

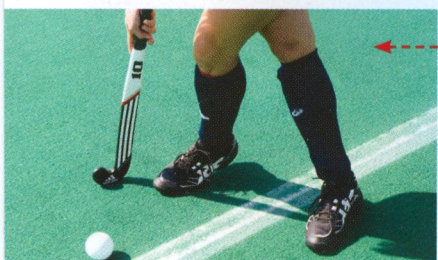
How to...

DRAG FLICK

The drag flick is one of the most explosive shots in the penalty corner battery. **TIFFANY HUISMAN** brings the pain



1 Start a few steps behind the ball. On your approach, you must take a crossover step so your feet are aligned properly. Your left foot should land fairly close to the ball as the crossover begins, with the right leg crossing behind.



2 Plant your feet in front of the ball. You begin the drag flick with the ball behind you. The increased speed of the shot comes from "dragging" the ball across your body and building momentum.

3 Pull the ball through your body, rotating your hips. Make sure your hands are low, especially your left hand. Drive your legs as you transfer your weight from right to left to increase your power. From here, the shot can be on the ground or lifted into one of the corners of the goal.

4 Your stick should follow through towards the goal. The most important thing to remember? "It's all about getting into a rhythm," says Huisman. "It's the continuity, from the beginning of your approach, to the steps leading to the ball and accelerating through it." **FHN**

Women's National Team striker **Tiffany Snow** got married to Aaron Huisman, a firefighter/paramedic, in March 2009. Tiffany's brother introduced them. **FACT:** Tiffany is the only member of the Women's National Team from California.

