

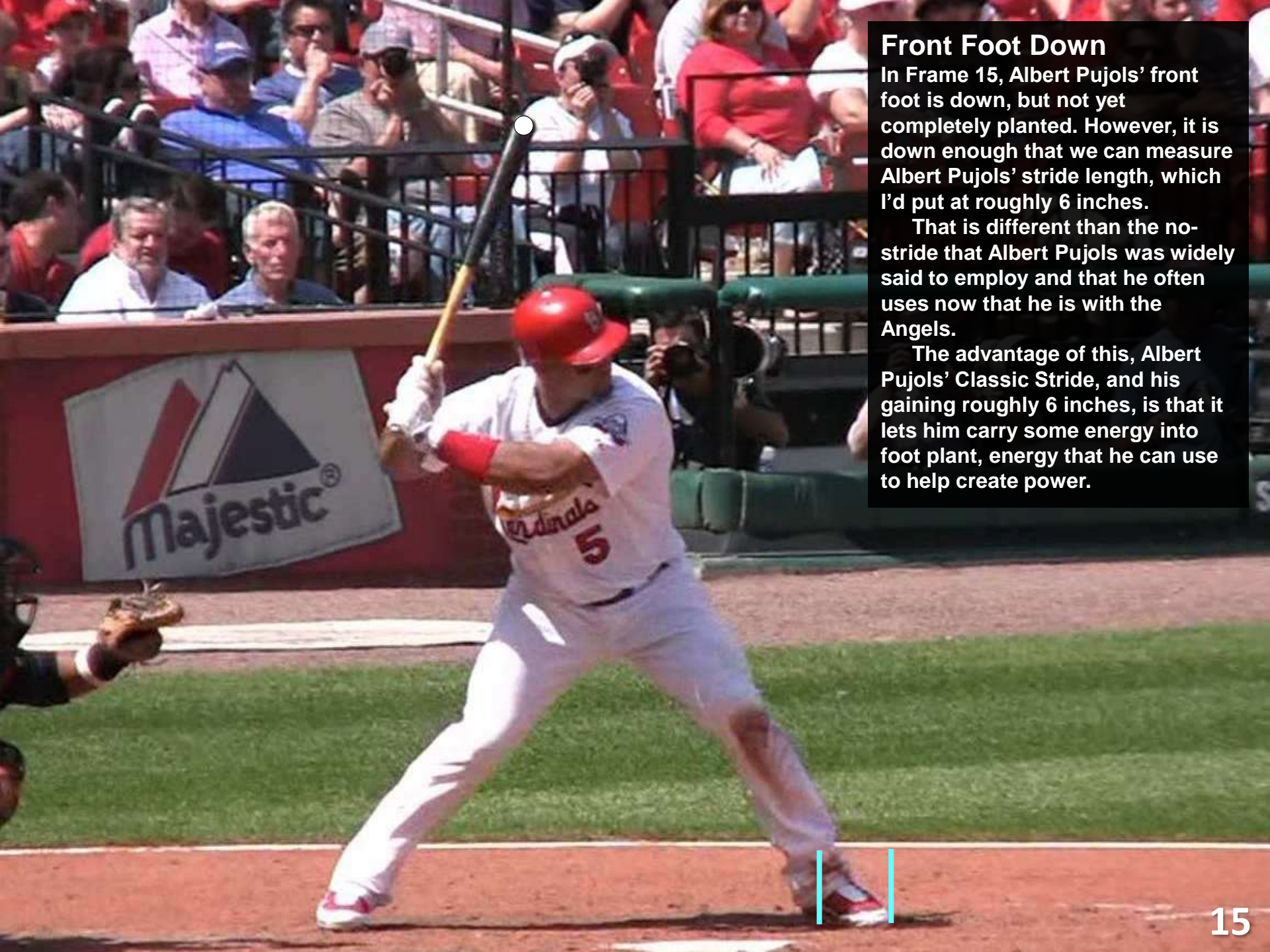
A blurred photograph of Albert Pujols in a white baseball uniform, captured in a batting stance on a baseball field. The background shows a crowd of spectators in a stadium.

