

Swing Analysis – Ken Griffey Jr.

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01



This is a home run swing.

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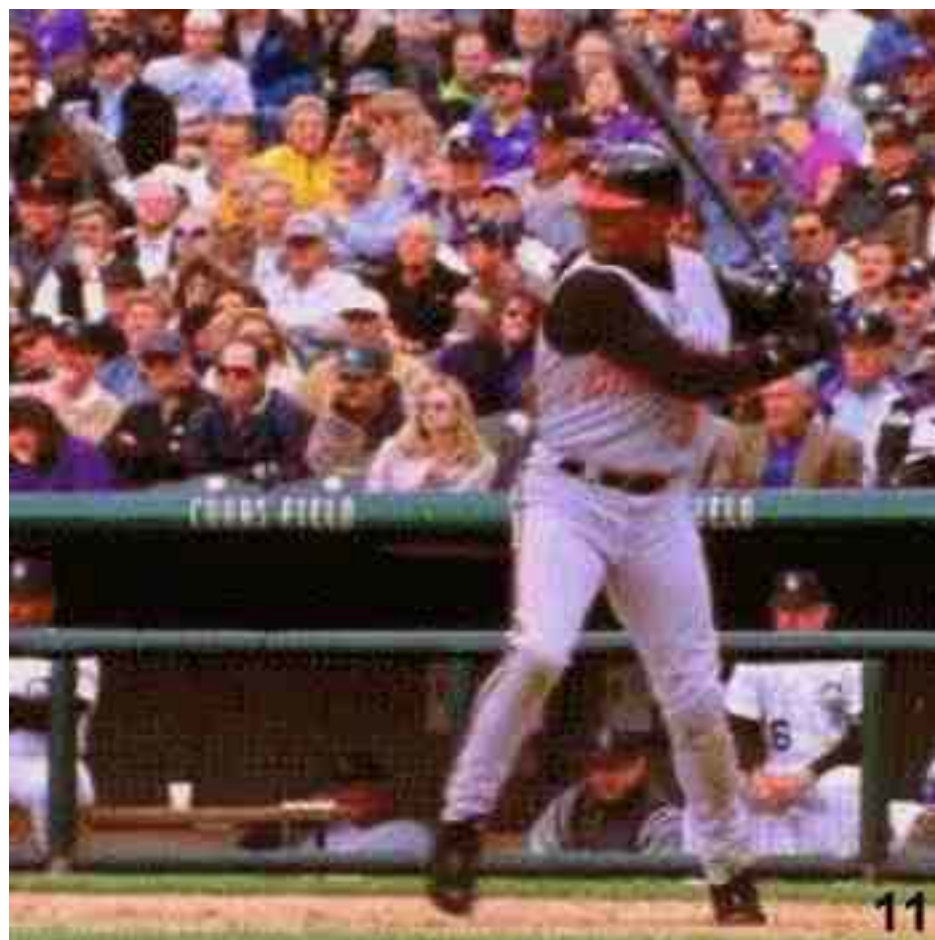
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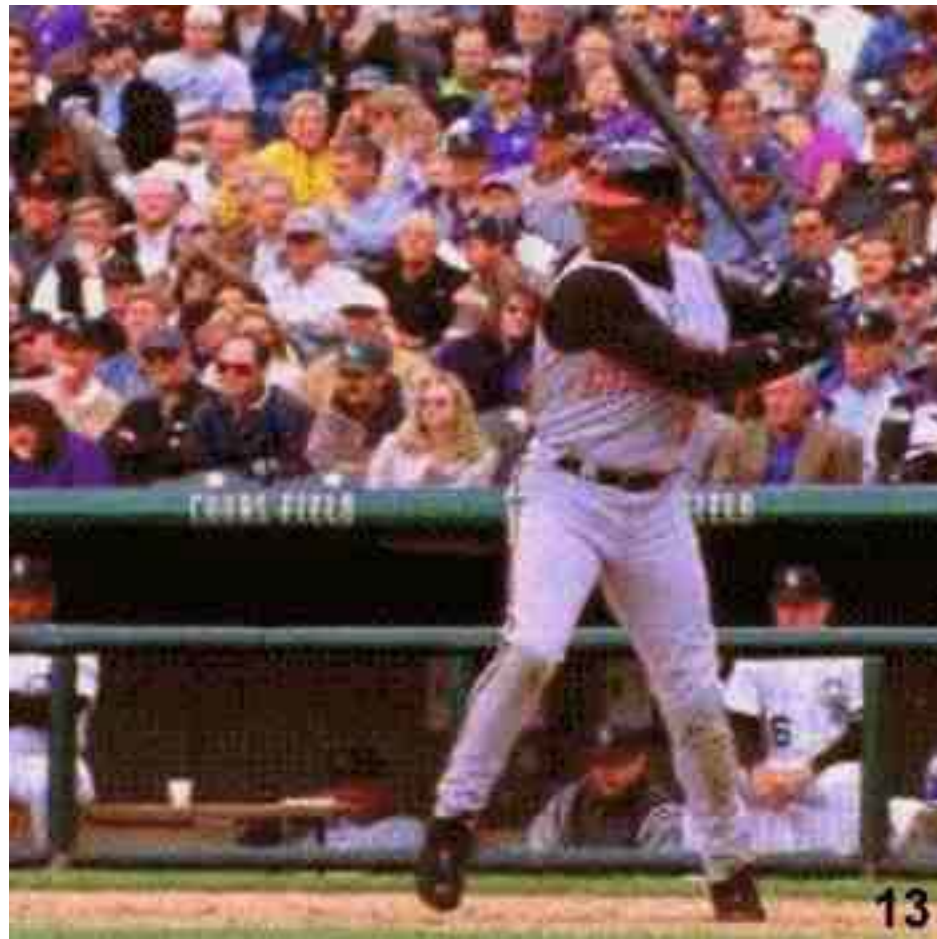
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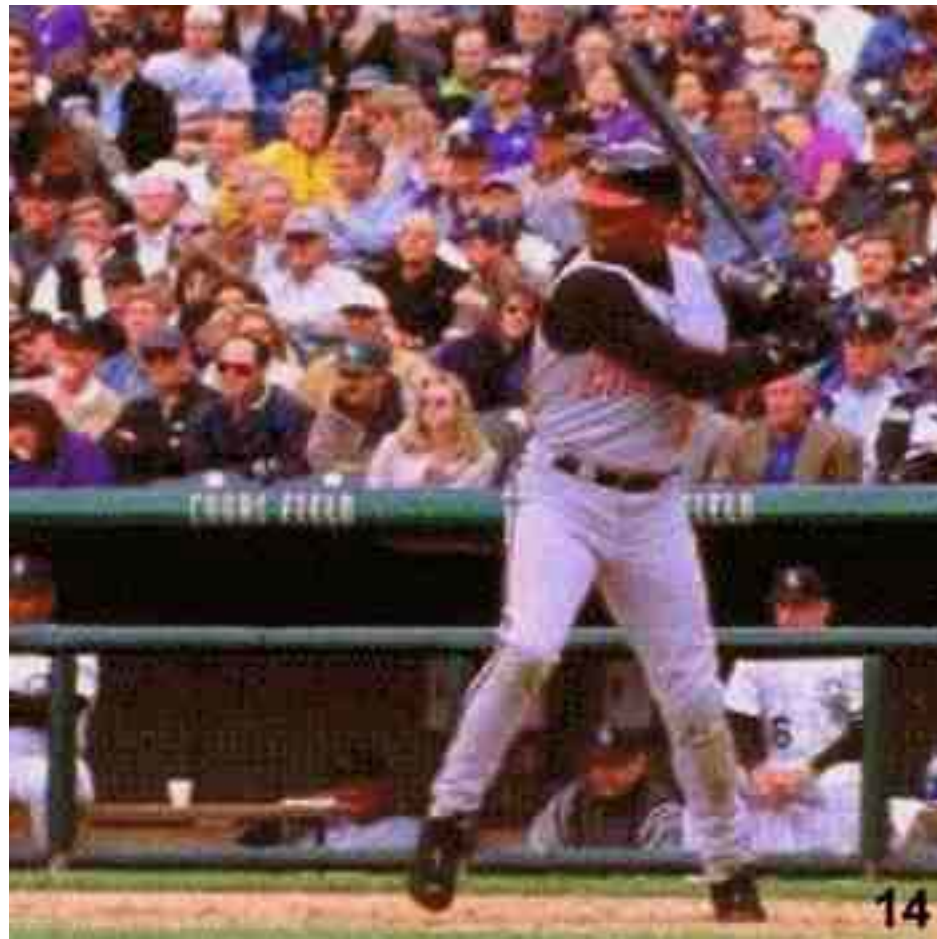
