

Agholor prepares for the NFL

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Posted: Jan 28, 2015 3:47 PM EST
Updated: Mar 25, 2015 3:48 PM EDT



TAMPA (FOX 13) -

After a breakout season at Southern Cal University, Nelson Agholor returns home to prepare for his next challenge -- the NFL. It's been just over three years since he was catching passes at Berkeley Prep High School, and his lifelong dream is now within reach.

"Very humbled to be at this position," Agholor said. "I'm just grateful for my high school coach [Dominic Ciao], who told me to strive for

something great and every day that's what we were going toward."

Agholor is continuing his work with former Buc wide-receiver Reidel Anthony and Yo Murphy at Performance Compound, something he's been doing since graduating high school. They watched him closely during his college career.

"Whenever he comes home, we get some work in at the gym and out on the field," Anthony said. "For him to believe in us, to come back and train with us for the NFL Combine, just shows how much trust he has in the Performance Compound, me and Yo."

Agholor isn't working alone. He's getting pushed by other NFL prospects with the same dream.

"This is a great time where I can just hone in on my skill sets, running the 40, strength, understanding of the game and attention to detail. Those little things," he said.

Working out in Tampa is a huge step as these players get ready for the NFL Combine. They're getting experienced coaching and important advice from guys who have played the game at the level they're now striving for.

"These guys are not only technicians," Agholor said. "They also understand from their own experience. They understand the mental mistakes we'll make, because they've made them themselves."

With less than a month before the NFL Combine, Nelson is sharpening his skills and he's confident with the resume he'll bring to Indianapolis.

"I want them to see what I have been doing these last few months," Agholor said. "I want to progress as a player in terms of 40 times, strength and all of those things."

Agholor is one of top receivers in the draft. He had 104 receptions for 1,313 and 12 touchdowns as a junior at USC. So how high is he expected to go in the NFL Draft?

"With Nelson's skill set, mindset and how intelligent he is, he should go mid 1st-round or early 2nd at the latest," said Anthony, who was a former first-round pick of the Bucs in 1997.

"I really don't hope for much. I want to work for everything," Agholor said. "So as long as I continue to take in critical details, I think I'm going to put myself in a great position."