



FREE ATHLETE GUIDE

# The Training Path Breakdown

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The NFL-built system for athletes who want to move better, compete harder, and perform when it counts.

*No fluff. No shortcuts.*

**By Jeremy Hill**

LSU | Cincinnati Bengals | New England Patriots | Las Vegas Raiders

[openfieldtraining.com](https://openfieldtraining.com) | [ceo@openfieldtraining.com](mailto:ceo@openfieldtraining.com)

# The OFT System

Most programs hand you a workout plan and call it a day. OFT is a complete movement system built around how football is actually played - in space, under pressure, with defenders closing fast.

## ■ SKILL

Jukes, stiff arms, cuts, and route running. The moves that make defenders miss and coaches notice - built into muscle memory through structured reps.

## ■ SPEED

Not just straight-line speed. First-step acceleration, lateral quickness, and change of direction that holds up in a real game when it matters most.

## ■ CONFIDENCE

The mental edge most programs ignore entirely. Train to execute under pressure - not just in practice, but when the clock is running and the game is on the line.

*"If you train with intent and follow the system, you will move better, feel better, and give yourself the best chance to see real results."*

**- JEREMY HILL, FOUNDER**

# Your First 7 Days

**DAY 1**      **Movement Baseline**

Film your stance, sprint, and three cuts. You cannot improve what you never measure.

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**DAY 2**      **First-Step Speed**

Acceleration mechanics: wall drills, falling starts, and 10-yard burst work.

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**DAY 3**      **Footwork + Change of Direction**

Ladder patterns and cone work. Slow is smooth - smooth becomes fast.

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**DAY 4**      **Skill Moves Fundamentals**

The juke and the cut: master the setup step that makes defenders commit.

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**DAY 5**      **Strength Foundation**

Bodyweight circuit: squats, lunges, push-ups, core. Build the base that holds speed.

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**DAY 6**      **Conditioning + Recovery**

Tempo runs plus a full mobility session. Durability is a skill too.

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**DAY 7**      **Game-Speed Application**

Put it all together at full speed. Re-film your Day 1 tests and compare.

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*Repeat the week at higher intensity - or get your personalized path on the next page.*

# Your Next Step

The 7-day kickstart is the sample. The full OFT system is the program - personalized to your position, your level, and your goals.

1

## Take the free Athlete Evaluation

60 seconds. Position, level, goals. No credit card required.

2

## Get your custom program in 24 hours

Built for you by a real coach - not a copy-paste template.

3

## Train, get feedback, improve

Submit footage for coaching review and track progress week over week.

## START YOUR FREE 7-DAY TRIAL

Book your free Athlete Evaluation at [openfieldtraining.com](https://openfieldtraining.com)  
and get your custom training path within 24 hours.

NO CREDIT CARD | CANCEL ANYTIME | RESULTS IN 7 DAYS