

AN ANALYSIS OF BERT BLYLEVEN'S PITCHING MOTION & MECHANICS

12/22/2005

Chris O'Leary

www.chrisoleary.com

chris@chrisoleary.com

314.494.1324 - Cell

Copyright © 2006 Chris O'Leary

General Comments About Bert Blyleven

- Injuries...
 - Missed all of 1982 season with elbow injury.
Struggled in 1983 season.
 - Hurt shoulder in 1988.

Comments About Bert Blyleven's Pitching Motion And Mechanics

- When I first looked at his motion, I was completely thrown.
 - Someone had told me that Blyleven was injury-free — so expected to see someone who was really clean — but when I looked at his motion, that wasn't what I saw.
 - I saw a lot of Tom House and Mark Prior-esque things that would damage his elbow and shoulder.
 - Fairly bad late pitching forearm turnover (but not as bad as Prior's).
 - Upper arms level with shoulders and forearms and ball below.
 - Moving elbows behind acromial plane.
 - But less than most, which probably enabled him to come back from his shoulder injury.
 - No indication of anything that would injure the labrum.
 - Only mediocre pronation.
 - The thing that may have saved him, and that gave him such longevity, is that his dad protected his arm when he was young.
 - Limited reverse-rotation.
 - Only reverse-rotated his hips.
 - Kept the ball pretty much on the driveline.
 - Ala Gibson, Clemens, Ryan, and Garcia.

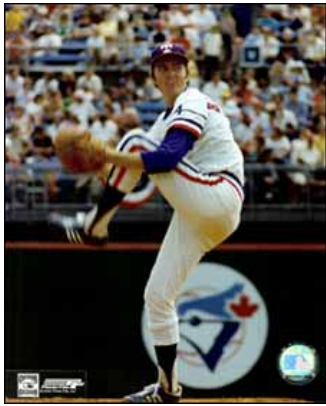
Year	Ag	Tm	Lg	W	L	G	GS	CG	SHO	GF	SV	IP	H	R	ER	HR	BB	SO	HBP	WP	BFP	IBB	BK	ERA	*lgERA	*ERA+	WHIP
1970	19	MIN	AL	10	9	27	25	5	1	1	0	164.0	143	66	58	17	47	135	2	2	675	6	3	3.18	3.72	117	1.159
1971	20	MIN	AL	16	15	38	38	17	5	0	0	278.3	267	95	87	21	59	224	5	5	1126	1	1	2.81	3.57	127	1.171
1972	21	MIN	AL	17	17	39	38	11	3	1	0	287.3	247	93	87	22	69	228	10	7	1158	7	1	2.73	3.22	118	1.100
1973	22	MIN	AL	20	17	40	40	25	9	0	0	325.0	296	109	91	16	67	258	9	7	1321	4	2	2.52	3.98	158	1.117
1974	23	MIN	AL	17	17	37	37	19	3	0	0	281.0	244	99	83	14	77	249	9	3	1149	3	0	2.66	3.77	142	1.142
1975	24	MIN	AL	15	10	35	35	20	3	0	0	275.7	219	104	92	24	84	233	4	7	1104	2	0	3.00	3.86	129	1.099
1976	25	TOT	AL	13	16	36	36	18	6	0	0	297.7	283	106	95	14	81	219	12	7	1225	6	2	2.87	3.59	125	1.223
		MIN	AL	4	5	12	12	4	0	0	0	95.3	101	39	33	3	35	75	4	0	406	5	2	3.12	3.59	115	1.427
		TEX	AL	9	11	24	24	14	6	0	0	202.3	182	67	62	11	46	144	8	7	819	1	0	2.76	3.59	130	1.127
1977	26	TEX	AL	14	12	30	30	15	5	0	0	234.7	181	81	71	20	69	182	7	8	935	1	0	2.72	4.11	151	1.065
1978	27	PIT	NL	14	10	34	34	11	4	0	0	243.7	217	94	82	17	66	182	6	6	1011	5	2	3.03	3.72	123	1.161
1979	28	PIT	NL	12	5	37	37	4	0	0	0	237.3	238	102	95	21	92	172	6	9	1018	8	0	3.60	3.89	108	1.390
1980	29	PIT	NL	8	13	34	32	5	2	1	0	216.7	219	102	92	20	59	168	0	2	907	5	1	3.82	3.64	95	1.283
1981	30	CLE	AL	11	7	20	20	9	1	0	0	159.3	145	52	51	9	40	107	5	3	644	1	1	2.88	3.63	126	1.161
1982	31	CLE	AL	2	2	4	4	0	0	0	0	20.3	16	14	11	2	11	19	0	0	89	0	0	4.87	4.08	84	1.328
1983	32	CLE	AL	7	10	24	24	5	0	0	0	156.3	160	74	68	8	44	123	10	5	660	4	1	3.91	4.24	108	1.305
1984	33	CLE	AL	19	7	33	32	12	4	0	0	245.0	204	86	78	19	74	170	6	6	1004	4	0	2.87	4.08	142	1.135
1985	34	TOT	AL	17	16	37	37	24	5	0	0	293.7	264	121	103	23	75	206	9	4	1203	1	1	3.16	4.25	135	1.154
		CLE	AL	9	11	23	23	15	4	0	0	179.7	163	76	65	14	49	129	7	1	743	1	1	3.26	4.15	127	1.180
		MIN	AL	8	5	14	14	9	1	0	0	114.0	101	45	38	9	26	77	2	3	460	0	0	3.00	4.40	147	1.114
1986	35	MIN	AL	17	14	36	36	16	3	0	0	271.7	262	134	121	50	58	215	10	4	1126	4	0	4.01	4.31	108	1.178
1987	36	MIN	AL	15	12	37	37	8	1	0	0	267.0	249	132	119	46	101	196	9	13	1122	4	0	4.01	4.65	116	1.311
1988	37	MIN	AL	10	17	33	33	7	0	0	0	207.3	240	128	125	21	51	145	16	5	895	1	3	5.43	4.09	75	1.404
1989	38	CAL	AL	17	5	33	33	8	5	0	0	241.0	225	76	73	14	44	131	8	2	973	2	0	2.73	3.81	140	1.116
1990	39	CAL	AL	8	7	23	23	2	0	0	0	134.0	163	85	78	15	25	69	7	6	578	0	0	5.24	3.84	73	1.403
1992	41	CAL	AL	8	12	25	24	1	0	0	0	133.0	150	76	70	17	29	70	5	3	568	2	1	4.74	3.99	84	1.346
22 Yr	WL%	.534		287	250	692	685	242	60	3	0	4970.0	4632	2029	1830	430	1322	3701	155	114	20491	71	19	3.31	3.90	118	1.198
162 Game Avg				14	12	34	33	11	2	0	0	245.3	228	100	90	21	65	182	7	5	1011	3	0	3.31	3.90	118	1.198



