

OPEN FIELD TRAINING PLAYBOOK

The Standard of the Open Field

Section 1: Welcome to Open Field Training

Open Field Training was built to bring the football world together under one unified standard.

This is not an app. It is infrastructure.

Open Field exists to elevate the product on GameDay—starting with the players on the field. Players are the heartbeat of football, and elite performance requires preparation that is physical, mental, and technical.

Open Field Training creates a place for everyone in football— players, trainers, strength coaches, mentors, coaches, and evaluators—to exist inside one connected system.

Every role matters. Every perspective adds value. Every contribution pushes the game forward.

For players, Open Field provides a clear path to development, accountability, and confidence. For coaches and trainers, it provides a platform to teach and impact athletes at scale. For evaluators, it offers a structured environment to assess real football work—not speculation.

Football has always been powerful, but rarely connected. Open Field Training was built to change that.

This is where work is documented. This is where development is respected. This is where football moves forward—together.

Welcome to Open Field Training.

Section 2: The Open Field Mindset

Elite football is decided in space—and the first defender must lose.

Speed matters. Size matters. Scheme matters.

But none of it matters if the first defender brings you down.

At every level of football, the ability to eliminate the first defender separates average production from elite impact. The open field is where football becomes honest.

No scheme. No disguise. One player versus one defender in space.

Open Field athletes do not hope for missed tackles. They create them.

Eliminating the first defender is not about reckless movement or highlight plays. It is about leverage, balance, timing, and decision-making under pressure.

This mindset applies to all skill positions: - Running backs in space - Receivers after the catch - Tight ends in broken structure - Quarterbacks outside the pocket

If you carry the football, you must win in space.

Win the first encounter. Control the play. Separate yourself.

Section 3: Train. Dominate. Rise.

Train

Training is intentional.

Open Field training is structured, progressive, and repeatable. Every rep builds confidence, muscle memory, and control. The offseason is where separation is created.

What you do when no one is watching determines who you become when everyone is.

Dominate

Domination is earned execution.

Preparation reveals itself through composure, decisiveness, and physical control on GameDay. Open Field athletes arrive prepared to impose their will.

Rise

Rise is sustained excellence.

Day after day. Week after week. Year after year.

Domination compounds. As performance stacks, responsibility grows, roles expand, and the athlete rises.

Train with intent. Dominate with confidence. Rise without limits.

Section 4: The Rules of the Open Field

Rule #1: Ball Security Reigns Supreme

Nothing matters if the ball is lost.

Ball security is non-negotiable. A loose ball ends drives. A fumble ends trust.

Rule #2: The First Defender Must Be Eliminated

Every play begins with a confrontation.

If the first defender is not defeated, the play is incomplete.

Rule #3: Know the Levels. Dominate the Levels

- First Level: Defensive line—leverage and angles
- Second Level: Linebackers—patience and reaction
- Third Level: Secondary—space and finish

Rule #4: Execution Over Excuses

Habits do not change on GameDay. They are revealed.

These are not guidelines. They are the standard.

Section 5: The Skill Moves System™ (SMS)

A universal movement language for the open field.

The Skill Moves System™ (SMS) is a number-based movement system built to help athletes dominate the first defender at every level of the defense.

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

Every Open Field athlete is required to learn and execute the system at game speed.

SMS CORE SYSTEM (POLISHED)

1 — The Signature Move

The primary move an athlete trusts to defeat the first defender. This move becomes the foundation of all creativity, counters, and confidence.

2 — Juke Right (Defender Leverage Right)

Deceptive redirection attacking defender leverage.

3 — Juke Left (Defender Leverage Left)

Mirror of #2 attacking opposite leverage.

4 — Spin Right

Counter move to disrupt pursuit angles.

5 — Spin Left

Change-up against over-aggressive defenders.

6 — Stiff Arm (Right Arm)

Legal separation through contact.

7 — Hurdle (Left Leg Lead)

Used against low tackles.

8 — Hurdle (Right Leg Lead)

Opposite-leg execution for balance mastery.

Section 6: Signature Move Philosophy

Creativity does not come from randomness. It comes from mastery.

Every athlete must identify one Signature Move they trust under pressure. This move becomes the anchor in chaos and fatigue.

Open Field does not teach athletes to move like someone else. We teach them to understand themselves—then weaponize that understanding.

Section 7: Drills That Translate to the Game

If a drill does not translate to GameDay, it does not belong in the system.

Open Field drills mirror real football—decision-making, ball security, fatigue, and pressure at speed.

Training prepares athletes for competition. Not practice.

Section 8: How to Train with Open Field

Open Field Training is built for athletes who seek structure, accountability, and excellence.

Weekly check-ins are mandatory. Communication is expected. Discipline is required.

We do not promise comfort. We promise development.

Section 9: The Open Field Athlete Code

We protect the football. We eliminate the first defender. We train with purpose. We master the details. We hold ourselves accountable. We stay coachable. We compete relentlessly. We represent the standard.

Section 10: The Standard

Open Field Training is not a moment. It is a commitment.

Those who respect preparation will separate themselves. Those who separate themselves will dominate. Those who dominate will rise.

APPENDIX: SKILL MOVES SYSTEM™ — FULL STUDY GUIDE

1 — Signature Move

The athlete's primary trusted move executed at full speed.

2 — Juke Right

- JC2 — Jump Cut Right
- DL2 — Dead Leg Right
- H2 — Hop Juke Right
- E2 — Euro Step Right
- HS2 — High Step Juke
- CB2 — Cutback Juke Right
- S2 — Stop-on-Dime Juke Right
- B2 — Bunny Hop Juke Right

3 — Juke Left

- 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

- H4 — Hop Spin Right
- DL4 — Dead Leg Spin Right
- T4 — Truck Spin Right

5 — Spin Left

- H5 — Hop Spin Left
- DL5 — Dead Leg Spin Left
- T5 — Truck Spin Left

6 — Stiff Arm (Right Arm)

- Q6 — Quick Jab
- P6 — Power Stiff Arm
- T6 — Throw-Over

7 — Hurdle (Left Leg Lead)

Standard hurdle execution with left leg lead.

8 — Hurdle (Right Leg Lead)

Standard hurdle execution with right leg lead.

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