

# Justin Verlander

## A Photographic Study

by Chris OLeary

## Legal Stuff

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If you happen to come across this flipbook on the Internet or via a friend and find it to be valuable, please understand that it isn’t something that I just give away for free.

My family and I thank you.

Chris O’Leary

August 2015

Sample Version

## About This Document

When I first started analyzing pitching mechanics, it was in the days before video was widely available. As a result, what I would do is collect every picture I could find of a pitcher and then sequence those pictures to create a rough equivalent of a video clip. You can find examples of those analyses here...

[http://chrisoleary.com/projects/PitchingMechanics101/Essays/PitcherInjuryAnalysisProject/Analyses.html#Photographic Analyses](http://chrisoleary.com/projects/PitchingMechanics101/Essays/PitcherInjuryAnalysisProject/Analyses.html#Photographic_Analyses)

Video is now much easier to get, but I continue find myself collecting high-resolution pictures of my favorites pitchers. With this document, I am revisiting that old approach, this time use much higher-quality pictures.

This document is a prototype, and will be evolving over time. As a result, if you would like to get access to the most current version, please contact me for more information.

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

[www.chrisoleary.com](http://www.chrisoleary.com)

Chris O'Leary

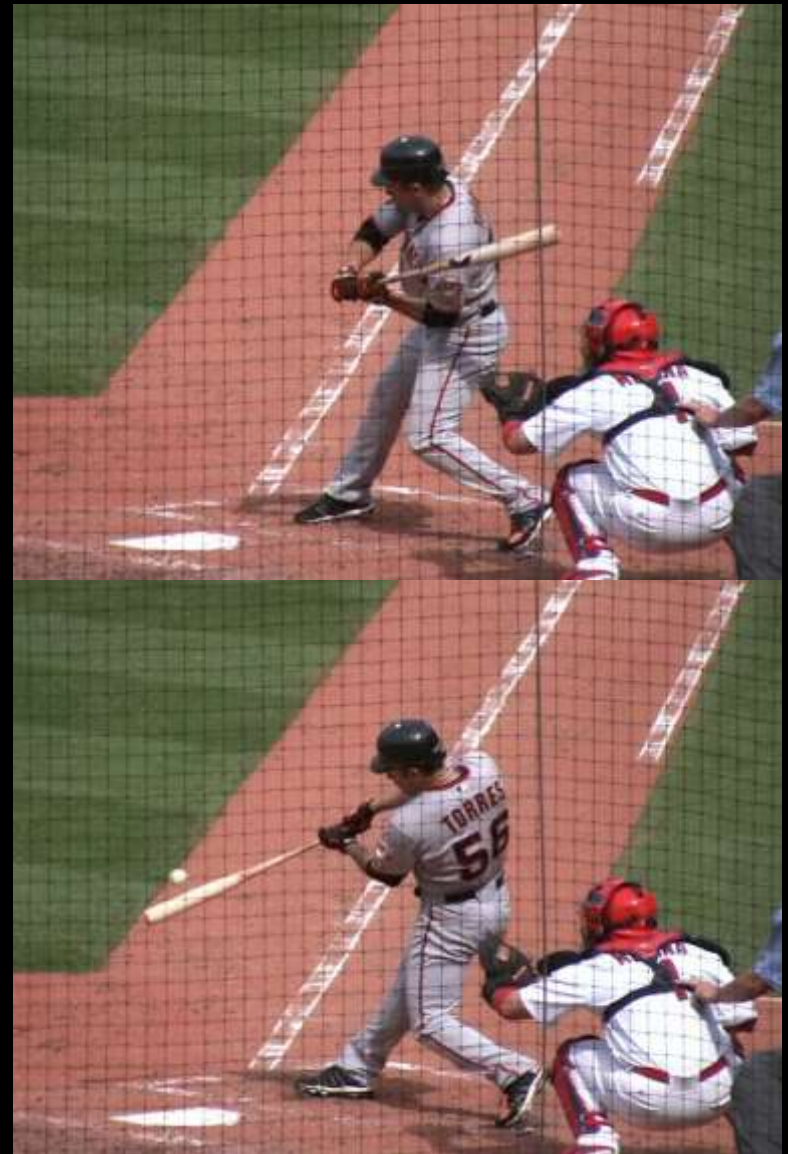


## How to Use This Flipbook

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.





























































































































































































































































































































































































































