How to Use Capture the Flag (CtF) for Cybersecurity Training

UWF Florida Cybersecurity Training Program
Offered by the University of West Florida Center for Cybersecurity

Course Overview

Course Dates: November 14, 2024

Tabletop Exercise Times: 8 am – 4 pm CT with break from 11:30 am – 12:30 pm CT

(9 am – 5 pm ET with break from 12:30 – 1:30 pm ET)

Duration: 1 day

Instructional Hours: 7 contact hours

Delivery Format: Synchronous online | via Zoom

Target Audience: Anyone seeking to understand how CtF platforms work and how they can be used for cybersecurity training.

Recommended Background: Working knowledge of IT and cybersecurity concepts.

CEUs: 0.7, CPEs: 9 Course Instructor:

Instructor	Email Address
Dr. Elizabeth Rasnick	erasnick@uwf.edu

Course Description

This exercise is designed to provide participants with a hands-on understanding of the capture-the-flag (CtF) training method. We will discuss how CtFs can be applied to common training topics for cybersecurity. Our discussion will include different types of CtF training (red team versus blue team or jeopardy-style), CtF platforms and environments, and suggested resources for CtF training events.

An example CtF platform will be used to demonstrate the topics covered in our discussion. Participants will have time to experiment with CtF platforms and ask questions about implementation, training, and competitions.

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