

805P-COM-1105
Perform the Shoulder Stability Drill (SSD)
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: The Shoulder Stability Drill (SSD) is designed to develop strength and stability in the shoulder muscles. The Soldier is provided a PRT area 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 the Shoulder Stability Drill (SSD) 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.

Remarks: None

Notes:

(1) The Shoulder Stability Drill (HSD) is designed to develop strength and stability in the shoulder muscles. Soldiers can perform this drill throughout their career. It improves foundational readiness for more rigorous training and combat tasks that involve carrying, climbing, pulling, and pushing.

(2) All exercises in the Shoulder Stability Drill (SSD) can be viewed on YouTube using the following links:

SSD-1: https://www.youtube.com/watch?v=NIZ_qq6CdTw&t=3s

SSD-2: <https://www.youtube.com/watch?v=1Cz2cMewqBM>

SSD-3: <https://www.youtube.com/watch?v=lJmqf6X4Xcc>

SSD-4: <https://www.youtube.com/watch?v=44FfKmwWW3g>

SSD-5: <https://www.youtube.com/watch?v=t4k4KfQYK84>

Performance Steps

1. Perform the I Raise.

Note:

- (1) The first exercise for the Shoulder Stability Drill (SSD) is the I Raise. Soldiers perform the exercise in a formation at a SLOW cadence.
- (2) Video of Shoulder Stability Drill (SSD), Exercise 1: https://www.youtube.com/watch?v=NIZ_qq6CdTw&t=3s



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I Raise

SHOULDER STABILITY DRILL (SSD)



https://www.youtube.com/watch?v=NIZ_qq6CdTw&t=3s
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Exercise 1

Shoulder Stability Drill (SSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Prone position with arms laying parallel to each other on the ground above the head. This is the I position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms facing each other.

- b. Count 1: Raise both arms from the ground 3-6 inches while continuing to keep the elbows straight. The head remains in its starting position.
- c. Count 2: Return to the starting position.
- d. Count 3: Repeat count 1.
- e. Count 4: Return to the first starting position.

2. Perform the T Raise.

Note:

- (1) The second exercise for the Shoulder Stability Drill (SSD) is the T Raise. Soldiers perform the exercise in a formation at a SLOW cadence.
- (2) Video of Shoulder Stability Drill (SSD), Exercise 2: <https://www.youtube.com/watch?v=1Cz2cMewqBM>



SHOULDER STABILITY DRILL (SSD)



<https://www.youtube.com/watch?v=1Cz2cMewqBM>
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Exercise 2
Shoulder Stability Drill (SSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Prone position with arms laying on the ground straight out from the shoulders at 90 degrees to the trunk. This is the T position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms perpendicular to the ground, facing directly ahead.

b. Count 1: Raise both arms from the ground 3-6 inches while continuing to keep the elbows straight. The head remains in its starting position.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

3. Perform the Y Raise.

Note:

(1) The third exercise for the Shoulder Stability Drill (SSD) is the Y Raise. Soldiers perform the exercise in a formation at a SLOW cadence.

(2) Video of Shoulder Stability Drill (SSD), Exercise 3: <https://www.youtube.com/watch?v=IJmqf6X4Xcc>



SHOULDER STABILITY DRILL (SSD)



<https://www.youtube.com/watch?v=Jmqf6X4Xcc>
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Exercise 3 Shoulder Stability Drill (SSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Prone position with arms laying on the ground extended overhead at 45 degrees to the trunk. This is the Y position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms facing each other.

b. Count 1: Raise both arms from the ground 3-6 inches while continuing to keep the elbows straight. The head remains in its starting position.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

4. Perform the L Raise.

Note:

(1) The fourth exercise for the Shoulder Stability Drill (SSD) is the L Raise. Soldiers perform the exercise in a formation at a SLOW cadence.

(2) Video of Shoulder Stability Drill (SSD), Exercise 4: <https://www.youtube.com/watch?v=44FfKmwWW3g>



SHOULDER STABILITY DRILL (SSD)



<https://www.youtube.com/watch?v=44FfKmwWW3g>
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Exercise 4 Shoulder Stability Drill (SSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Prone position with arms laying on the ground straight out to the side at 90 degrees to the trunk and elbows bent to 90 degrees. Hands are at head level with palms facing the head. This is the L position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms facing each other.

b. Count 1: Raise both arms from the ground 3-6 inches while continuing to keep the elbows bent. The head remains in its starting position. The elbows, forearms, and hands should leave the ground at the same time.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

5. Perform the W Raise.

Note:

(1) The fifth exercise for the Shoulder Stability Drill (SSD) is the W Raise. Soldiers perform the exercise in a formation at a SLOW cadence.