Albert Pujols

Flipbook Swing Analysis

Pujols7 Clip

by Chris OLeary



Front Foot Down

In Frame 15, Albert Pujols' front foot is down, but not yet completely planted. However, it is down enough that we can measure Albert Pujols' stride length, which I'd put at roughly 6 inches.

That is different than the no-stride that Albert Pujols was widely said to employ and that he often uses now that he is with the Angels.

The advantage of this, Albert Pujols' Classic Stride, and his gaining roughly 6 inches, is that it lets him carry some energy into foot plant, energy that he can use to help create power.

Legal Stuff

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About This Flipbook

When I first started studying hitting in 2006, I did so by putting together a number of flipbooks of the swings of great hitters. One of those early flipbook analysis was of a clip of Albert Pujols from 2005 that showed him hitting a home run.

That clip is sometimes referred to as the Pujols7 clip.

I have continued to put together flipbook analysis, but now use High Definition and High Speed clips that are much higher quality and that I film myself. A frame from one of my more recent, HD flipbooks is on the next page.

If you find this flipbook to be valuable, I would appreciate it if you would consider purchasing one of my more recent flipbooks and one of my hitting and pitching products.

<http://www.chrisoleary.com/buy/index.html>

My family and I thank you.

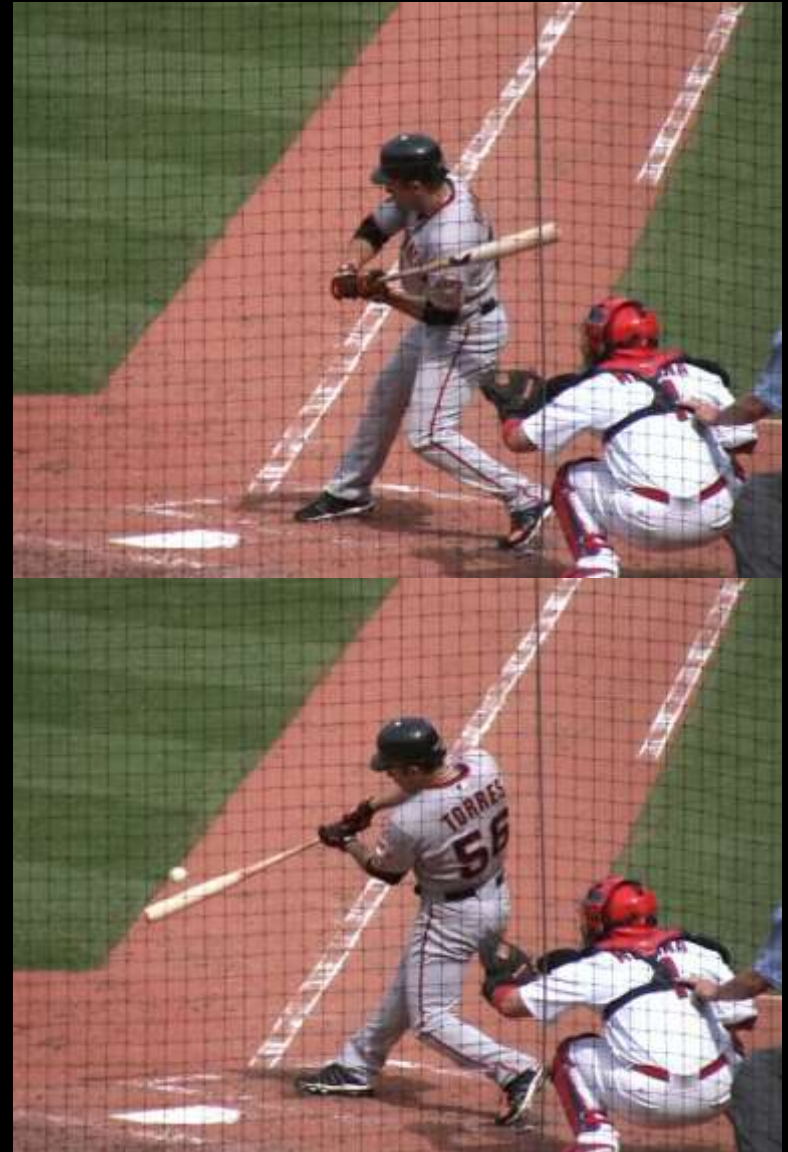
Chris O'Leary
November 2015
Version 3.0

How to Use This Flipbook

When I use this flipbook in front of an audience, you will notice that I am constantly rolling backwards and forwards through the slides, pointing out not just the positions and shapes but also the movements. If you want to get the maximum value out of this eBook, you should do the same; **you should set this eBook up so that only one page occupies the screen and then page back and forth from page to page, watching the movements.**