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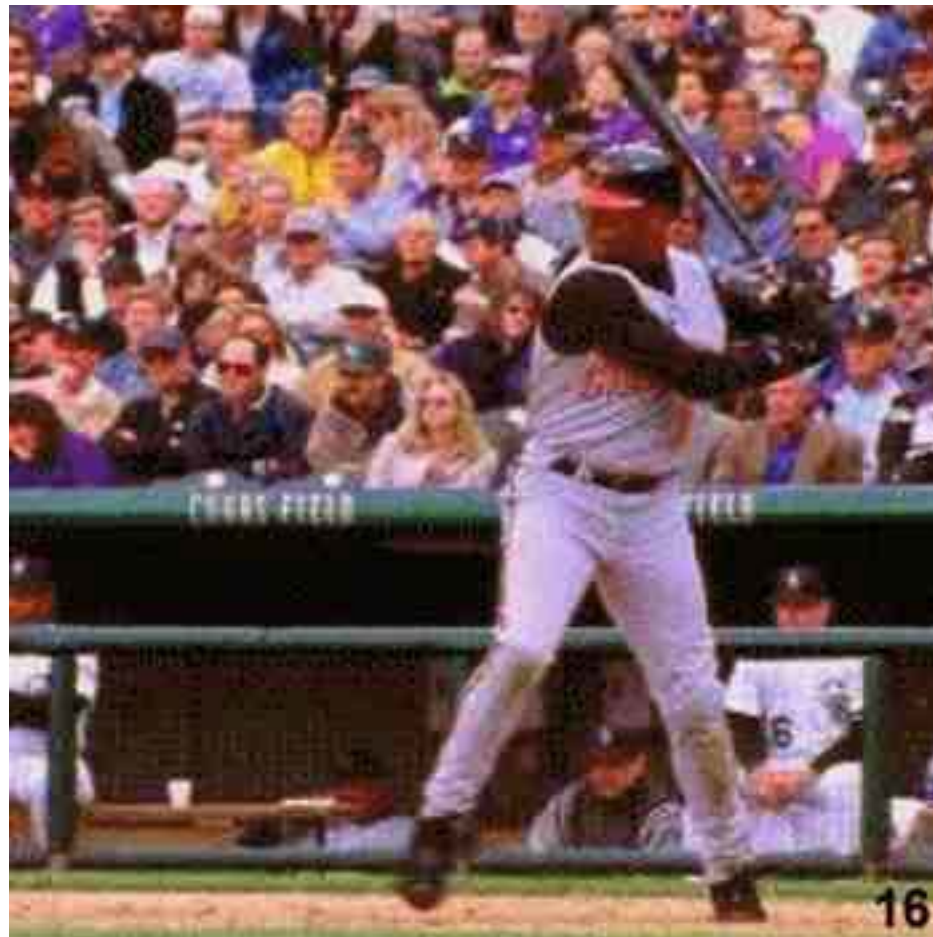
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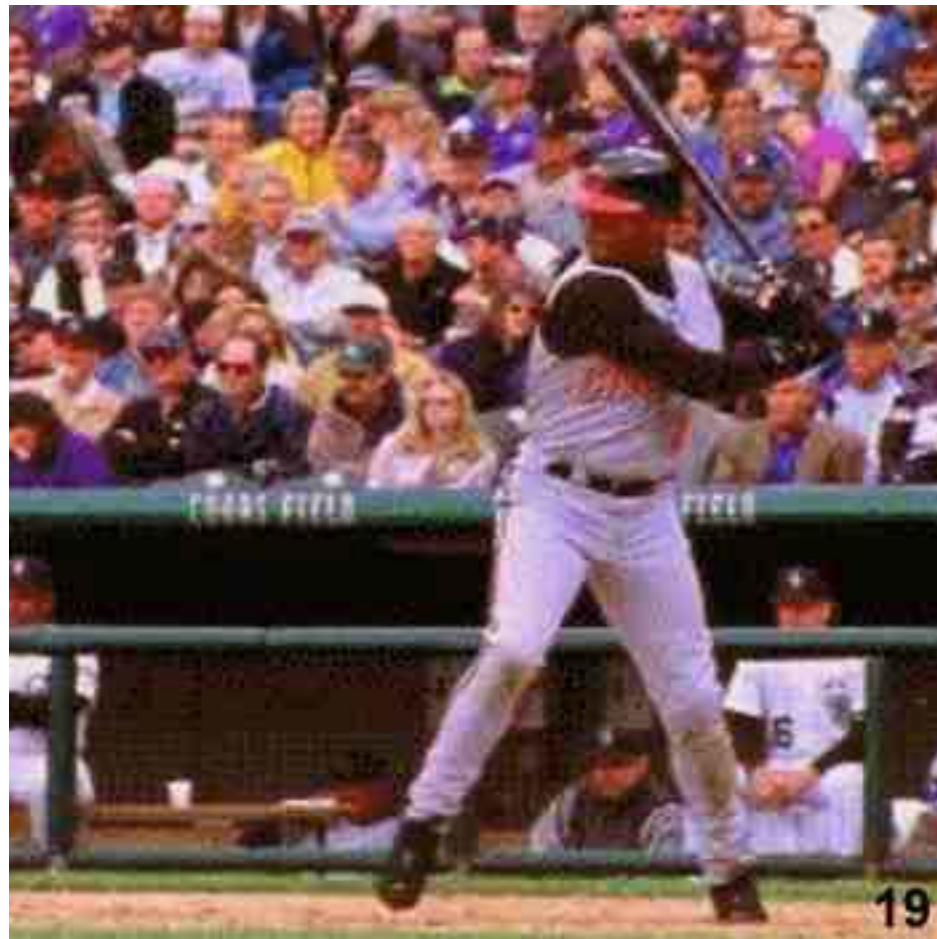
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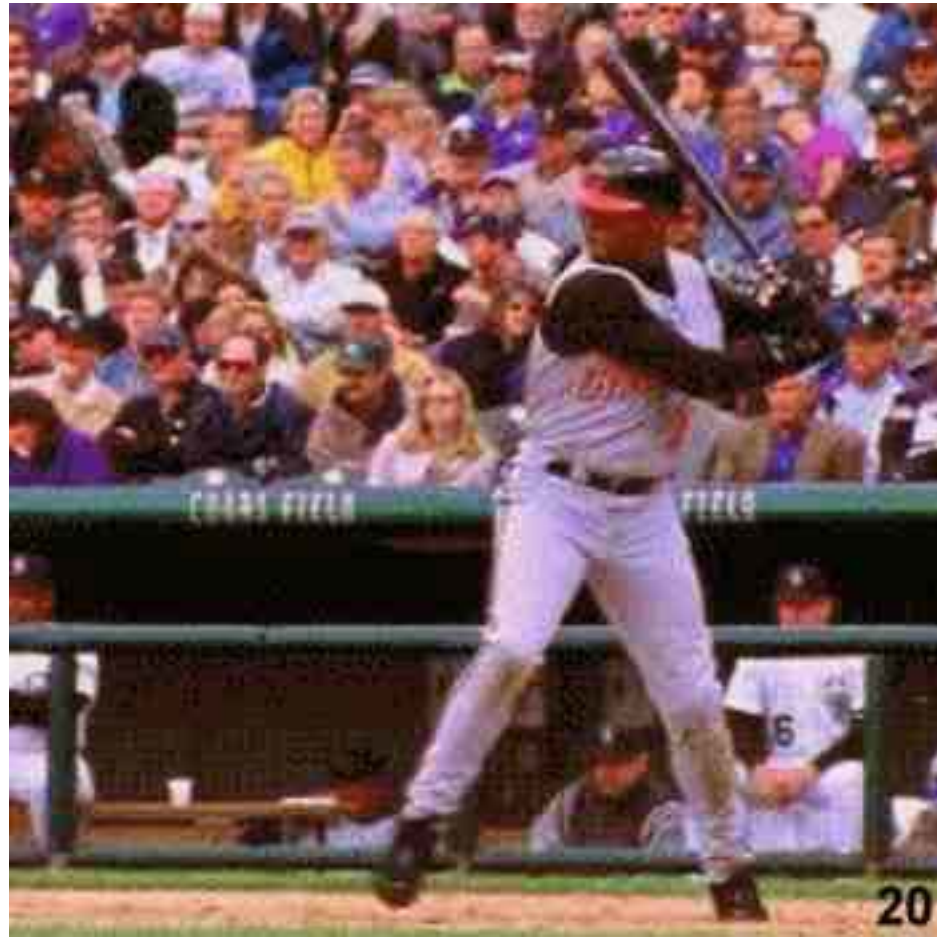
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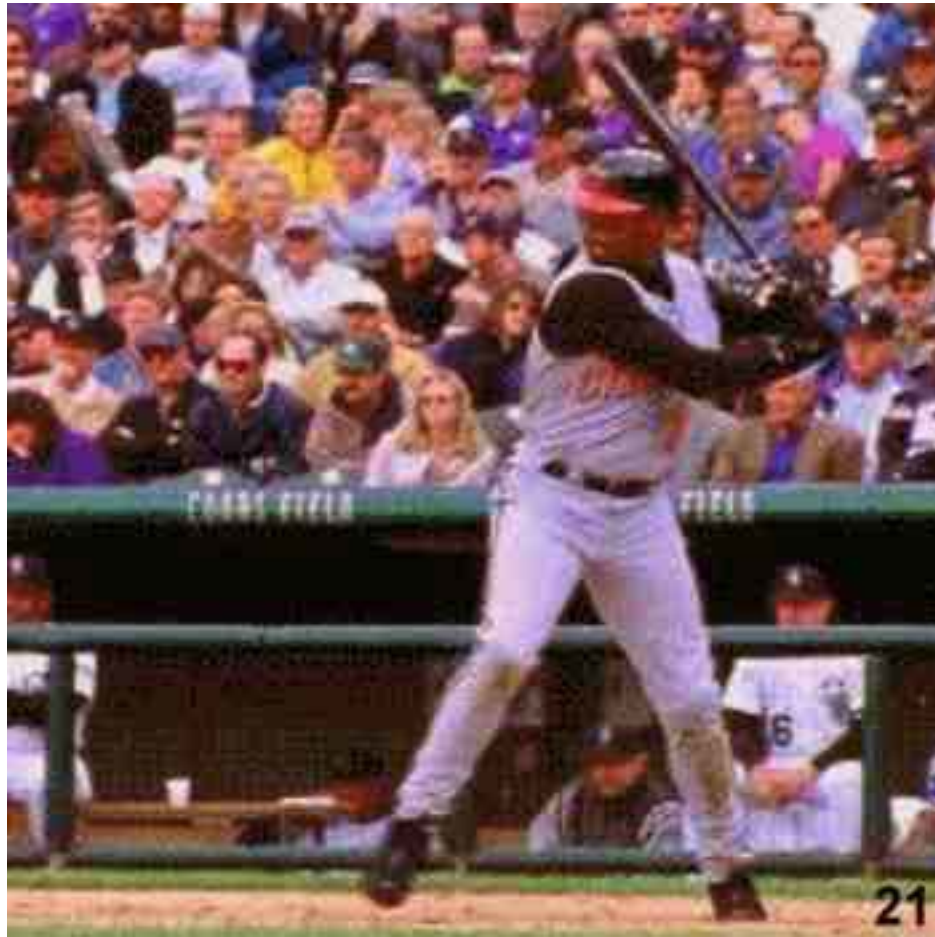
