

# Wittak flips for kicks

## Soccer player upgrades game through mastering front handspring throw-in

Linnea Whitney  
PHOTO EDITOR

The transformation of a simple 15-yard throw-in during a match to a 40-yard chuck straight into the box is something soccer players all over the world attempt to master. The flip-throw requires extreme flexibility, balance and abdominal strength in order to achieve a throw that imitates a corner kick. Nicole Wittak (12) has been executing this technique for nine years on her club and high school soccer teams. She swears by this trick, which has been applied by several professional soccer players, including Wittak's inspiration, Kim Pickup of the old San Diego Spirit team.



Linnea Whitney

### Behind the Throw

As Wittak prepares to launch the ball, she backs up for enough room to allow a legal throw-in outside the out-of-bounds line on the field. Her feet must land before the line or else it is a foul against her and results in a throw for the other team.

The purpose of this throw is to provide a throw as far as a corner kick cross, which results in an opportunity for her teammates to score. This throw is as useful as a corner kick in this way because it provides a perfect chance for a header or volley goal.

Core and abdominal strength help to launch the throw the farthest, with a final crunch-like action thrusting the ball into the air and across the field. The ball is released at an approximately 30 degree angle for optimum air.

The throw must reach the striker's heads or feet for this particular play to work with shooting range to spare. In order for the flip-throw to result in an accurate cross, the thrower must not hesitate in the process.

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