

A Full Screen Analysis of the Pitching Mechanics of...

Jeff Suppan

**Third Base View
Fastball**

Chris O'Leary

October 5, 2009

Version 1.0

How To Use This eBook

The best way to use this eBook is to go through it frame by frame. You can advance from one frame to the next using the page up/page down or up/down arrow keys on the keyboard. This will enable you to walk forward and backward through the critical frames of the swing.

About Chris O'Leary

Chris O'Leary is a coach, instructor, analyst, and writer who works with baseball pitchers and baseball and fast pitch softball hitters. He has worked with players ranging in age from pre-school through the D-1 college, minor league, and major league levels. Chris O'Leary can be contacted via e-mail at thepainguy@gmail.com or by phone at 314.494.1324. More of Chris O'Leary's writings can be found at his web site: www.chrisoleary.com

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Driving Off The Rubber

The thing to notice in Frame 45 is that Jeff Suppan is pushing off of the side of the rubber, with the pitching rubber side of his Pitching Arm Side (PAS) foot, through the start of his stride. This helps to establish some linear momentum toward the target which can then be converted into rotational momentum.





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Striding Sideways

As Jeff Suppan continues his hand break, he keeps his shoulders and his hips closed. Notice how, rather than opening his front foot, and thus his hips, he is leading his stride with the side of his Glove Side foot.

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Scap Loading
while Jeff Suppan does scap load, like Nolan Ryan, Greg Maddux, Randy Johnson, and other durable pitchers, his elbows never get higher than the level of his shoulders. Also notice that Jeff Suppan's hips are just starting to open, and his belt buckle is starting to rotate to face home plate, while his shoulders are still closed.

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Push vs. Pull
Based on what Jeff Suppan's Pitching Arm Side foot does as he throws the ball, this is the last frame in which he could be said to be pushing off of the rubber with his PAS foot. From this point on, Jeff Suppan's PAS foot is pulled off of the rubber by the rotation of his hips.

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High Cocked Position

In Frame 74, Jeff Suppan's Glove Side foot has just planted and his shoulders are just starting to rotate. Notice how his hips are rotating ahead of his shoulders. Also notice how his Pitching Arm Side elbow is just below the level of his shoulders and how he is showing the ball to Third Base, not Center Field.

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External Rotation

The rotation of Jeff Suppan's shoulders has caused his Pitching Arm Side upper arm to start externally rotating and his PAS forearm to start laying back toward First Base. Also, in this frame Jeff Suppan has his glove stabilized out over his Gloves Side knee.

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For More Information

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