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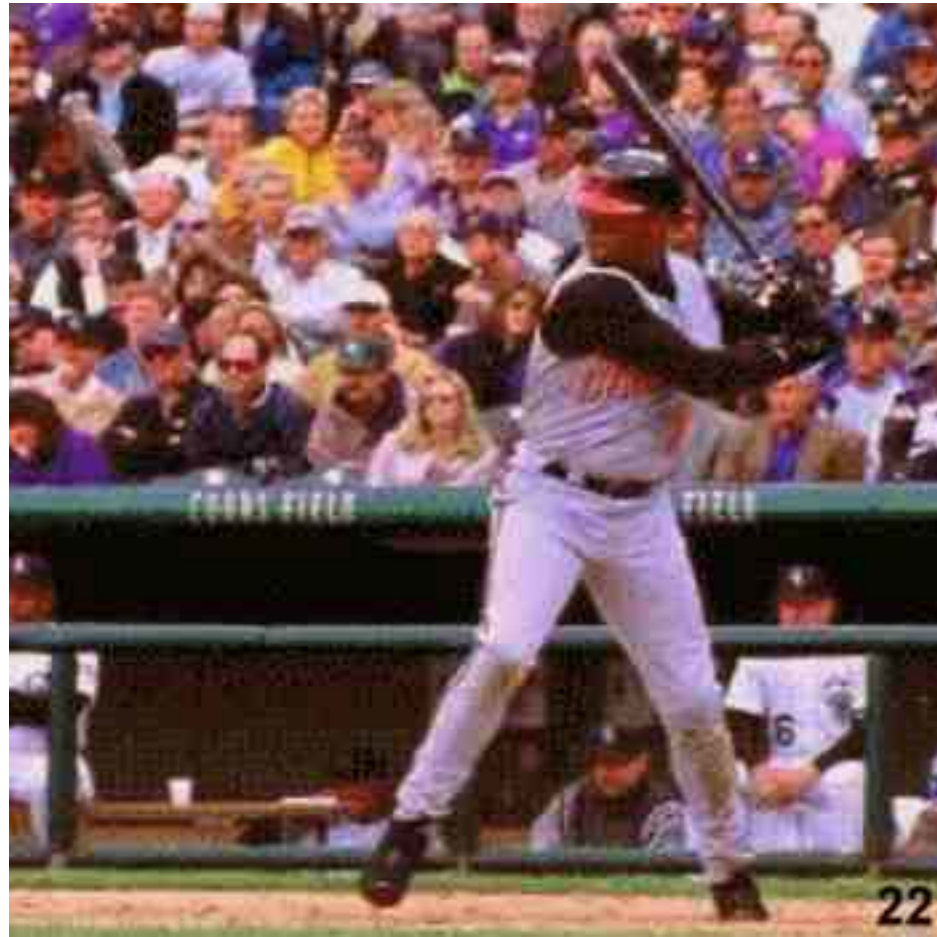
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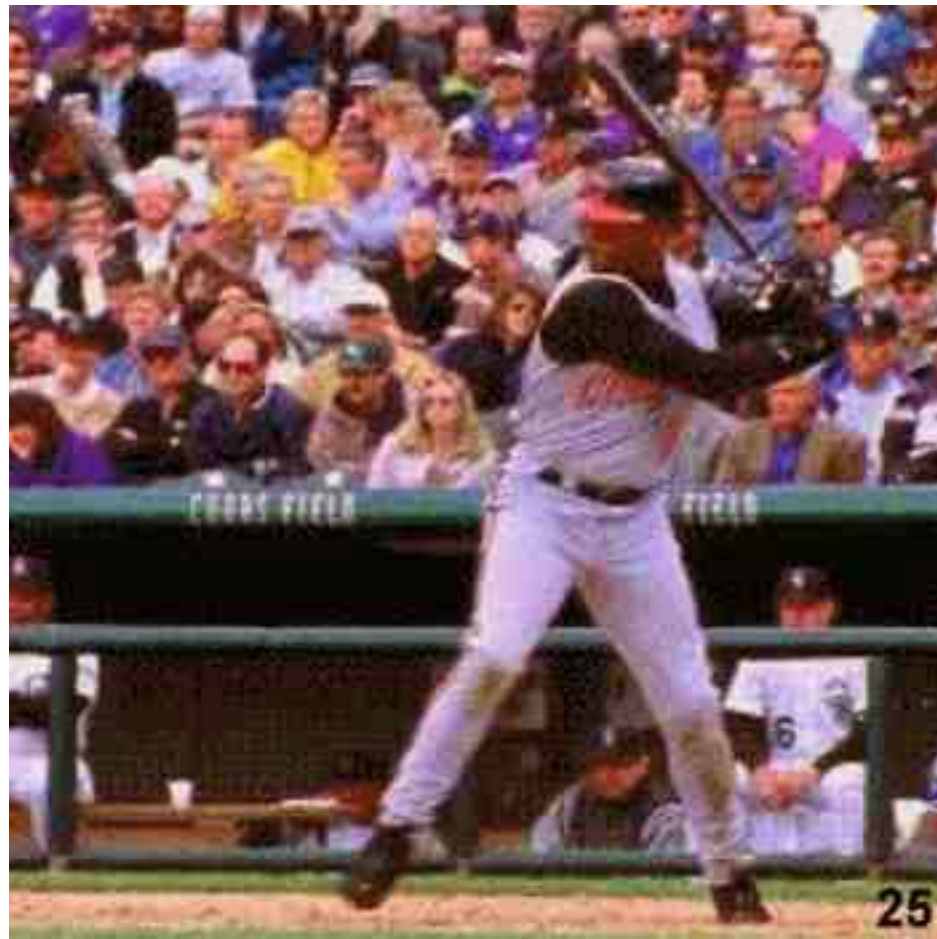
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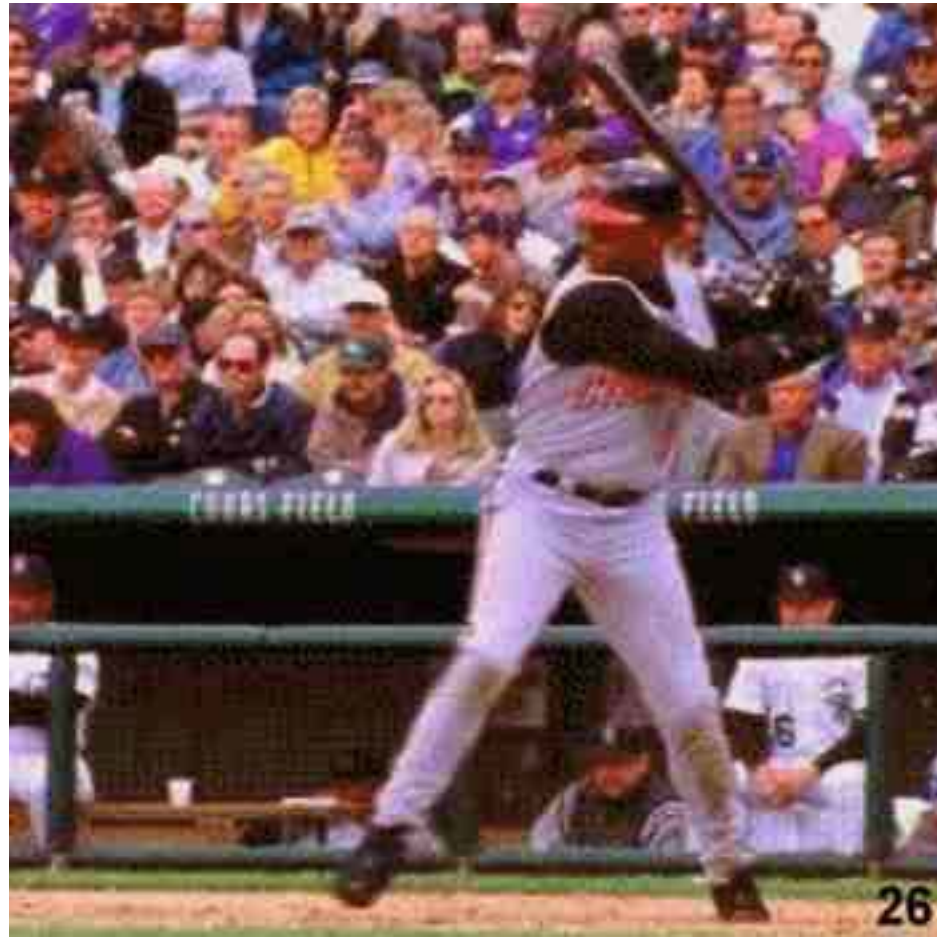
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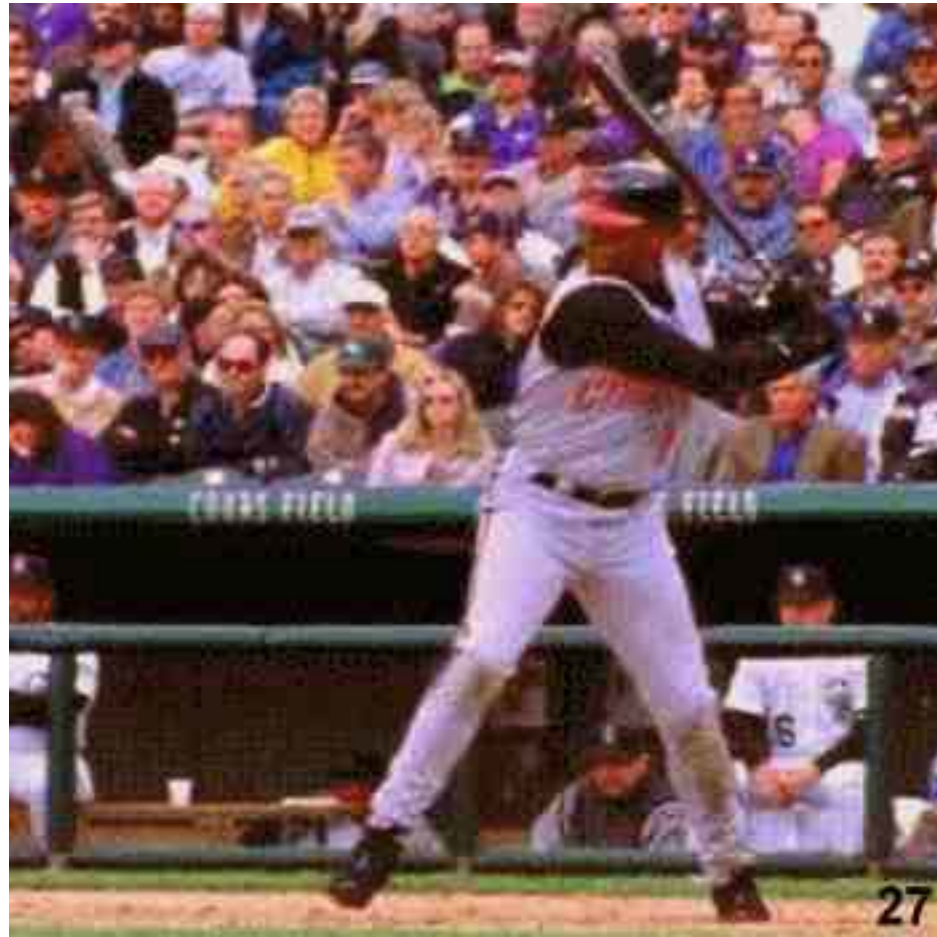
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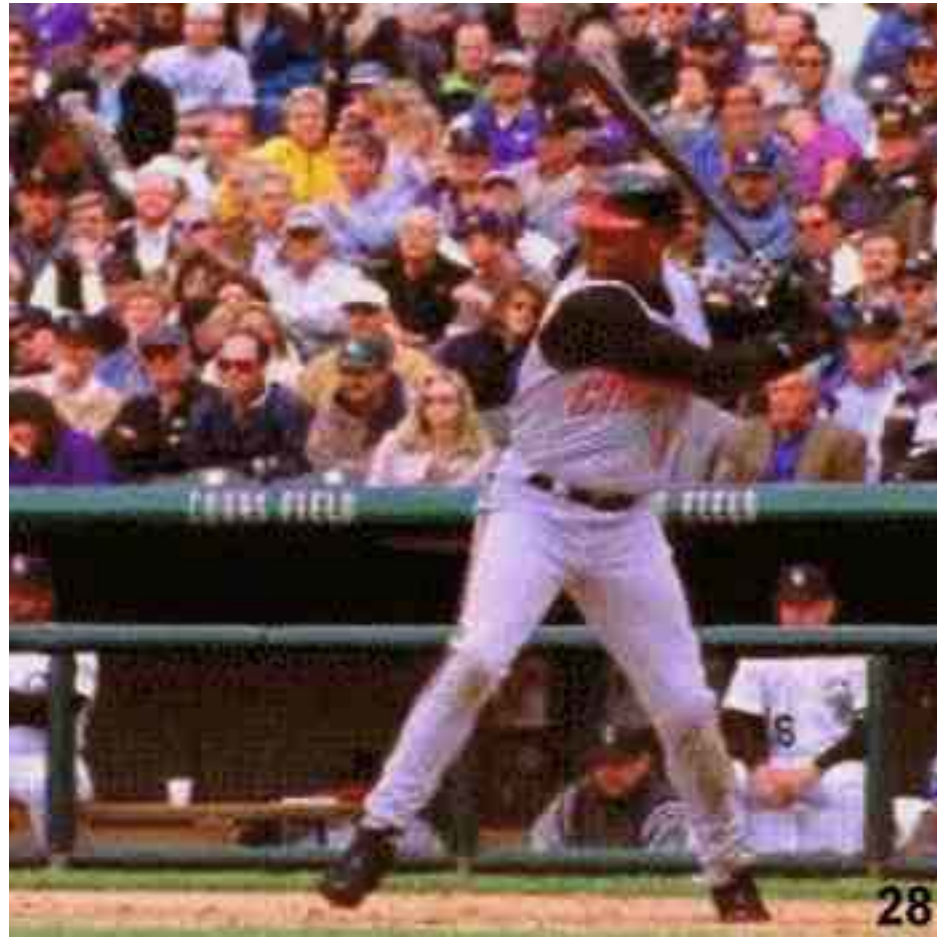
