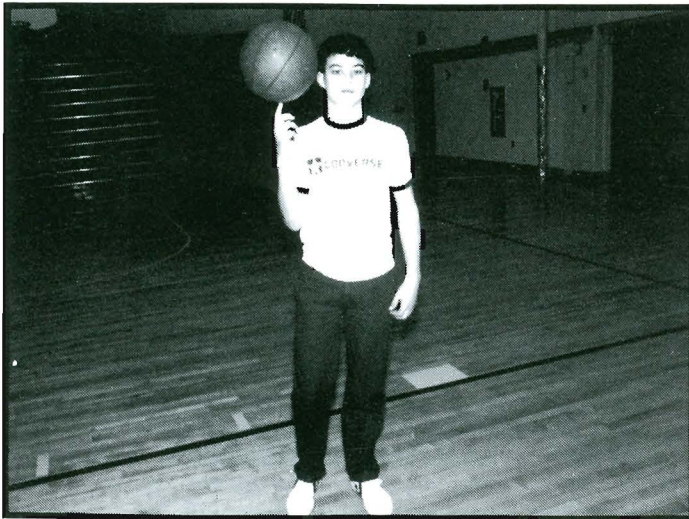


# SEAN MILLER

## BASKETBALL PRODIGY

by Greg Shepard



Sean is perhaps the best ball handler in the world.



Sean started on the BFS Program last April.  
Shown Box Squatting.



Never seen a guy have so much fun!

Sean Miller has been giving ball handling demonstrations with his dad, John Miller, for the last 10 years. At the tender age of five, Sean demonstrated an unusual talent of dribbling and performing tricks with basketballs. His father John, being a basketball coach, always had a ball around and son Sean loved to be around the game. Coach Miller didn't have to push but did encourage and help his son develop extraordinary skills.

Sean has been on the Johnny Carson show, That's Incredible, P.M. Magazine and many N.B.A. half-time shows. Coach Miller and Sean put on fantastic demonstrations at some 30-35 summer basketball camps. It has been estimated that Sean has performed live in front of 5 million people. Sean likes it and thinks it's "pretty fun."

It was cute to see a grade school kid dribble 5 basketballs at once with such skill even the N.B.A. pros couldn't match him. However, now Sean is past the cute stage and is very serious now about being a great basketball player on the court.

Other kids who saw Sean's demonstrations would say "Hey that's great but can he play. How about going one on one?" Well forget it! Sean is devastating. Not only does he practice ball handling techniques but he spends perhaps more time shooting than any other player alive. Sometimes he will shoot 2000 shots per day. He always gets 100-200 free throws per day.

However, as Sean entered his ninth grade year he found out he had one problem. He was a **wimp!** He was 5-6½ 120 pounds and couldn't touch the net! However, because of his incredible skill he made the Ellwood City High School varsity at point guard and averaged 7 points per game. Sean says he isn't intimidated by size. "I've always been small" he confided. Now Sean was at the crossroads of his basketball career and that brings us to the crux of this story. You see, some people are very powerful in the weight room and want to hang out there all the time. That's where they feel most comfortable. Some athletes, like Sean, have tremendous skill and that's where they spend the most, time trying to keep polishing their skills. That's where they feel most comfortable.

Sean and his dad looked at the situation and intelligently decided together, "We've got to get bigger, faster and stronger and jump higher. We've got to hit the weights. We've got to work more on our weakness and less on our strengths."

Coach Miller is no stranger to strength training and the BFS program. Several years ago, two of his Blackhawk High School athletes came out from the Pittsburgh suburbs to Salt Lake City to visit me and learn the BFS Program. After two weeks of intensive

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Sean's Basketball Coach at Blackhawk High School in Pennsylvania also happens to be his dad, John Miller.

