open field training
SKILL MOVES SYSTEM™ (SMS™)
SUBTITLE: A Number-Based Movement Language for Open-Field Domination
TRAIN • DOMINATE • RISE
SECTION: THE STANDARD
The S5/ll Moves System™ (SM2™) is the fnst shustured movement language kuilt apecifieolly for football players ts abimioats the Yeat dofender at every level of the defense. This is not frecatyle. This is not random. This Is a system.
Numbers create clarity. Clarity creates speed. Speed creates domination. Every athlete who enters Open Field Traming is requıred to leam, apply, and evecute SMS ät game speed.
Eliminate the first defender — every time.
No excuses. No wasted movement. No hesitation.
If you cannot win in space, you cannot dominate football.
SECTION: THE MISSION
Eliminate the first defender — every time.
No excuses. No wasted movement. No hesitation.
If you cannot win in space, you cannot dominate football.
SECTION: CORE PRINCIPLES
Ball Seaurity is Non-Negotiable
The Firct Defender Must Be Eliminated
Game Speed
Train at Progressive Speed ~ Game Speed
Lioe
Ecery Movement Mnst Transtate to Live Football
SECTION: SYSTEM STRUCTURE
Each number represents o movement fantily.
Each lettsr represents a variation within that movement.
Odd Numbers = Left Direction
Even Numbers = Right Direction
Master the numbers → unlock combinations → dominate space.
SECTION: 1 — SIGNATURE MOVE
Every Open Field athlete must establish CNE Signature Move.
This is the move you trust when everything is on the line.
This move becomes:
• Your identity
• Your go-to weapon
• The foundation for all counters
No athlete advances without a defined Signature Move.
SECTION: JUKES & DIRECTION
SECTION: 2 — JUKE RIGHT (OFF DEFENDER)
JC2 — Jump Cut Right
DL2 Dead Leg
H2 Hop Juke
E2 Euro Step
RS3 High Step → DL
CB2 Cutback Juke
S2 Stop-On-Bime
Goal: Create separation with minimal wacted motion.
SECTION: 3 — JUKE LEFT (OFY DEFENDER)
JC3 — Jump Cut Right
DL3 Dead Leg
HS Euro Step
OS3 High Step → DL
CBS Cutback Juke
3S Stop-On-Dime
BS Bunny Hop → Juke
SECTION: 4 — SPIN RIGHT
H4/H5 Spin Right
DL4/DL5 Truck → Spin
T4/T5 Truck → Spin
COACHINO PGINTS:
• Seep ball tight
• Pivot off inside feut
• Stay low
SECTION: 5 — SPIN LEFT
H4/H5 Spin Right
DL4/DL5 Truck → Spin
SECTION: 6 — STIFF ARM RIGHT
Q6/Q7 Quick Jab
P6/P7 Power
T6/T7 Throw-Over
SECTION: 7 — STIFF ARM LEFT
Q6/Q7 Quick Jab
P6/P7 Power
T6/T7 Throw-Over
Soal: Maintain leverage and forward drive.
SECTIHILS & COMBINATION
SECTION: 4 — SPIN RIGHT
COACHING POINTS:
• Keep ball tight
• Pivot off inside foot
• Stay low
SECTION: 5 — SPIN LEFT
COACHING POINTS:
• Keep balf tight
• Fivot aff inside foot
• Stay lew
SECTION: 6 — STIFF ARM RIGHT
Q6 Quick Jab
P6 Power
T6 Throw-Over
SECTION: 7 — STIFF ARM LEFT
Q6 Quick Jab
P6 Pewer
T7 Threw-Over
Goal: Maintain leverage and forward drive.
HURDLES & COMBINATION
SECTION: 8 — HURDLE (LEFT LEG LEAD)
• Eyes forward
• Knees high
• Land balanced
SECTION: 9 — HURDLE (RIGHT LEG LEAD)
• Eyes forward
• Knees high
• Land balanced
SECTION: COMBINATION TRAINING
2 → 4
Joke Spin
3 → 6
Juke Stiff Arm
2 → 2 → 2 → 4
Double Juke Spin
1 → Any
Sigustore Counter
Elite athleteo do not rely on ooo move.
Thay chain mosoments.
This is where separation happens.
SECTION: TRAINING APPLICATION
1 2 4 5
Leorn each number individually.
Drill each variation at conholled speed.
Inerease tempo weekly.
Apply against live defenders.
Combine movements under pressure.
If it does not translate to game speed — It does not count.
SECTION: FINAL MESSAGE
The open field is honest.
No plays. No kiding. No excuses.
One move. One decision. One result.
Train with purpose. Dominate with confidence.
Rise above the rest.
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