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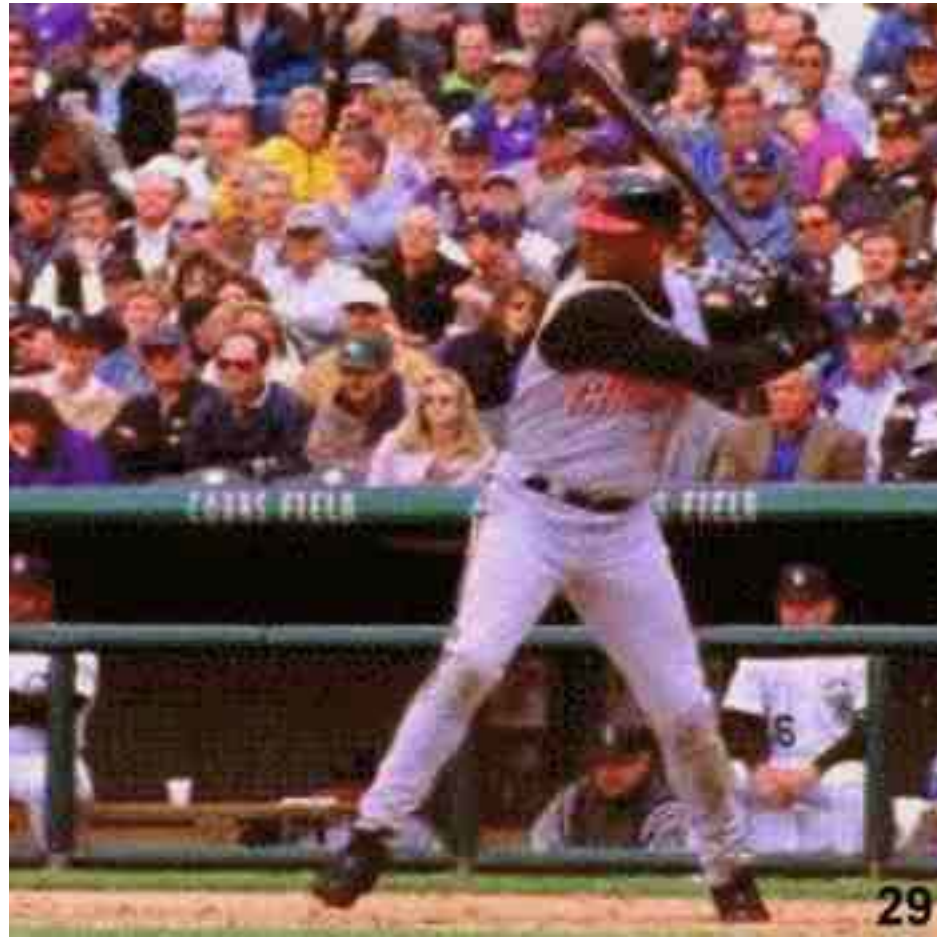
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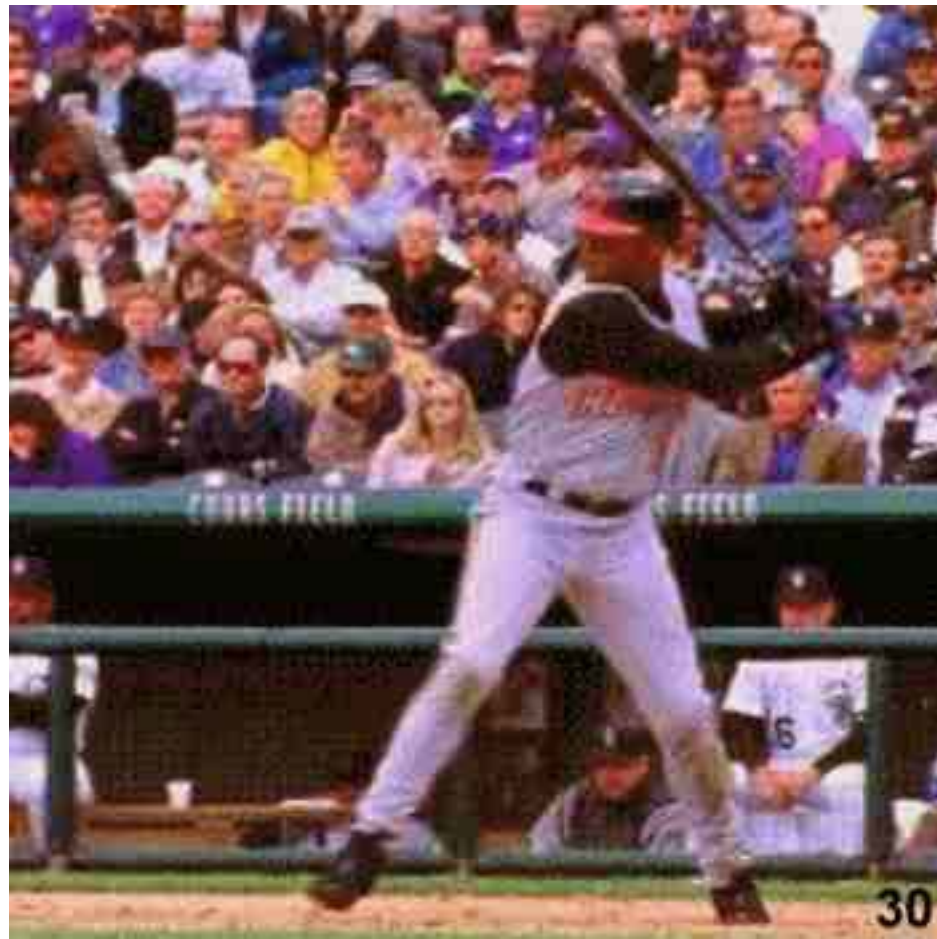
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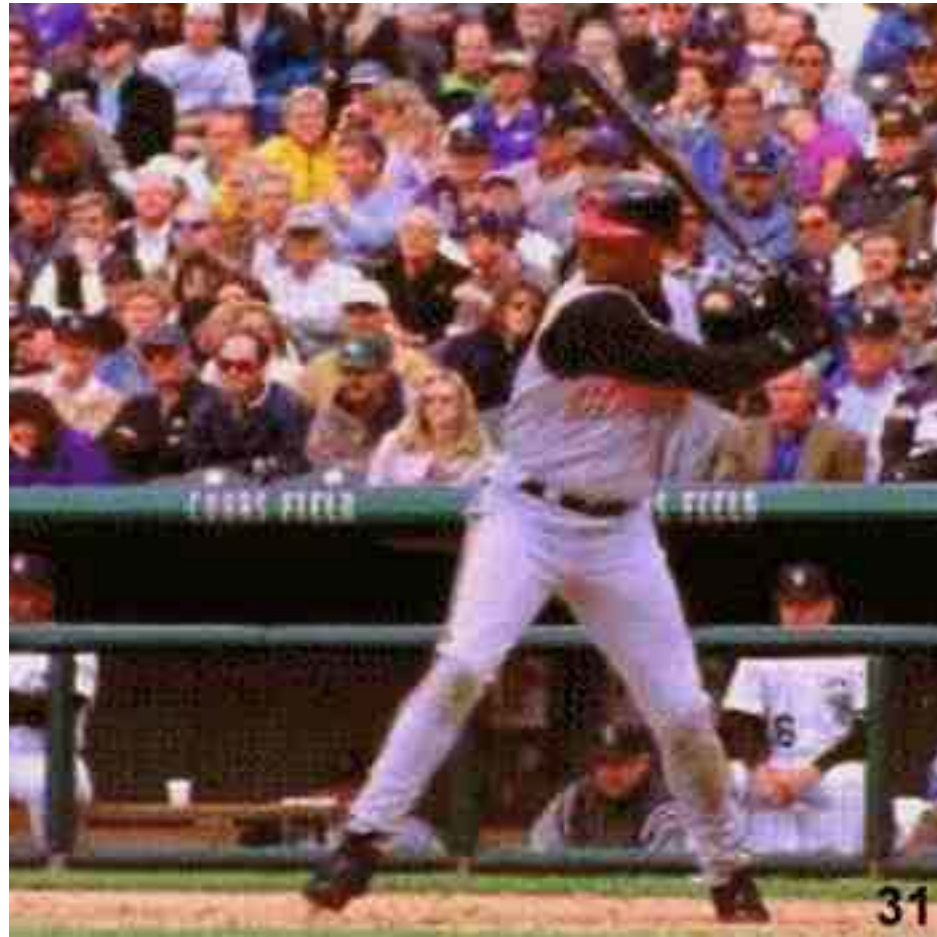
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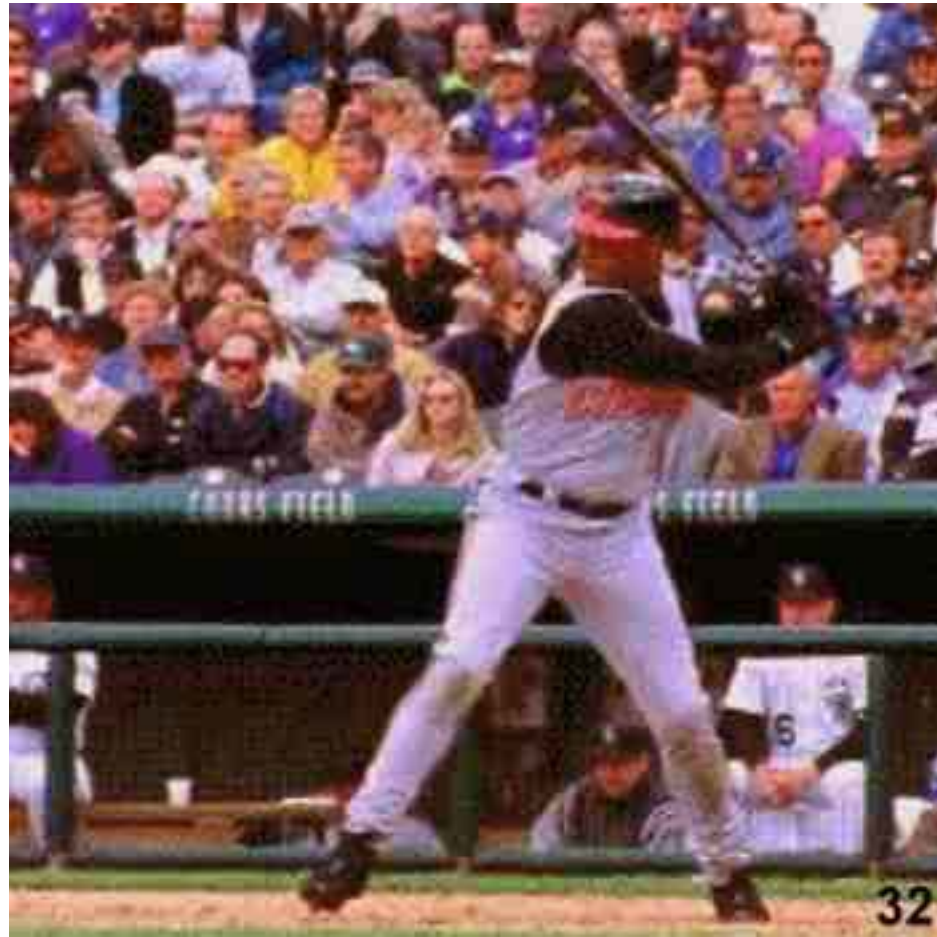