(2) Video of Shoulder Stability Drill (SSD), Exercise 5: <https://www.youtube.com/watch?v=t4k4KfQYK84>



W Raise



SHOULDER STABILITY DRILL (SSD)



<https://www.youtube.com/watch?v=t4k4KfQYK84>
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Exercise 5
Shoulder Stability Drill (SSD)

a. On the command, "Starting Position, MOVE," assume the correct starting position: Prone position with arms on the ground at 45 degrees to the trunk and elbows bent to 45 degrees. This is the W position. The head is slightly elevated. Feet are together and toes are pointing rearward. Fingers and thumbs are extended and joined with palms facing each other.

b. Count 1: Raise both arms from the ground 3-6 inches while continuing to keep the elbows bent. The head remains in its starting position. The elbows, forearms, and hands should leave the ground at the same time.

c. Count 2: Return to the starting position.

d. Count 3: Repeat count 1.

e. Count 4: Return to the starting position.

(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 the Shoulder Stability Drill (SSD). The uniform should be appropriate for the activity that follows the Shoulder Stability Drill (SSD). 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 I Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Prone position with arms laying parallel to each other on the ground above the head. The head was slightly elevated. Feet were together and toes were pointing rearward. Fingers and thumbs were extended and joined with palms facing each other.			
b. Count 1: Raised both arms from the ground 3-6 inches while continuing to keep the elbows straight. The head remained in its starting position.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
2. Performed the T Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Prone position with arms laying on the ground straight out from the shoulders at 90 degrees to the trunk. The head was slightly elevated. Feet were together and toes were pointing rearward. Fingers and thumbs were extended and joined with palms perpendicular to the ground, facing directly ahead.			
b. Count 1: Raised both arms from the ground 3-6 inches while continuing to keep the elbows straight. The head remained in its starting position.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
3. Performed the Y Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Prone position with arms laying on the ground extended overhead at 45 degrees to the trunk. The head was slightly elevated. Feet were together and toes were pointing rearward. Fingers and thumbs were extended and joined with palms facing each other.			
b. Count 1: Raised both arms from the ground 3-6 inches while continuing to keep the elbows straight. The head remained in its starting position.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
4. Performed the L Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Prone position with arms laying on the ground straight out to the side at 90 degrees to the trunk and elbows bent to 90 degrees. Hands were at head level with palms facing the head. The head was slightly elevated. Feet were together and toes were pointing rearward. Fingers and thumbs were extended and joined with palms facing each other.			
b. Count 1: Raised both arms from the ground 3-6 inches while continuing to keep the elbows bent. The head remained in its starting position. The elbows, forearms, and hands left the ground at the same time.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			
5. Performed the W Raise.			
a. On the command, "Starting Position, MOVE," assumed the correct starting position: Prone position with arms on the ground at 45 degrees to the trunk and elbows bent to 45 degrees. The head was slightly elevated. Feet were together and toes were pointing rearward. Fingers and thumbs were extended and joined with palms facing each other.			
b. Count 1: Raised both arms from the ground 3-6 inches while continuing to keep the elbows bent. The head remained in its starting position. The elbows, forearms, and hands left the ground at the same time.			
c. Count 2: Returned to the starting position.			
d. Count 3: Repeated count 1.			
e. Count 4: Returned to the starting position.			

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
No materiel items specified				

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 Conditions (if applicable)

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-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved

Supporting Individual Tasks :

Task Number	Title	Proponent	Status
805P-COM-1107	Perform the Push-Up and Sit-Up Drill (PSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1109	Perform Conditioning Drill 1 (CD1)	805P - Physical Readiness (Individual)	Approved
805P-COM-1101	Perform the Preparation Drill (PD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1110	Perform Conditioning Drill 2 (CD2)	805P - Physical Readiness (Individual)	Approved
805P-COM-1102	Perform the Recovery Drill (RD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1138	Perform The Recovery Drill (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1111	Perform Conditioning Drill 3 (CD3)	805P - Physical Readiness (Individual)	Approved
805P-COM-1103	Perform Four for the Core (4C)	805P - Physical Readiness (Individual)	Approved
805P-COM-1121	Perform Conditioning Drill 1 (Modified)	805P - Physical Readiness (Individual)	Approved
805P-COM-1104	Perform the Hip Stability Drill (HSD)	805P - Physical Readiness (Individual)	Approved
805P-COM-1120	Perform Preparation Drill (Modified)	805P - Physical Readiness (Individual)	Approved

Supported Individual Tasks : None

Supported Collective Tasks : None

Knowledges :

Knowledge ID	Knowledge Name
805P-K-0134	Shoulder Stability Drill (SSD)
805P-K-0124	Preparation Drill (PD)
805P-K-0112	Army PRT Related Policies and Regulations
805P-K-0111	Army Terminology and Acronyms

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-0130	Perform Shoulder Stability Drill (SSD)

ICTL Data : None