The easiest way is to **download this PDF** to your computer and open it using [Adobe Reader](#) or some other application that can display PDFs one page at a time. **In Acrobat select View > Read Mode or View > Page Display > Single Page View.**

You can then use the right and left – or up and down – arrows on the keyboard to go through the frames of each clip and get a sense of how each movement looks and works.



01



This is a home run swing.

02



03



04



05



06



Albert Pujols' front heel is just starting to leave the ground. Notice that his hands are roughly at the same level as his shoulders and are by his back shoulder.

07



08



09



10



11



Albert Pujols front toe has just come off the ground and he is pushing off of the side of his back foot toward the pitcher to get his hips and his Center Of Mass (the orange dot) moving toward the pitcher. This weight shift will help his hips rotate around his front leg as it stiffens.

12



13



14



Albert Pujols' front toe has just landed back on the ground. His front toe moved maybe 3 or 4 inches toward the pitcher (the distance between the two white dots) during his "stride." In this frame, Albert Pujols' front leg is at the point of maximum internal rotation.

15

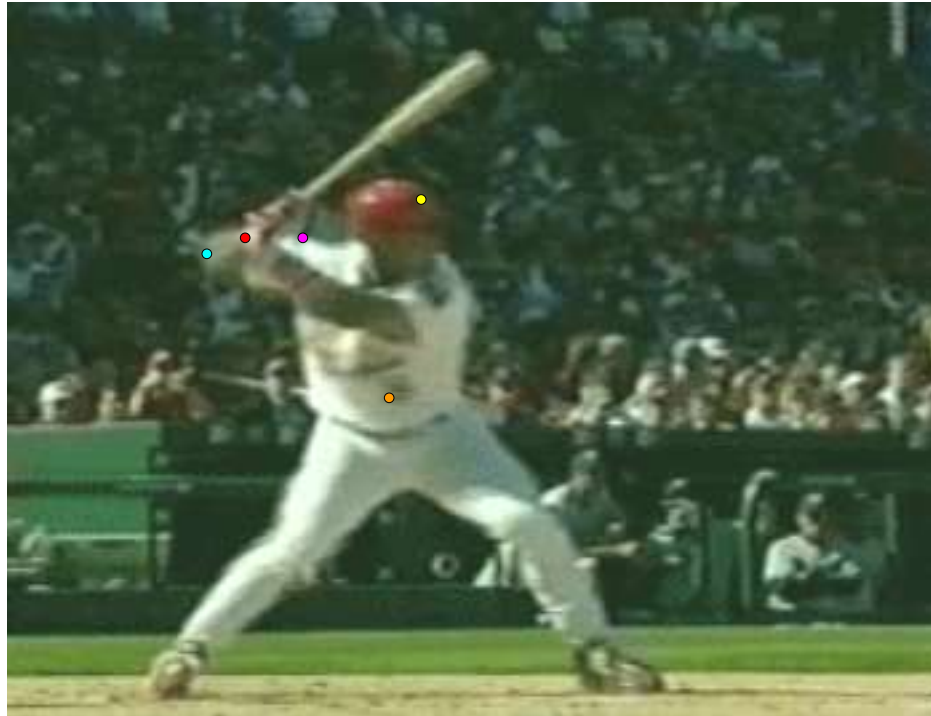


16



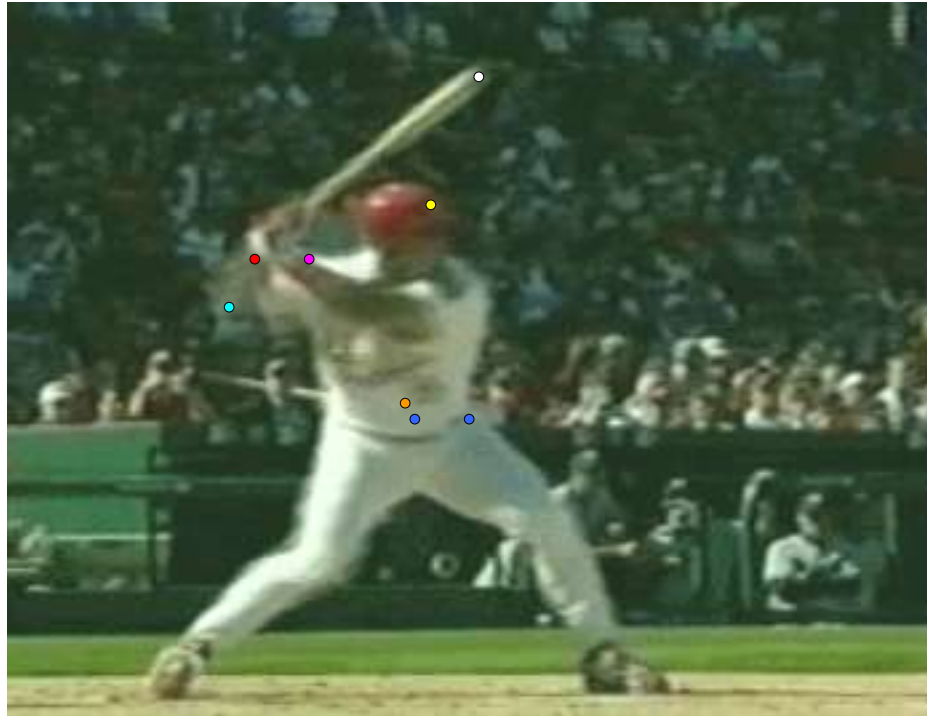