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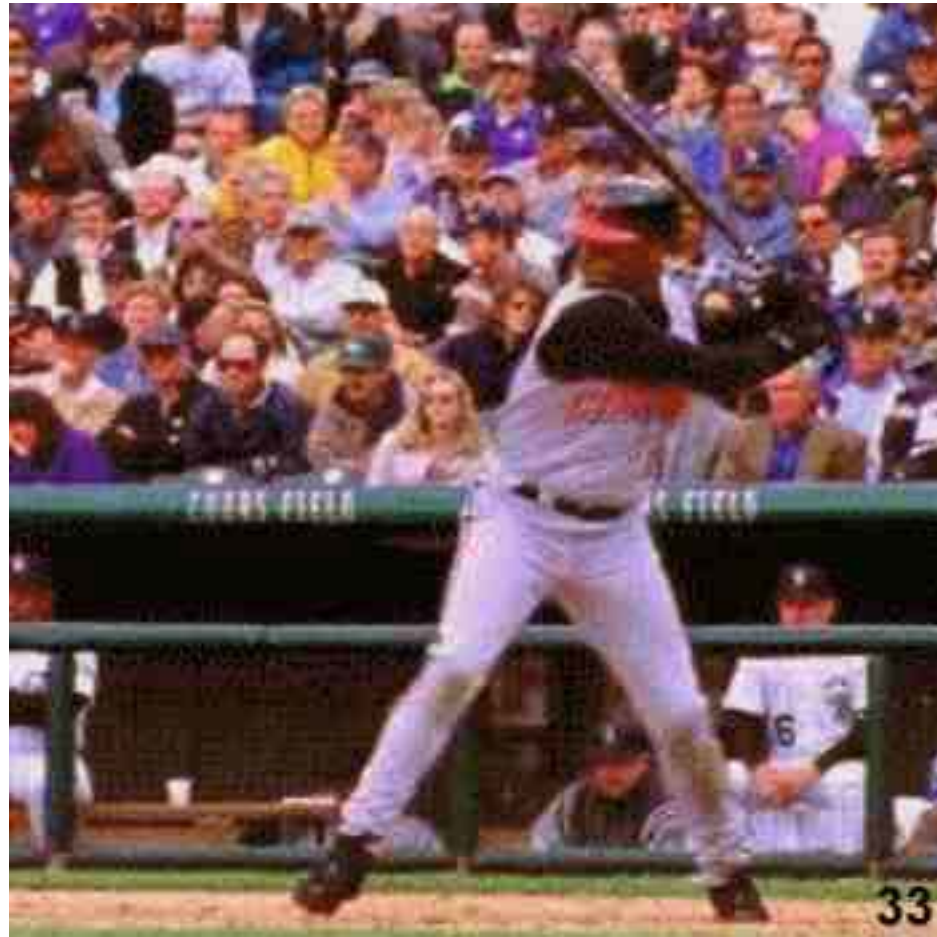
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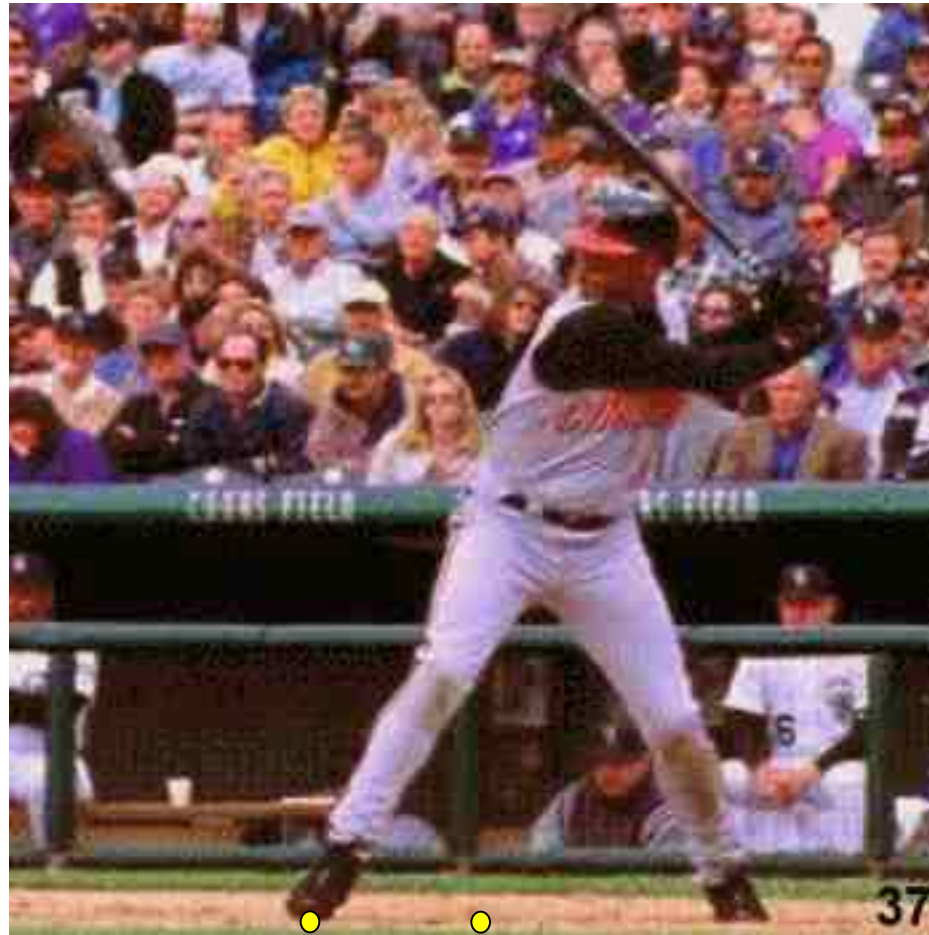
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In Frame 37, Ken Griffey's front toe has just planted. You can see that his stride (the distance between the two yellow dots) was approximately 15 inches.

