

PRESENTS

DFW HS ATHLETE OF THE MONTH

Matt Lipka, Baseball

SCHOOL: McKinney HS

HONORS:

- 2007 9-4A District Freshman Offensive Player of the Year
- 2007 and 2008 9-4A District First Team Shortstop
- 2008 Batting Average of .379
33 hits, 25 RBI's in 28 games
- 2008 Member of USA Baseball 16U National Team Gold Medal winners
2008 Youth Pan American Championships



MJP TRAINING TIPS

- \\ **TIP #1:** The PowerBall reactive wall throws are a great way to tighten the recoil action of your baseball swing. Setup perpendicular to a wall and transmit force from your outside leg into the ball with a powerful throw, using your core as the force transmitter. Work both sides for symmetry.
- \\ **TIP #2:** The lateral slideboard lunge is a great way to develop lateral hip strength and mobility, improving your defensive range and first step explosiveness. Keep your torso erect as you slide your lead foot laterally down the board; try to keep your inside hip loaded. Return to start position with a solid downforce through your ankle, knee, and hip.
- \\ **TIP #3:** Don't neglect your throwing arm. Keep the rotational range-of-motion symmetrical and balanced using the sidelying quadrant with rotation mobilization routine. On your right side, with your top leg stabilized, counter-rotate your torso and reach with your left arm. Hold the rotation as you slide your left arm down along the ground, hiding the hand behind your lower back. Repeat 6-12 reps; switch sides and repeat sequence.

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