

Lacrosse Shooting Mechanics Featuring Paul Rabil

<a href="https://plus.google.com/u/0/106060634649434663307?rel=author">By Coach T</a>

[https://www.youtube.com/watch?v=WNJ7nbhd\\_eU](https://www.youtube.com/watch?v=WNJ7nbhd_eU)

ESPN's Sport Science team explains why proper shooting mechanics are essential for lacrosse players who want to develop a fast and powerful shot.

The video also highlights some key mechanics which shooters of all ages should strive to replicate (besides the side arm release):

- Arms back, stick away from the body – extends the distance of the ball from the axis of rotation.
- Shoulder pointed toward target- provides accuracy along the axis of rotation.
- Planting your front foot – transfers linear motion into rotational momentum.
- Rotating his shoulders – maximizes the output of this energy by conserving and extending the rotational momentum.

While we don't generally teach our youth and high school lacrosse shooters to shoot sidearm. When you spend the time developing your skills and you are accurate as Paul is, you have earned the right to shoot however you want!