Albert Pujols' heel and back elbow (the blue/green dot) are starting to drop.

17



Albert Pujols' front heel is just about to plant.

18



Albert Pujols' front heel has planted. His hands have just started to move, his back elbow has dropped significantly, and his back heel has just come off the ground. His back leg is starting to internally rotate, and his back knee is starting to bend, while his shoulders have not yet started to rotate, indicating that his hips are rotating just ahead of his shoulders. In other words, Albert Pujols swings more Middle-Out (from the hips) than Top-Down (from the shoulders) or Bottom-Up (from the feet). His back shoulder (the pink dot) is starting to drop and his front shoulder is coming up as he starts to rotate his shoulders around his tilted spine. In other word, he leans forward over the plate to match his swing plane with the plane of the pitch. While his stride was just a few inches, his hips moved forward roughly 9 inches (the distance between the two blue dots). His Center Of Mass (the orange dot) also moved forward roughly 9 inches during his stride.

19



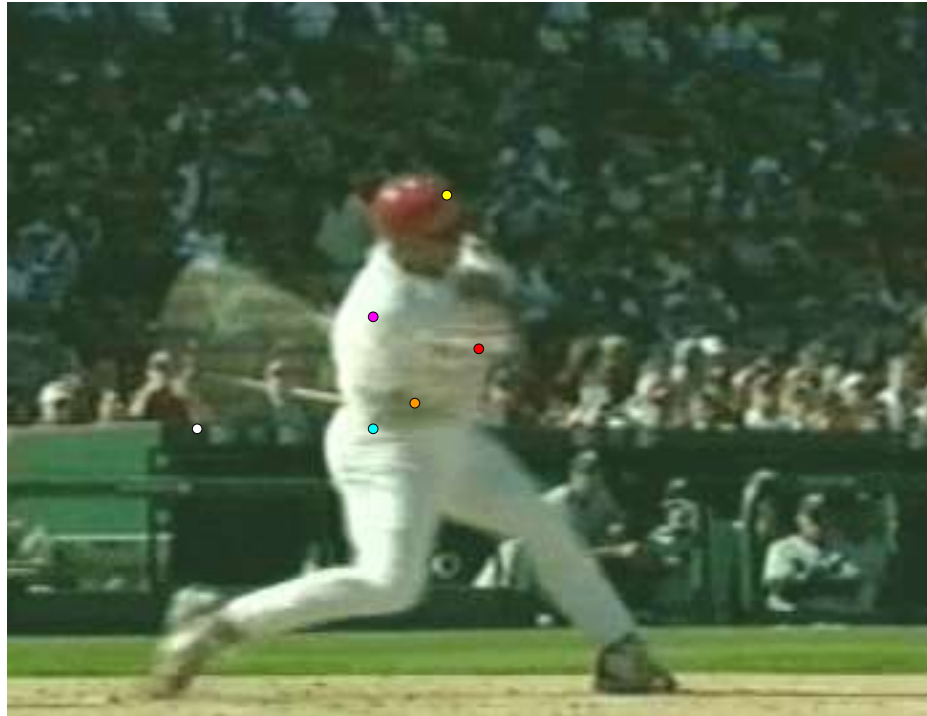
Albert Pujols' shoulders are rotating increasingly quickly around his spine. That is causing his hands and the bat to start moving. His back shoulder has dropped significantly.

