

+ TO SEE HIS THROW IN ACTION, GO TO ESPN.COM AND SEARCH: SPORT SCIENCE PAUL RABIL



TECHNIQUE

BRINGING THE HEAT:
HOW BOSTON CANNONS
MIDFIELDER **PAUL RABIL**
PROPELS A LACROSSE
BALL AT RECORD SPEEDS.

At the 2008 Major League Lacrosse All-Star Game, Paul Rabil was the only player who met a veteran's challenge to throw the ball out of the old Mile High Stadium. "A lightbulb went off," says Rabil, 27. "From then on, I anchored my whole body to generate power." He has put that power to good use. The former Johns Hopkins All-American has won two MLL MVP awards, and at the 2010 MLL All-Star Game skills contest, he set a world record for fastest shot [111 mph]. We had him take us through the motions—slowly. —NOAH DAVIS