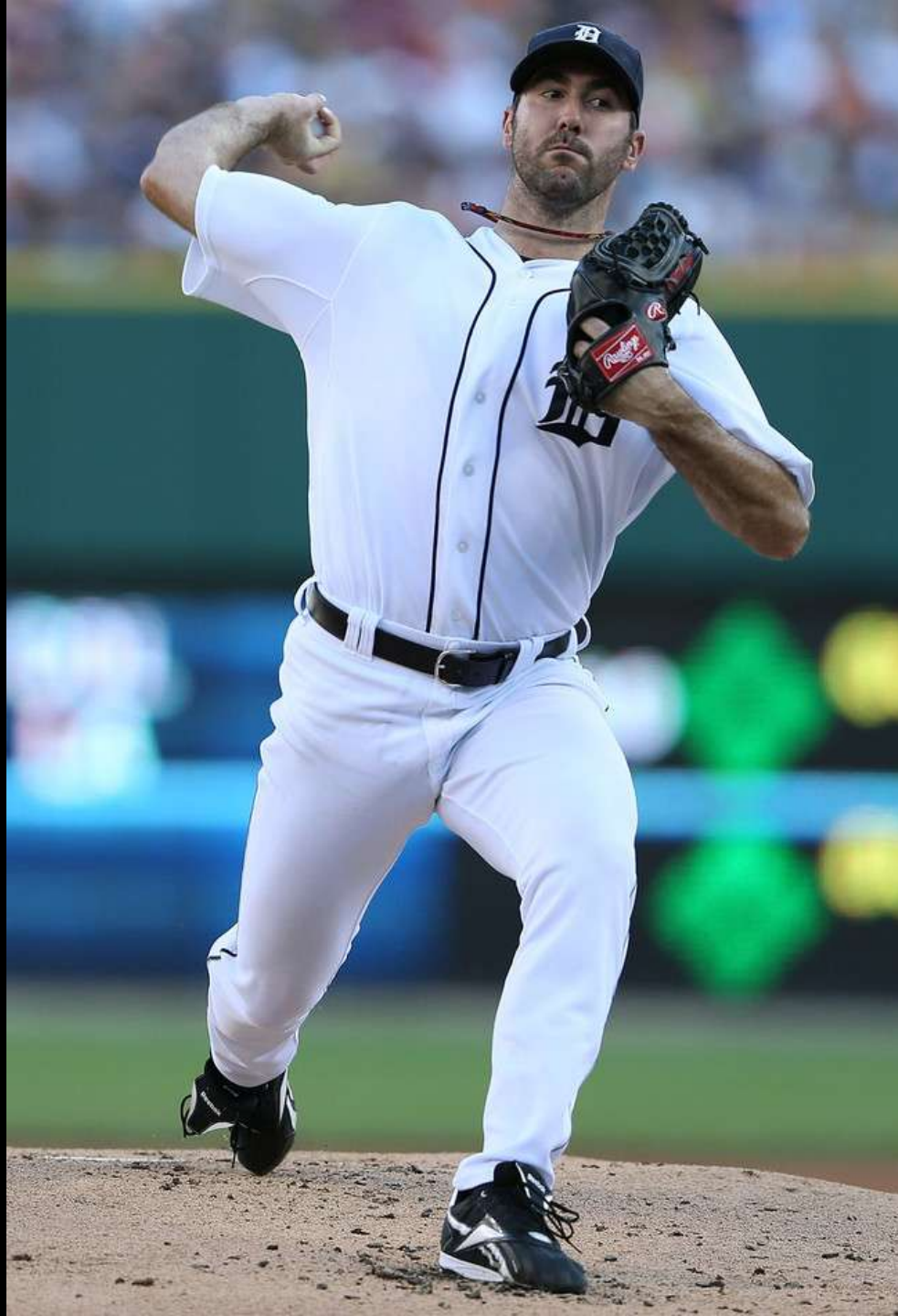






















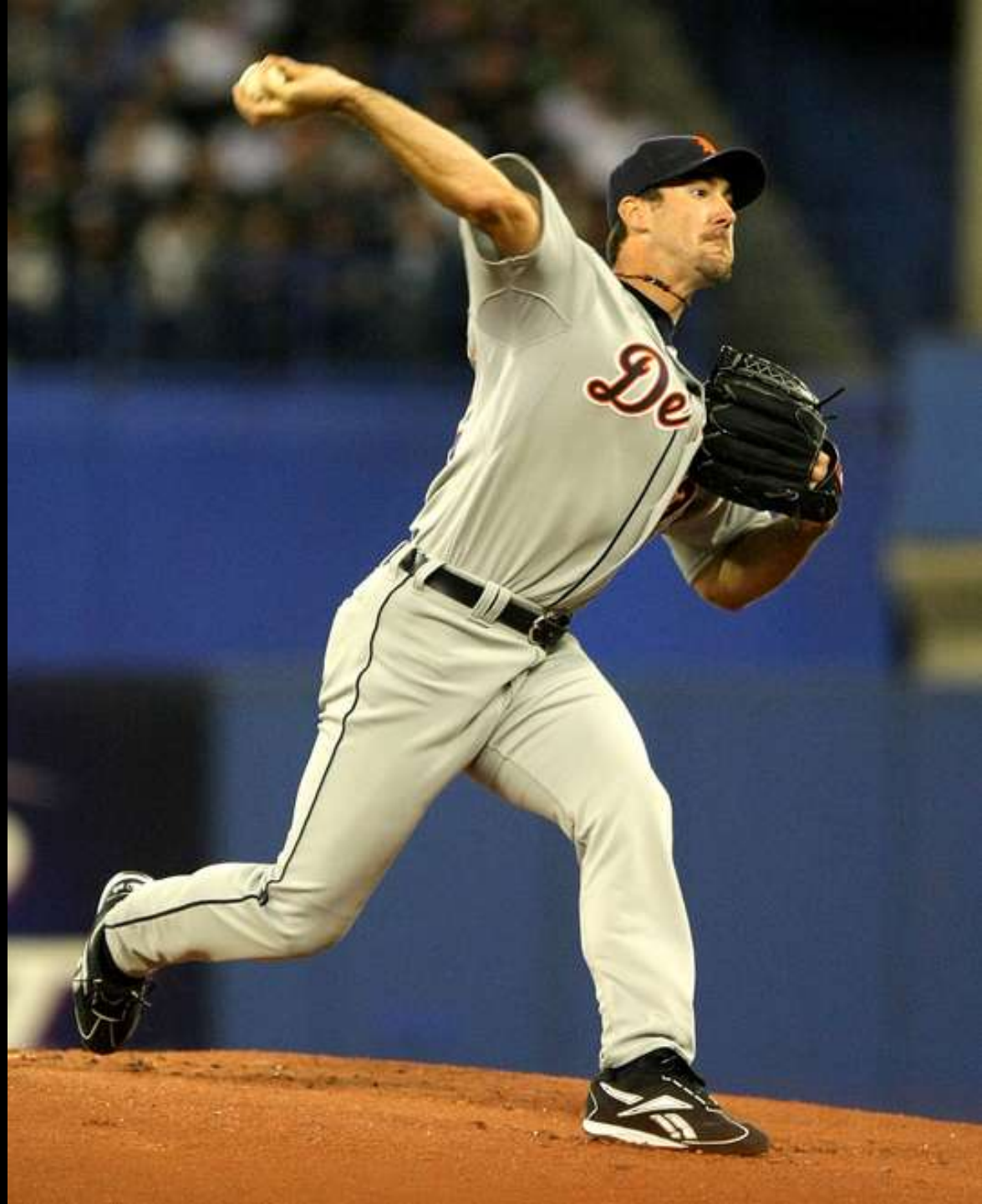


























