



## DEFENDING AGAINST CYBER-ATTACKS

*Providing Cyber Operations  
Training courses to suite the ever-  
changing cyber environment*



### TRAINING

Hands-on simulator-based instruction, tailored cyber training, cyber curriculum development



### CYBER EXERCISES

Creation, collaboration and execution of cyber table top and live action (hands-on activities)



### COMPETITIONS

Cyber-Range based force-on-force or capture the flag competitions, competition planning and execution



### COMMERCIAL AND INTERNATIONAL CYBER SECURITY EXERCISES

Multi-day cyber range-based events exercising corporate cyber readiness or for use in identifying and recruiting top-notch talent



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## Cyber Operations Training

Hands-on instruction is an effective way to teach cyber skills. Whether in a university/college setting or a technical training course, students interact directly with tools experiencing the outcome of their actions. The simulator advantage means students are separated from the operational network, so they are free to experiment and explore techniques that would be risky on a live network. Metova tailor's cyber security training to individual situations. Our support staff will confer with you concerning your technical training requirements and number of students, ensuring the training environment aligns to the objectives of the curriculum. Training is conducted on client site or another designated location. Our support staff designs instruction plans, materials, student workbooks, and other training tools tailored to the audience, skill level, and specific learning objectives.

## Cyber Competition Planning and Execution

CyberCENTS accomplished planners know that cyber competition requires a special set of considerations apart from standard exercises. Capture the Cyber Flag can be played with teams on the cyber playing field. Another option is a force-on-force cyber competition. In either case, the rules of engagement, various exercise logistics, and requirements of the cyber playing field need to be determined.

Cyber competitions can be formulated to support advanced concepts applications, team skills refinement, or force-on-force operations and rehearsals. Metova planners employ the use of hands-on constructive cyber environments to focus upon these specific skills and learning outcomes in a robust, realistic cyber environment.

## Cyber Exercise Planning and Execution

Our exercise planners can work with you to determine a "best fit" mix of scenarios to challenge players. Our exercise services provide technical assistance on the details that contribute to the overall value and strength of the exercise—the various controls, criteria, expectations, tools, scripts, requirements, situations, and other issues. Cyber technical advisors develop scenarios mapping to exercise objectives and monitor the progress of the activity. A post-exercise analysis is a reflective look at the entire exercise highlighting what was learned, the responses, and the outcomes. An initial quick look is obtained at the conclusion of the exercise while the event is fresh on every mind. Feedback from participants is gathered from all participants and utilized for refining future exercises.

## Commercial and International Cyber Security Exercises

Our commercial exercises are hands-on cyber engagements for industry cyber operators. Exercise objectives focus on industry best practices and emerging policy. Exercising your existing policy and procedures, operators are put through scenarios where they must detect, recognize, respond to, mitigate, and recover from an on-going cyber-attack in an operational environment. Output provides the client with information needed to develop a remediation plan to improve readiness.

