

AN ANALYSIS OF SCOTT KAZMIR'S PITCHING MOTION & MECHANICS

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General Comments About Scott Kazmir

- LHP
- 6' 0"
- 170 lbs.

Comments About Scott Kazmir's Pitching Motion And Mechanics

- Above-average mechanics.
- Good timing of when shoulders start to turn.
 - Should protect his labrum.
- Nice long arm swing.
- Possible signs of Early Pronation.
 - Large amounts of pronation after releasing the ball.
- Hips leading shoulders.
- Very large differential between rotation of hips and shoulders.

Injury Risk Rating

- Lower Than Average

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
2004	20	TBD	AL	2	3	8	7	0	0	0	0	33.3	33	22	21	4	21	41	2	3	152	0	0	5.67	4.45	79	1.620
2005	21	TBD	AL	10	9	32	32	0	0	0	0	186.0	172	90	78	12	100	174	10	7	818	3	1	3.77	4.32	114	1.462
2 Yr WL%				.500	12	12	40	39	0	0	0	219.3	205	112	99	16	121	215	12	10	970	3	1	4.06	4.34	107	1.486
162 Game Avg					10	10	34	33	0	0	0	188.7	176	96	85	13	104	185	10	8	834	2	0	4.06	4.34	107	1.486



1. 1



2



2. 1



3. 1



4. 1



5. 1

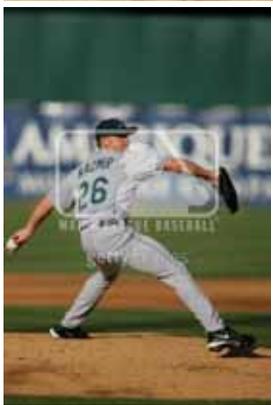
Glove-side foot just skimming the ground.



6. 1



7. 1



8. 1



9. 1



10. 1



2



11. 1



12. 1



13. 1



2

May land a little too much on his heel, which could explain some of his control problems. Very long arm swing, which should protect his shoulder.



14. 1



15. 1



16. 1



2



17. 1



2

GLOVE-SIDE FOOT PLANTED: Good timing. Shoulders not yet turning since PAS forearm is not yet vertical.



18. 1



19. 1



2



20. 1

SHOULDERS STARTING TO TURN: Notice how his hips have turned almost 90 degrees but his shoulders are still closed. This will allow him to powerfully rotate his shoulders.



21. 1

PAS palm is up, which may indicate that he is pronating his forearm as his elbow extends through the danger zone. This may reduce the likelihood that he will damage his elbow.



22. 1



23. 1



24. 1



2

Shoulders very steeply tilted. Will allow his forearm to be closer to vertical at the release point which will make the ball harder to hit.



25. 1



2



26. 1



27. 1



28. 1

Look at how pronated his forearm is after he releases the ball. This will protect the bones in his elbow.



29. 1



30. 1



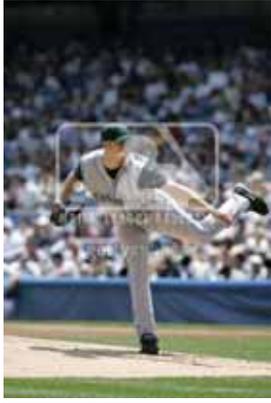
31. 1



32. 1



33. 1



34. 1



35. 1