1. 1



2



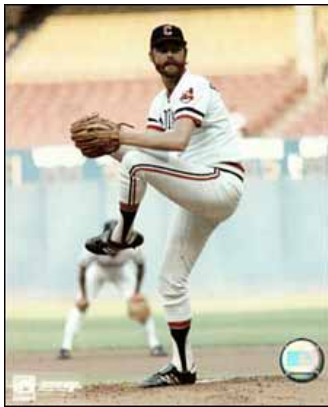
2. 1



3. 1



4. 1



5. 1



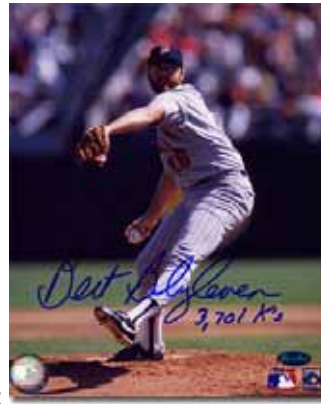
6. 1



7. 1



8. 1



2



9. 1



10. 1



11. 1



2



12. 1



2



13. 1



2



14. 1

Ick. This is very Tom House and Mark Prior and will hurt both his elbow and his shoulder.



15. 1



16. 1



2



17. 1



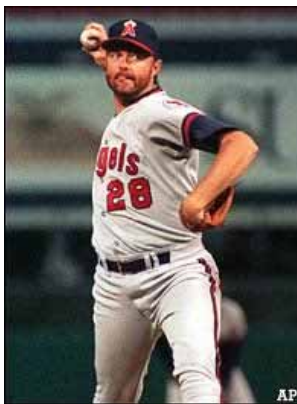
18. 1



2



3



19. 1



20. 1



21. 1



22. 1



2

Forearm is supinated, focusing the load on the UCL.



23. 1



24. 1



25. 1



2



3

Very mediocre late pronation.



26. 1



27. 1



28. 1



29. 1



30. 1

Finishes in a good fielding position.