Information
	ATP 7-22.02	Holistic Health and Fitness Drills and Exercises	Yes	Yes	
	FM 7-22	Holistic Health and Fitness	Yes	No	

TADSS : None

Equipment Items (LIN): None

Materiel Items (NSN) :

Step ID	NSN	LIN	Title	Qty
1.	6250-00-334-6183		CONE,SAFETY	4
2.	6250-00-334-6183		CONE,SAFETY	4
3.	6250-00-334-6183		CONE,SAFETY	4

Environment: Environmental protection is not just the law but the right thing to do. It is a continual process and starts with deliberate planning. Always be alert to ways to protect our environment during training and missions. In doing so, you will contribute to the sustainment of our training resources while protecting people and the environment from harmful effects. Refer to the current Environmental Considerations manual and the current GTA Environmental-related Risk Assessment card.

Safety: In a training environment, leaders must perform a risk assessment in accordance with current Risk Management Doctrine. Leaders will complete the current Deliberate Risk Assessment Worksheet in accordance with the TRADOC Safety Officer during the planning and completion of each task and sub-task by assessing mission, enemy, terrain and weather, troops and support available-time available and civil considerations, (METT-TC). Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW current CBRN doctrine. Safety is a major consideration when planning and evaluating PRT programs. Commanders should use the composite risk management process for all PRT activities to ensure they do not place their Soldiers at undue risk for injury or accident. The commander should address:

- Environmental conditions
- Emergency procedures
- Facilities
- Differences in age
- Gender

- Level of conditioning of each Soldier in the unit
- Equipment condition (if required)

Note: During MOPP training, leaders must ensure personnel are monitored for potential heat injury. Local policies and procedures must be followed during times of increased heat category in order to avoid heat related injury. Consider the MOPP work/rest cycles and water replacement guidelines IAW FM 3-11.4, NBC Protection, FM 3-11.5, CBRN Decontamination.

Prerequisite Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1112	Perform Military Movement Drill 1 (MMD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0124	Preparation Drill (PD)
805P-K-0127	Military Movement Drill 2 (MMD2)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0125	Recovery Drill (RD)
805P-K-0111	Army Terminology and Acronyms
805P-K-0126	Military Movement Drill 1 (MMD1)

Skills :

Skill ID	Skill Name
805P-S-0103	Ability to form and ask questions
805P-S-0119	Perform basic drill and ceremonies
805P-S-0120	Perform Preparation Drill (PD)
805P-S-0121	Perform Recovery Drill (RD)
805P-S-0122	Perform Military Movement Drill 1 (MMD1)
805P-S-0123	Perform Military Movement Drill 2 (MMD2)
805P-S-0129	Perform Hip Stability Drill (HSD)

ICTL Data : None