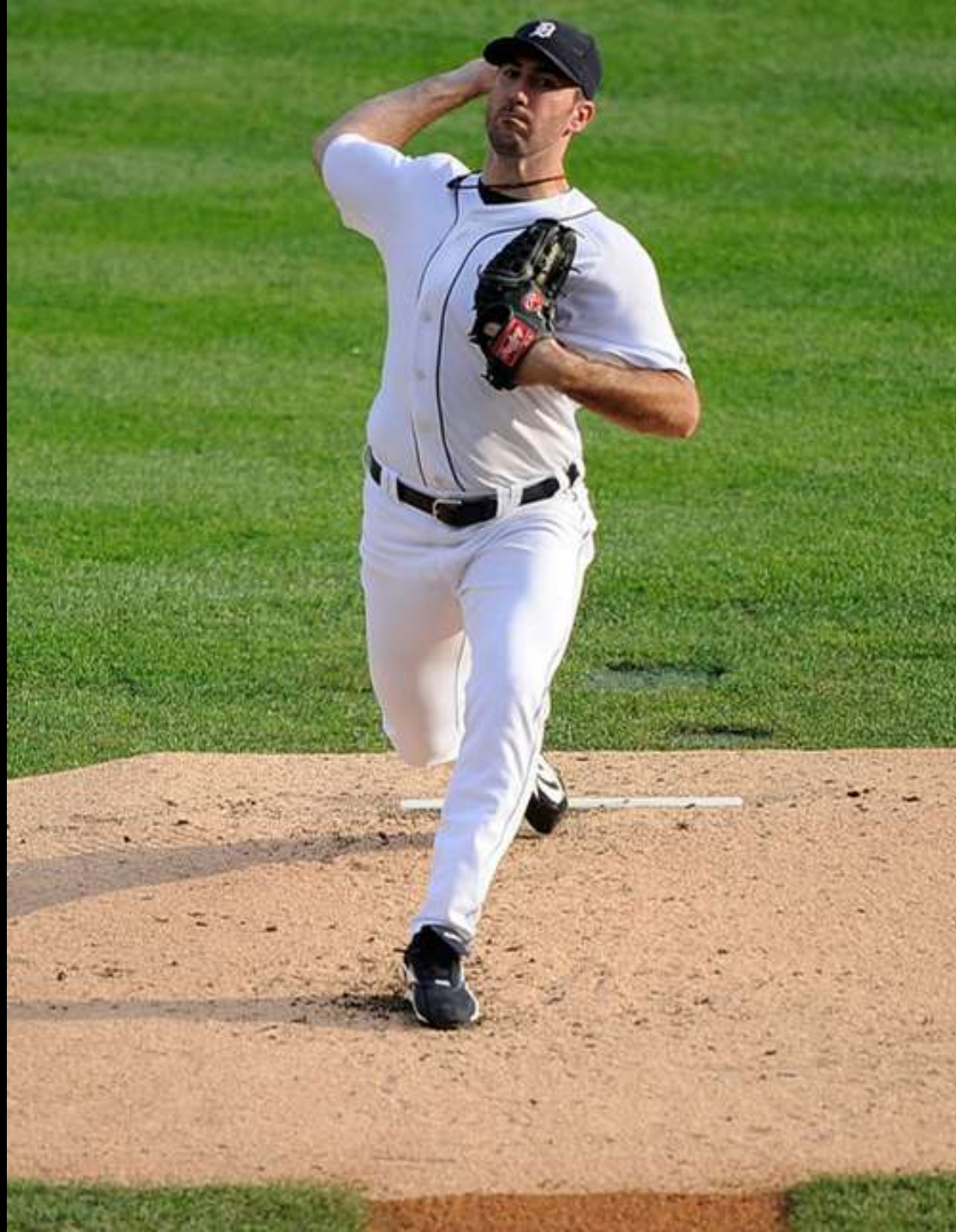














































