

# Future pros come to Tampa to learn from former pros

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*Posted: Jan 21, 2014  
Updated: Mar 18, 2014*

TAMPA (FOX 13) - Every morning, 16 top NFL draft prospects put their work in at Performance Compound in Tampa. The future NFL stars are reaching for their dreams, learning what it takes to be pros from former pros.

"I think all these guys hold us to a standard of, 'OK, I'm here now, teach me something, help me learn,'" said Performance Compound co-founder Yo Murphy. "I think it gives us an opportunity for them to kind of soften up a little sooner, but they still want to learn. They want to know, OK, you did it for yourself, can you help me."

Former Bucs Reidel Anthony, Booger MacFarland and Yo Murphy are part of Performance Compound -- a professional training center that is working with some of the nation's top NFL draft prospects, preparing them for next month's NFL Combine.

"It's a whole different game now," said Murphy, thinking back on when he came out of college. "These guys, the athletic ability and talent they have is second to none. To see them and to be able to work with them and just enhance what they've already done their whole career is mind-boggling. It's a pleasure."

Two weeks after winning the national championship, Florida State's Chad Abram has his sights set on his next level.

"Yeah, it's easy to learn from them," said Abram. "It's just a blessing to be coached by those guys. That's how I look at it every day. It's a blessing."

Clemson wide receiver Sammie Watkins is ranked as high as the second-best player in the draft. He's projected by some to return here to Tampa. The Bucs hold the seventh choice.

"Bucs fans would be definitely happy," Murphy said with a smile. "If that's the decision that Lovie [Smith] and everybody make. He's a talented kid and as talented as he is, he's just as respectful. I'm definitely voting for the Bucs to grab him."

These NFL prospects are training in Tampa with a purpose. They are here to improve their game and improve their speed with one thing in mind, to elevate their draft status. It could mean millions of dollars come May.

For Florida Gator wide receiver Trey Burton, he's already gaining ground on his competition after just a few days on the field.

"A faster 40 means a lot more money," said Burton. "Jason [Riley, director of Pro Sports Performance] is really, really good. Probably the best there is at teaching speed. I'm just happy to be down here."

The stopwatch is also coming down.

"No, doubt," said Burton. "It's small things. It's crazy how small things mean so much."

Abram has looked like a champion in garnet and gold. But what about red and pewter? His preference is to stay in Florida.

"Oh, yeah, I look good in any kind of uniform," Abram added with a laugh.