

The Drag-Flick

Welcome to the first entry of the Coaching Corner. It has been a long time coming, but at last it has arrived. Quite a few people sent in their requests for the skills they would most like to see here, and surprise, the drag flick was the skill that got the most votes.

Question:

What is the advantage of the drag-flick?

Answer:

People discovered that by keeping the ball longer in contact with the stick, more power could be generated. (When I am doing the drag flick, I release the ball two and a half 1/2 yards inside the circle.) It also takes the ball into the circle so that a goal shot can be taken. It is a quick and effective weapon to be used at corners. There is no real way to defend against it, other than to just hope that your goalkeeper is better than the flicker.

STEP 1



1. Your starting position before the ball is injected depends on your size.
2. There is no advantage to having a long run-up.
3. All that happens when you do this is that you lose some control, and are therefore more likely to make a mistake.
4. Technique and consistency are the keys to a good drag-flick.

STEP 2



The approach to the ball is similar to when hitting a ball. But it is very important to note that you must place your back foot (**right foot**) just inside the circle ahead of the ball.

STEP 3



1. After you have planted the back foot in front of the ball, you must now take as big a step as you can, whilst transferring the ball.
2. This part of the transfer with the ball is done at a medium pace and with control.

3. (This large step allows you to get a longer drag on the ball, thus giving you more power on your flick. It also gets your body lower to the ground giving you more power and balance.)
4. You should be picking the ball up from just behind your right foot.

STEP 4



1. The next stage is to start the final flick. As I said earlier, the first part of the transfer is done at a medium pace.
2. The second phase which is the final flick at goal is done fast. When you have got the ball just behind your front foot, you must accelerate the arms and wrists through the ball, following through with your stick towards the area of the goal that you are aiming for.
3. The actual release of the ball should be just past your left foot.

STEP 5



1. The follow through is the key to accuracy as with any skill.
2. A low follow through for the bottom corners and a high follow through for the top corners.

The most common mistakes people make when drag flicking are

1. Trying to flick the ball too hard. Technique generates the power, not muscle.
2. Not dragging the ball far enough.
3. Rushing the first part of the transfer.
4. Not getting low enough.
5. Falling away from the ball during the flick.
6. Not following through to the goal.
7. Looking up too early. Looking up to see if you have scored also lifts the shoulders and hands up off the ball, leaving you with the flick's equivalent of a topped shot.
8. People expecting too much, too soon. It takes a lot of practice, keep practicing because after a while you will just get it right, and it will all become worthwhile.