

SKILL MOVES SYSTEM™ (SMS)

The Open Field Movement Language

The Skill Moves System™ (SMS) is a proprietary, number-based movement system built to help football players dominate the **first defender** in the open field.

This system applies at every level of the defense: - First Level — Defensive Line - Second Level — Linebackers - Third Level — Secondary

Numbers create clarity. Clarity creates speed. Speed creates domination.

This guide is designed for **study, mastery, and repetition**.

1 — The Signature Move

Every Open Field athlete must establish **one primary move** they trust to defeat the first defender.

The Signature Move is the foundation of confidence, creativity, and execution. It is the movement an athlete returns to under pressure, fatigue, and chaos.

This move is not chosen for flash. It is chosen for **reliability at full speed**.

All other SMS movements build from the Signature Move.

2 — Juke Right (Defender Leverage Right)

A deceptive redirection attacking the defender's leverage to the right.

Variations

- **JC2 — Jump Cut Right**
Feet parallel. Jump horizontally. Accelerate forward.
- **DL2 — Dead Leg Right**
Full-speed sprint. Stiffen right leg. Violent plant. Redirect.
- **H2 — Hop Juke Right**
Short horizontal hop into acceleration.

- **E2 — Euro Step Right**

Basketball-style euro step starting with right leg.

- **HS2 — High Step Juke Right**

High step into DL2 execution.

- **CB2 — Cutback Juke Right**

Push backward off the right leg.

- **S2 — Stop-on-Dime Juke Right**

Full stop. Lead with left leg. Transition into next SMS number.

- **B2 — Bunny Hop Juke Right**

Small forward hop into a 2-juke.

3 — Juke Left (Defender Leverage Left)

Mirror of the right juke attacking opposite leverage.

Variations

- **JC3 — Jump Cut Left**

- **DL3 — Dead Leg Left**

- **H3 — Hop Juke Left**

- **E3 — Euro Step Left**

- **HS3 — High Step Juke Left**

- **CB3 — Cutback Juke Left**

- **S3 — Stop-on-Dime Juke Left**

- **B3 — Bunny Hop Juke Left**

4 — Spin Right

A counter move designed to disrupt pursuit angles and defender commitment.

Coaching Points

- Keep the ball tight to the body
- Pivot off the left foot
- Do not switch hands

Variations

- **H4 — Hop Spin Right**

- **DL4 — Dead Leg Spin Right**

- **T4 — Truck Spin Right**
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5 — Spin Left

Change-up against over-aggressive defenders attacking leverage.

Coaching Points

- Keep the ball tight to the body
- Pivot off the right foot
- Do not switch hands

Variations

- **H5 — Hop Spin Left**
 - **DL5 — Dead Leg Spin Left**
 - **T5 — Truck Spin Left**
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6 — Stiff Arm (Right Arm)

A legal, dominant technique used to maintain balance and separation through contact.

Variations

- **Q6 — Quick Jab**
Short, explosive open-hand strike.
 - **P6 — Power Stiff Arm**
Maximum force extension through contact.
 - **T6 — Throw-Over**
Use defender momentum to redirect and accelerate.
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7 — Hurdle (Left Leg Lead)

Used when defenders attack low.

Requires timing, balance, and ball security.

Execution: - Jump over the defender - Lead with the left leg - Maintain tight ball control

8 — Hurdle (Right Leg Lead)

Opposite-leg hurdle execution for balance mastery.

Execution: - Jump over the defender - Lead with the right leg - Maintain tight ball control

SYSTEM STANDARD

Every Open Field athlete must: - Know the numbers - Execute at game speed - Protect the football - Apply the correct move to the correct defender level

Mastery creates confidence. Confidence creates domination. Domination leads to rise.

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