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In Frame 44, Ken Griffey Jr's front heel has just planted and his hips and shoulders are just starting to rotate. Notice how Ken Griffey's hips rotate slightly ahead of his hands and shoulders. His hips are pulling his shoulders, and thus his hands, around. It's a little hard to see from this angle, but Ken Griffey Jr.'s front knee is bent at this moment. He will extend it through the release point which will help to power the rotation of his hips which will pull his shoulders (and thus his hands) around. I have put a white dot to trace the path of the head of his bat, since it isn't always easy to see due to some blurring.

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Notice how Ken Griffey Jr.'s hands are connected to, and turning with, his back shoulder. This is evidenced by the fact that he maintains a 90 degree angle (as measured from the top of his right shoulder to the top of his left shoulder to his hands) as his shoulders turn. Also, notice how Ken Griffey Jr.'s front knee is extended, which is powering the rapid rotation of his hips and pulls his shoulders (and thus his hands) around.

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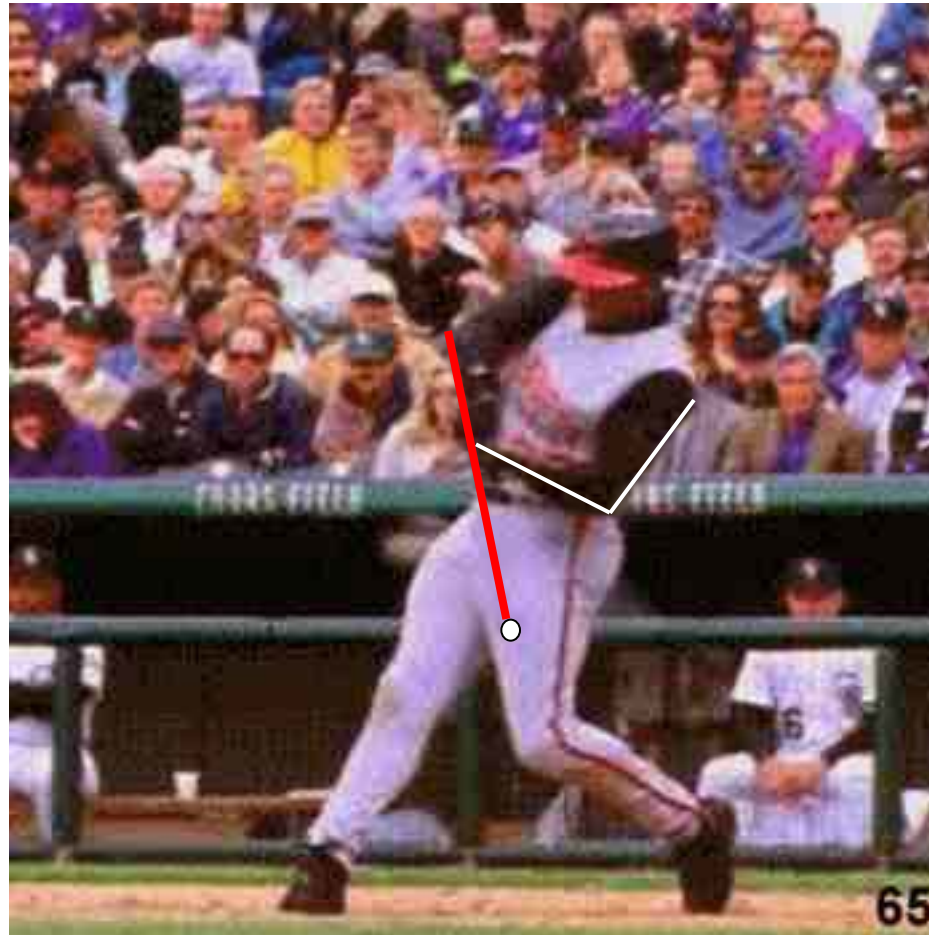