20



Albert Pujols is on the toe of his back foot. This is due to a pull from his hips and the rapid internal rotation of his back upper leg, not because he pushed off of his back foot.

21



Albert Pujols' bat is in the lag position, pointing back toward the catcher. This is due to the rapid rotation of his shoulders and thus his hands, not because he is trying to bring the knob of the bat to the ball. His front knee is stiffening and the inside of his front foot is starting to come off the ground. The stiffening of the front knee coincides with the acceleration of the rotation of his shoulders. Notice how Albert Pujols' hands and the knob of the bat (the red dot) are well ahead of his back elbow (the green dot). In other words, and as you would expect, Pujols shows no signs of bat drag. However, his hands are still relatively close to his back shoulder. Notice how steady his head (the yellow dot) is from this point through the point of contact.

22



Point Of Contact: Albert Pujols' shoulders (the pink dot) have largely stopped rotating. This sounds counterintuitive, but it's critical because it causes the head of the bat to rapidly whip out into the path of the ball (due to conservation of momentum). His back elbow is by his back hip and his back upper arm is maybe 15 degrees off of the vertical. His hands are still relatively close to his back shoulder, which means he did not throw his hands at the ball. His back toe is up in the air at the Point Of Contact (not squishing the bug). His weight is being born by his front foot, but his Center of Mass (the orange dot) is located roughly midway between his front foot and his back foot. The mass behind the front foot is counterbalanced by the mass of the bat as it rotates in front of the front foot. His back heel is vertical and his back knee is bent around 90 degrees in the shape of a backwards upper case L. His back upper arm and forearm are also forming an upper case L (aka Power L). His swing plane is aligned with tilt of shoulders. His front palm is facing down. There were 5 frames from front heel plant and the start of shoulder rotation to the Point Of Contact.

23



Albert Pujols' front hand is still palm down. There is no sign of significant rolling of the wrists.

24



Albert Pujols is making the “Power V”, but 2 frames after the Point of Contact. The centrifugal force of the bat has overcome the ability of his arms to apply centripetal force, which has caused his hands to fly out toward the pitcher and his arms to make the “Power V”. In other words, the “Power V”, and the movement of the hands toward the pitcher, are the EFFECT of his powerful swing, not the CAUSE. His back toe has just touched the ground again.

25



Albert Pujols' back foot is starting to bear some weight again.

26



27



Albert Pujols just let go of the bat with his back hand.

28



Now Albert Pujols is squishing the bug, but well after the Point Of Contact.

29



30



31



32



33



34



I love how Albert Pujols finishes his swing. There's absolutely no chance that he cut his swing short and that the head of the bat was decelerating at the point of contact. Talk about swinging through the ball.

Where to go From Here

This is just one of my flipbooks and it contains excerpts from a few of the many flipbooks and clips that I have in my library. Some of those flipbooks are available for sale individually and all of them are available to those who purchase one or more of my hitting bundles. To see what hitting and other products are available, **including drills that will help you develop the movements that you see in this flipbook**, go to...

<http://www.chrisoleary.com/buy/>

For more information about the concepts and ideas discussed in this eBook, you can contact me via...

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More of my writings can be found on my free, public web site...

www.chrisoleary.com