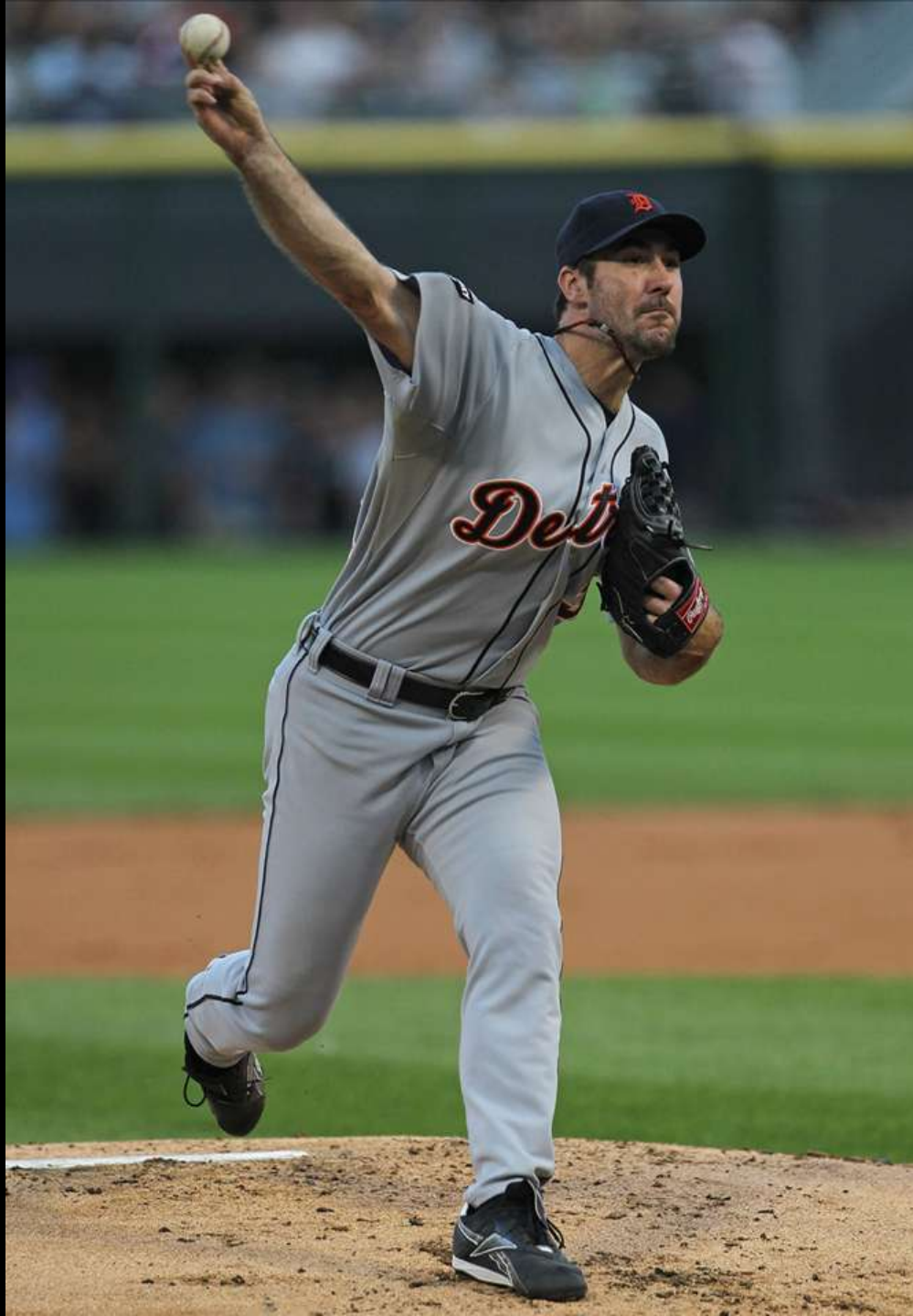










































































## Where to go From Here

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/>

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