Although it's a bit hard to tell, in this and the 7 previous frames, Ken Griffey Jr. has no weight on his back foot.

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Point Of Contact: Ken Griffey Jr. is pretty much perfect at this moment. Notice how Ken Griffey Jr.'s back elbow is bent roughly 90 degrees. He extends, but well after the Point Of Contact (POC). Notice how the POC is around the heel of his front foot. Notice how Ken Griffey Jr.'s back knee is bent roughly 90 degrees. Notice how Ken Griffey Jr.'s front knee is locked at the POC. Notice how Ken Griffey Jr. is on the tip of his back toe, rather than squishing the bug. Notice how, rather than swinging level, Ken Griffey Jr. is tilted over the plate and the head of his bat is well below his hands.

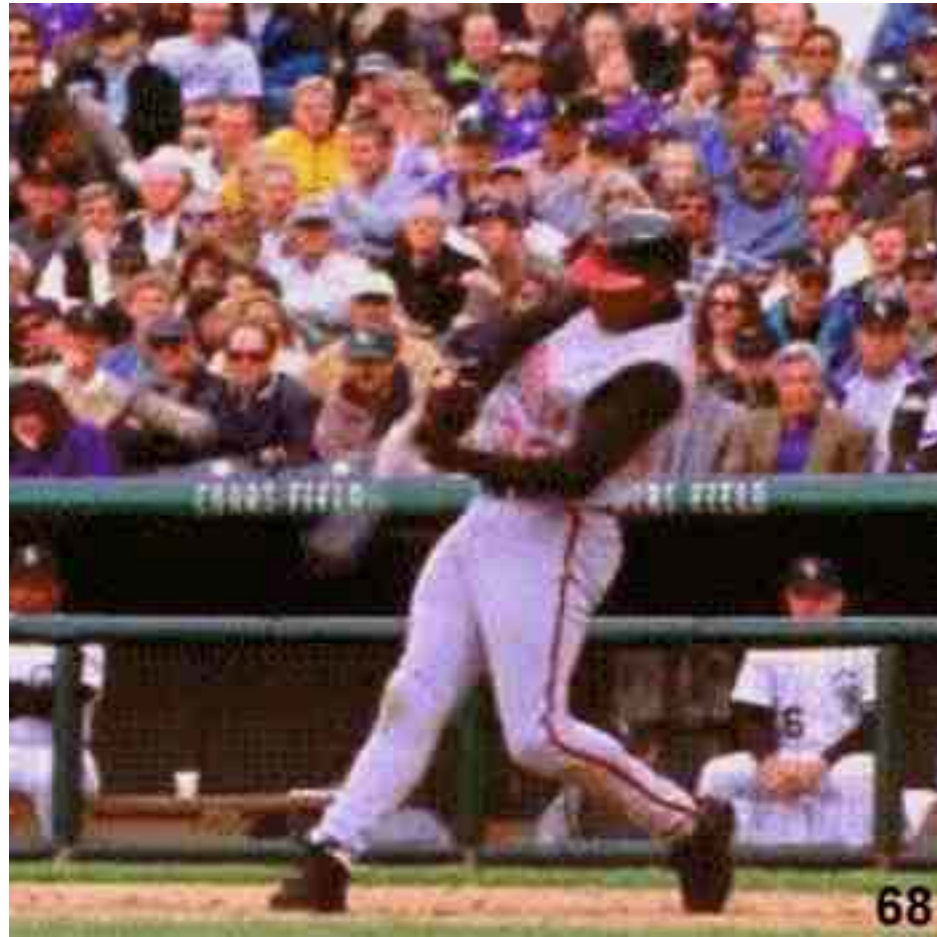
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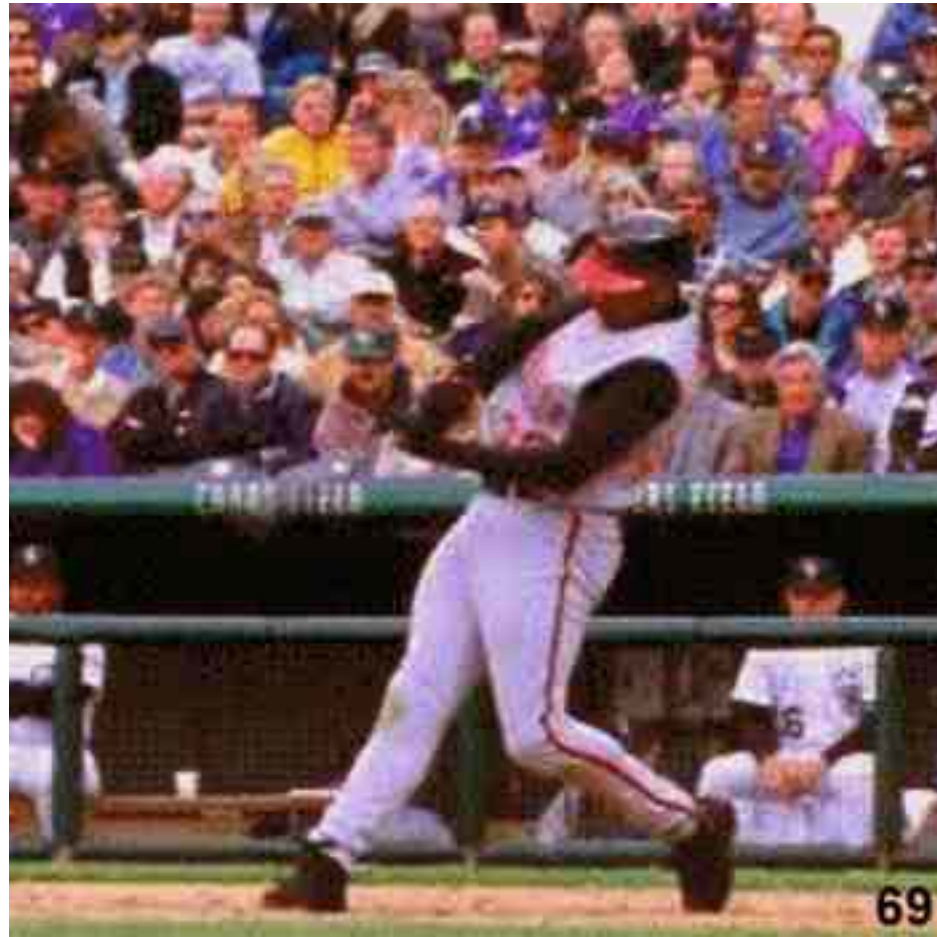
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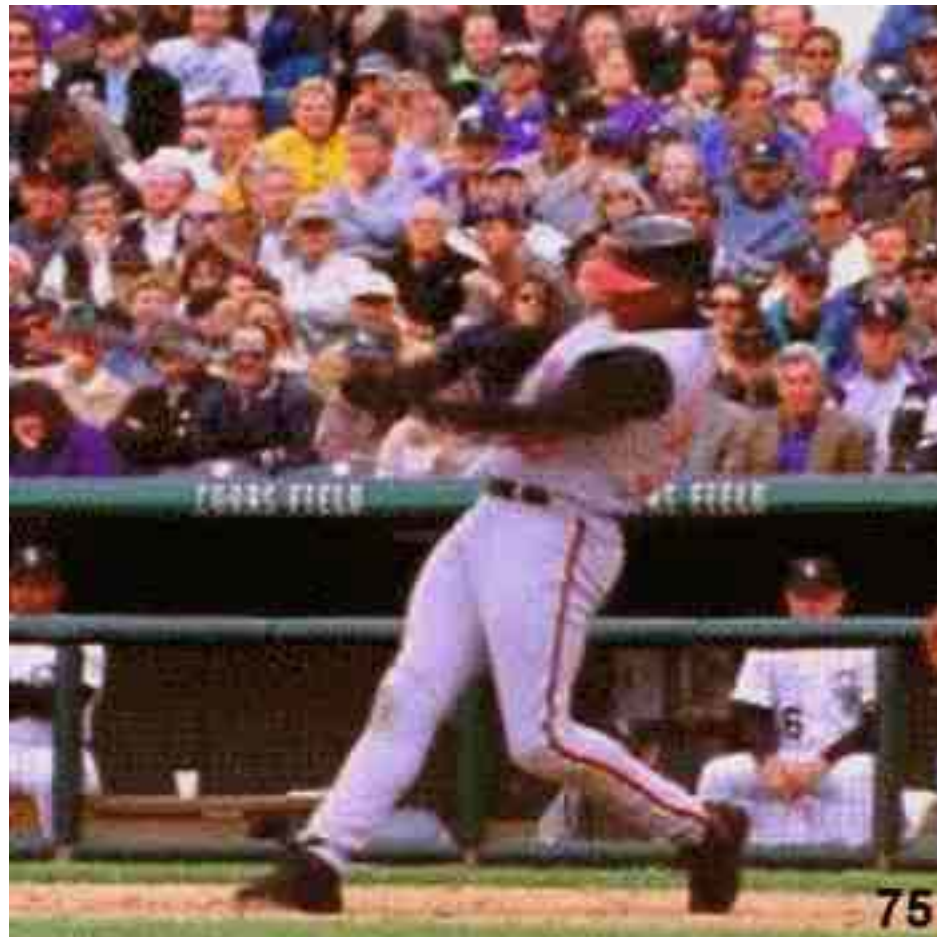


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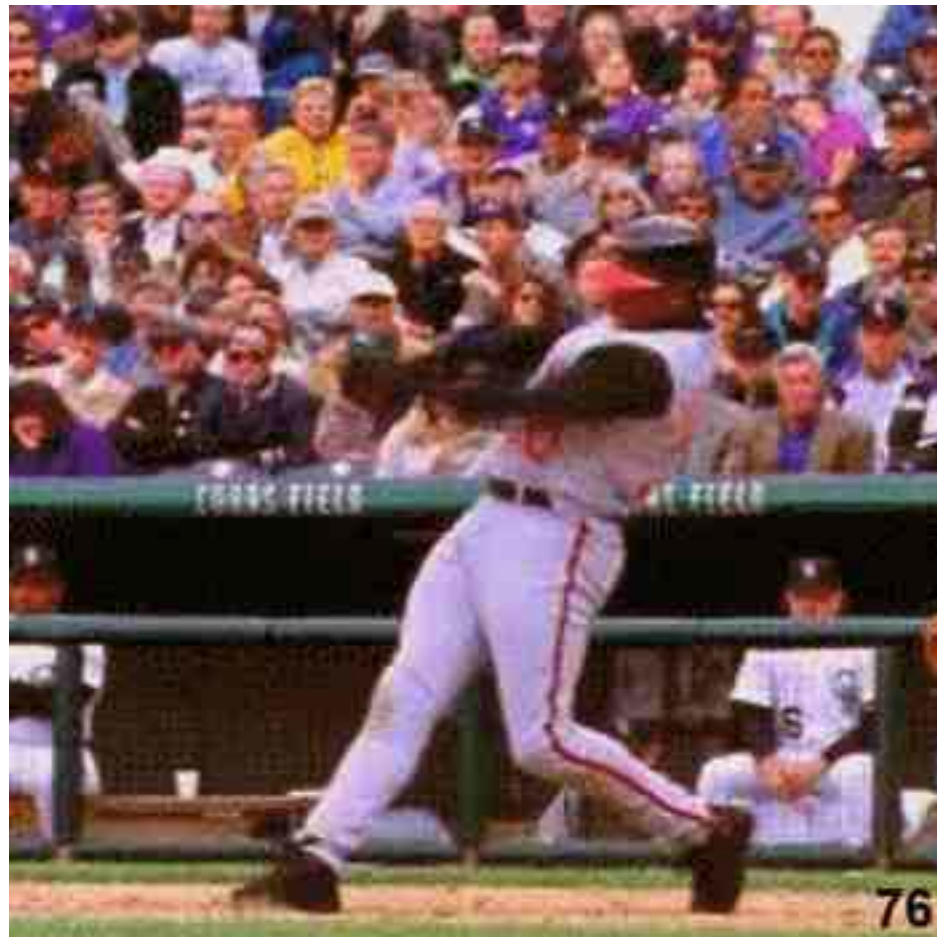


Notice how Ken Griffey Jr. is extended and making the Power V, but well after the Point Of Contact. His extension is the effect of his extremely powerful swing, not the cause of his very powerful swing.

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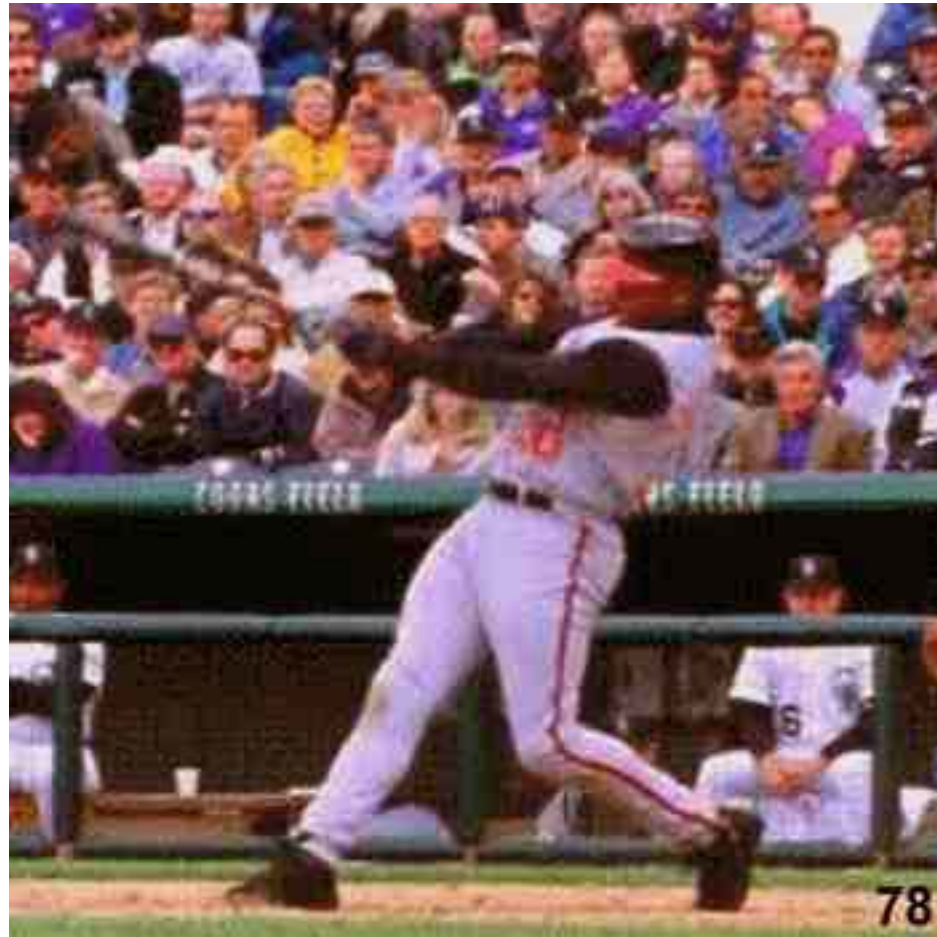


