

DFW HS ATHLETE OF THE MONTH

Beau Smith, Forward

SCHOOL: McKinney High School
2007-08 District 9-4A Champions
2008-09 District 9-4A Runner-up

BASKETBALL HONORS

- 2007-08 1st Team All-District
- 2008-09 2nd Team All-District
- 2008-09 3rd Team All-County

DISTRICT RANKINGS

- 1st in Blocks, 2.5 bpg
- 2nd in Rebounding, 7.7 rpg
- 8th in Scoring, 11.0 ppg

DESTINATION: College of the
Sequoias (Fresno, California)

Getting better and making the team doesn't mean just training harder. It means training smarter with state-of-the-art equipment, the coolest, edgiest training technology and the world's most advanced training techniques! Performance training at the **Michael Johnson Performance Center** will make you faster, stronger, more agile, more reactive and super-quick. But even more than that, it will give you the visions and attitude of a champion.



MJP TRAINING TIPS

SPORT VISION TRAINING

Sport:Vision is an aspect of performance that is often overlooked in general athletic training. An athlete must SEE, THINK and MOVE in a fraction of a second. MJP, along with Nike SST, has designed a unique program to train the sensory system in order to improve an athlete's brain-body connection.

- \\ **TIP #1:** Reaction Hip-Flip – Become a defensive menace and more elusive on offense using the Reaction Hip-Flip drill. Keep shoulders square to your partner, stay in a low defensive base on the ball of your feet. While keeping shoulders square, rotate hips (your base) only to the direction your partner has indicated (left or right). Come back to center as soon as you have rotated your hips, ready for the next cue.
- \\ **TIP #2:** Turn & Find – Take “hesitation” to the play out of your game. Turn your body 90 degrees away from your partner to either the left or right. Standing in a base position, have your partner pass the ball, saying “turn” as they do. Snap your head around and catch the pass. The key is to have a quick head snap. The faster you get your eyes around, the more time you have to make the catch.
- \\ **TIP #3:** Hot Potato Drill – Improve reactions to your opponent with the Hot Potato Drill. Square up to your partner in a low defensive base. Using a basket ball, catch the ball from your partner as he/she pops it to you at the 12 o'clock, 3 o'clock, 6 o'clock, or 9 o'clock positions. Return the ball and get ready for the next pop. Partner, pop the ball as if it is a “hot potato”. When they toss it back to you pop the ball back to any of the positions of the clock.