

An Analysis of the Swing of...

Albert Pujols

First Base View

Chris O'Leary

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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 thepaingguy@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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I recently received the following e-mail from a reader who is a minor league baseball player...

Hey Chris,

What's going on? I hope all is well. I was looking through your web site and the breakdown of Albert Pujols' swing and found out some things that I hadn't picked up on before (by the way it was done really well). I'm in the _____ organization and have looked at a lot of Pujols' swings and video... You pointed something out in your breakdown that I never really paid much attention to and wanted you to explain to me a little better if you have the time. I would like to learn more about why he rotates his front foot onto his toe because I just watched video of my swing and noticed I do the same thing without wanting to. and I would also like to know more about stiffening the knee. "The third thing to notice when looking at Albert Pujols' swing is how he stiffens his front knee as he swings." If you could, I would just like to know exactly what you mean by that. I appreciate you taking the time to explain these things. hope to hear from you soon!

I think this is an excellent and important question. Since it addresses a topic I haven't discussed much to date, I have put this document together to explain this critical concept to all of my hitting clients.



I'm not certain, but I believe the result of this swing was a home run. Based on what the catcher's glove does, and what Albert Does during his swing, it looks like the pitch was low and outside. That is why you see more extension at the Point Of Contact than you normally would on an Albert Pujols home run swing.







Front Toe Down: In Frame 4, Albert Pujols' front toe has just made contact with the ground.

















Front Heel Planted: In Frame 12, Albert Pujols' front heel has just planted and his shoulders have just started to rotate.



In Frame 13, Albert Pujols' hips have stopped moving forward toward the pitcher. Instead, Albert Pujols' hips are starting to rotate around his front leg. During the course of his weight shift, Albert Pujols didn't stride forward very much but he did shift his weight forward roughly 9 inches (the distance between the two yellow dots). This forward weight shift helps to power the rapid rotation of Albert Pujols' hips, and the rotation of his hips pulls his shoulders around. Another thing to notice in this frame is how Albert Pujols' hips are rotating ahead of his shoulders by 15 to 20 degrees. This is stretching the muscles of his core and will increase the force with which his shoulders are pulled around.









In Frame 17, Albert Pujols has just started to extend his front knee. This will help to boost his hip rotation and will increase the force with which his shoulders will be pulled around.











Point Of Contact: While in this swing you do see more extension at the Point Of Contact and he makes contact with the ball a little more forward toward the pitcher than he normally does, this is still a pretty typical Albert Pujols swing. Notice how his back elbow is bent roughly 90 degrees. Notice how his back knee is bent 90 degrees. One thing to note in this swing is that Albert Pujols' back foot is completely off the ground at the Point Of Contact and all of his weight is on his front foot. He is most certainly not squishing the bug at the Point Of Contact. Albert Pujols is also not swinging level to the ground. Instead, he is tilting over the plate. One final thing to notice is how the rotation of Albert Pujols' his pulls him onto the outside of his front foot.









In Frame 26, Albert Pujols' arms are fully extended and his is in the Power V position. However, this is well after the Point Of Contact and is the effect of his powerful swing rather than the cause of his powerful swing.



In Frame 27, Albert Pujols has just let go of the bat with his top hand. This happens a little sooner in this swing than is typical, and I think it's the result of the fact that the pitch was low and away. It would be almost impossible for Albert Pujols to ensure that he was accelerating the head of the bat through the Point Of Contact if he were to try to keep two hands on the bat.











In Frame 32, Albert Pujols is squishing the bug. However, it is well after the point of contact.

About This Document

This document is one of my early hitting flipbooks. I put these flipbooks together using Standard Definition (SD) video clips that I pulled off the internet. While these flipbooks helped hitters like Andres Torres of the San Francisco Giants understand what a good swing actually looks like, they are only of limited value due to the low resolution of the clips and the amount of blurring in them.

In the years since I put these SD flipbooks together, I have collected large numbers of High Definition (HD) and 120 FPS video clips. I have put together new flipbooks using these better clips, examples of which are on the following pages and linked to below...

- [Albert Pujols Sample HD Flipbook](#)

These new, updated flipbooks are only available on my client site...

- <http://clients.chrisoleary.com>

...to people who purchase one of my DVDs and/or my hitting webbooks...

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

In addition to updated, non-blurry, printable, HD and 120FPS flipbooks of Albert Pujols' swing, I am continually creating new flipbooks that describe the swings of some of the best hitters, including the best new, younger hitters. That includes hitters like Jose Bautista, Miguel Cabrera, Bryce Harper, and Mike Trout.



Point Of Contact: Albert Pujols' 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 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 elbow and forearm are also forming an upper case L. His front palm is facing down. There were 10 frames from front heel plant and the start of his shoulder turn to the Point Of Contact.

Point of Contact

At the Point Of Contact (POC), Albert Pujols' back elbow is in a position that rotational hitting instructors call the Power L and which is quite different than the Power V position that many of Charley Lau Sr.'s devotees preach. Albert Pujols also isn't swinging level to the ground. Instead, the head of his bat is well below the level of his hands.



For More Information

For more information about the concepts and ideas discussed in this eBook, contact Chris O'Leary via...

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