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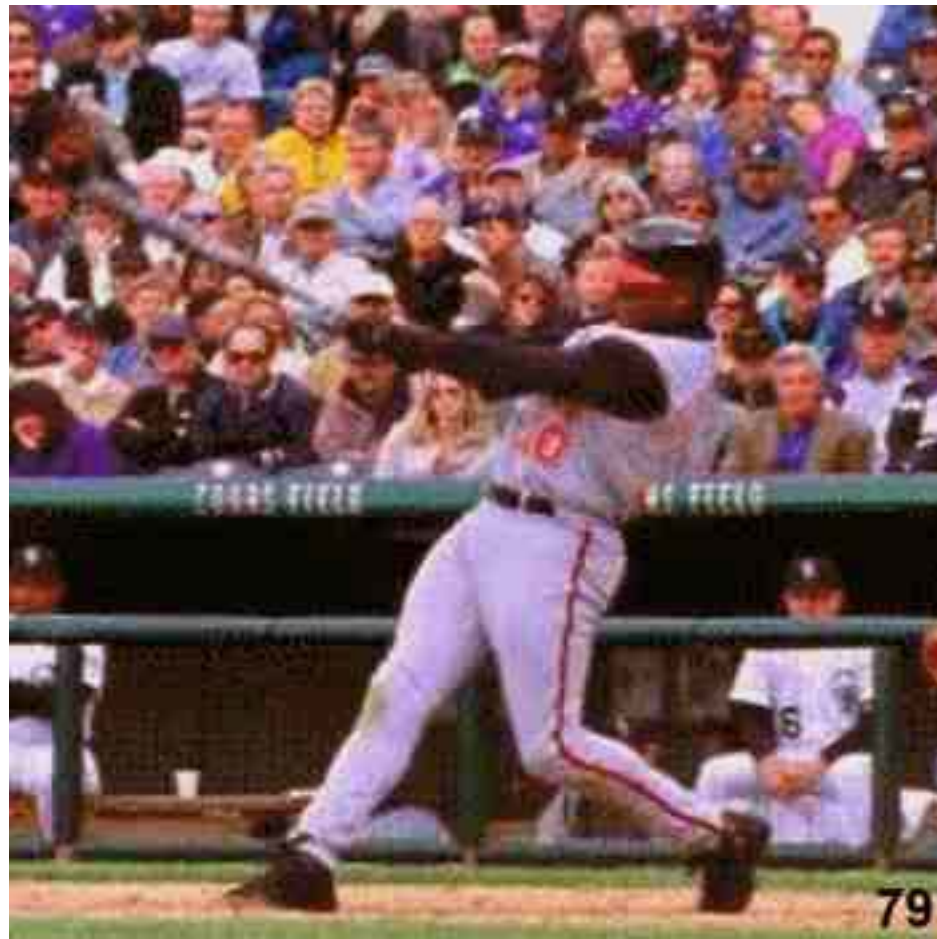


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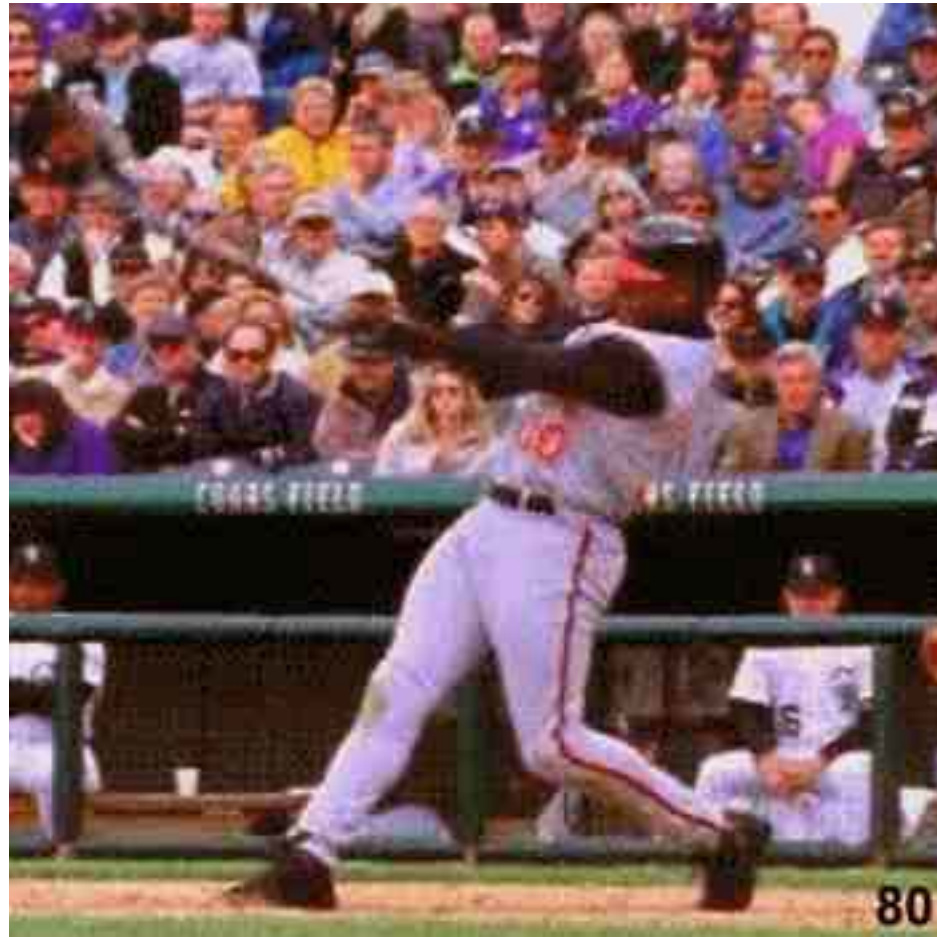
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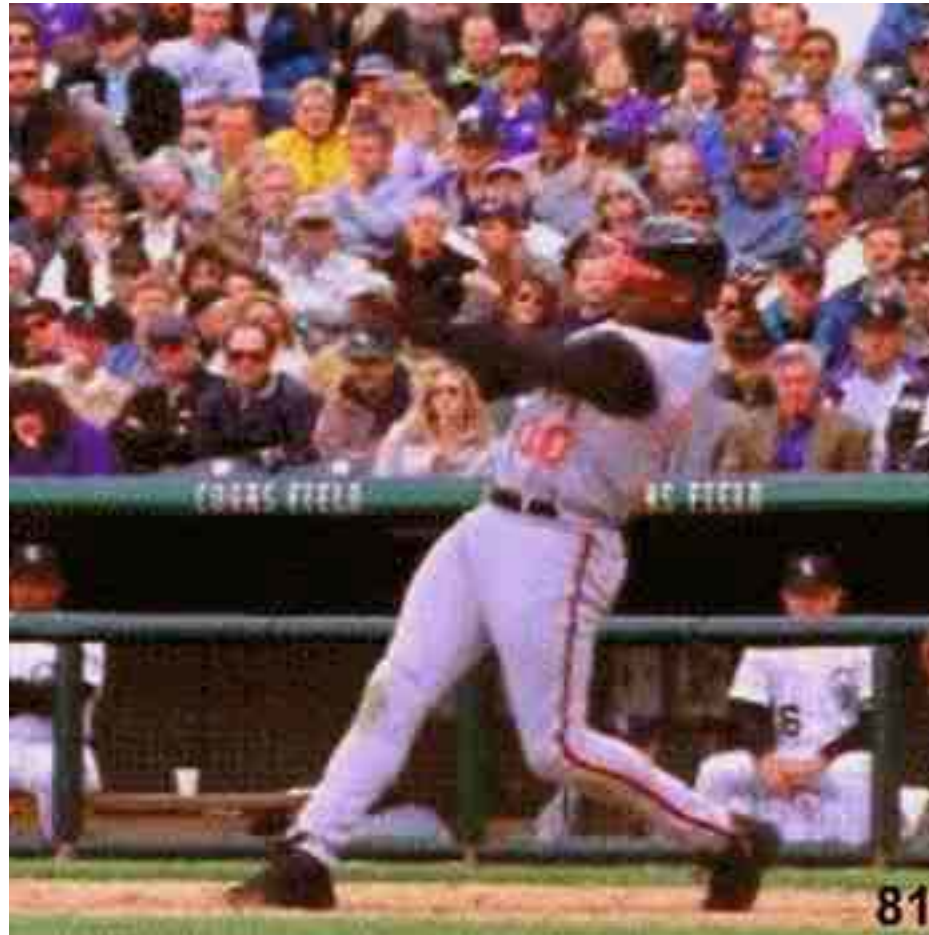
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Notice how Ken Griffey Jr. is squishing the bug in this frame, but well after the Point Of Contact.

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