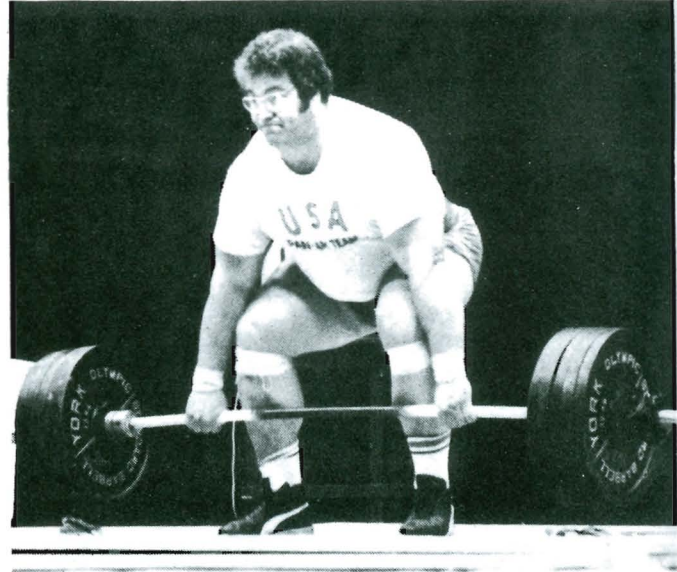
summer camp, Pat Rooney and Mike Kinger came back and showed Coach Miller the program. Since then, his players have worked very hard on this program and needless to say, Coach Miller has been one of the most successful basketball coaches in Pennsylvania. The future looks bright because Sean has transferred to Blackhawk High School for his sophomore year to play for his dad.

Sean started the BFS Program last April and in just 10 weeks increased his vertical jump 8 inches and added 10 solid pounds of bodyweight. Coach Miller invited me out for a BFS Clinic in May and so I had a chance to work with Sean personally. For those of you doing the BFS dot drill; Sean started out at 75 seconds and is now down to 45 seconds. Sean says he really likes it for developing quick feet.

As Sean begins this basketball season he is now 5'9½" 140 lbs. and can touch the rim! His lifts are as follows:

Bench 175  
Squat 255  
Box Squat 315  
Clean 140

There certainly is no crime in being a wimp but it is a tragedy to stay a wimp. Overcoming wimpiness is easy compared to developing athletic skill and ability. Sean Miller has possessed the characteristics of a winner for a long time. One of his rules is to spend an extra ½ hour each day. Sean states, "The BFS program has really helped me and weight training has been the best thing that has happened to me." Sean has overcome his weakness with flying colors in a very short time and his goal of college ball at North Carolina draws even closer. Sean and his dad enjoy a very special relationship and they both together keep life, family and school in a great perspective. I want to wish Coach Miller and Sean the best and hope Coach Miller will forgive me; you see Sean can now "take" the old man.



History's strongest athlete: Ken Patera Clean and Jerk 501! Photo by Bruce Klemens.

sophisticated and will be harder to get fooled with a gimmick. In the past, systems like isometrics, exer-genies, machines, functional isometrics, circuit training, wires, cables, and systems which promise quick and easy results have not put coaches on the right track. However, I am confident our BFS program will be better in 1990 than it is now. It is certainly better now than five years ago. Improvements have primarily come in the area of technique and motivation. Ingredients for change and improvement should always be compatible with our right track guidelines.

#### WHAT IS MOST IMPORTANT?

Motivation and technique are most important! You can be following a right track program perfectly but if techniques are not taught correctly and a coach is not present to supervise, encourage and motivate, then that program is doomed to failure. I also believe a coach can institute a program which is not on the right track and if it is taught correctly and if the program is coached with fierce intensity with motivation and his athletes believe, then that program will be successful. However, it is just a whole lot easier to be successful if you're on the right track.

## BFS OPEN CLINIC

Saturday, March 23, 1985

Tiffin, Ohio

(Toledo Area)

### 4th Annual Tiffin BFS Clinic

For Information Write: Tiffin Columbian High School, Attn. Tom Greer, 300 So. Monroe St., Tiffin, Ohio 44883 or Phone: (419) 447-6331.