

AN ANALYSIS OF BILLY WAGNER'S PITCHING MOTION & MECHANICS

2/17/2006

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General Comments About Billy Wagner

- LHP
- 5' 11"
- 195 lbs.
- Pitches...
 - Fastball (100 MPH).
 - Slider (86-90 MPH).
 - Change-Up.
- Injuries...
 - Missed the majority of the 2000 and 2003 seasons with multiple ailments (back spasms, strained rotator cuff, shoulder, groin, inflamed finger).
 - Torn flexor tendon (2000).
 - Missed half of season due to strained shoulder in (2004).
 - Left shoulder tightness (September 2005).

Comments About Billy Wagner's Pitching Motion And Mechanics

- Green Flags...
 - Eyes always locked on the target.
 - PAS elbow never seems to go above PAS shoulder.
 - His mechanics may be (inadvertently) protecting his elbow.
 - Does not show the ball to Center Field.
 - Possible signs of Early Pronation in frame 28.1 (which is also
- Red Flags...
 - Extremely bad Reverse Pitching Forearm Bounce.
 - Likely helps to explain his shoulder problems.
 - Appears to stiffen his glove-side knee as he releases the ball.
 - Likely gives him a speed boost but may also contribute to his injury problems.

Injury Risk Rating = Worse Than Average



1. 1



2. 1



2



3



3. 1



4. 1



5. 1



6. 1



2



7. 1



8. 1



9. 1



10. 1



2



11. 1



12. 1



2



3



4



5



13. 1



2



14. 1



2



15. 1



2



16. 1



2



17. 1



18. 1



2



19. 1



20. 1

Some of what some people would describe as Scap(ular) Loading, but not as much as some and his elbows aren't above his shoulders. This suggests his shoulder problems may be related to the severity of his Reverse Pitching Forearm Bounce.



21. 1



2



22. 1



23. 1

Not showing the ball to Center Field. This, combined with possible signs of Early Pronation below in frame 28.1, may explain his lack of elbow problems.



24. 1



2



25. 1



2



26. 1



27. 1



28. 1

Palm is up, which may be a sign of Early Pronation. If so, then this could explain his seeming lack of elbow problems.



29. 1



2



3



4

Extreme Reverse Pitching Forearm Bounce and external rotation are evident in frames 29.1-29.4. Likely helps to explain his continual shoulder problems. Seems to be stiffening his glove-side knee, which will give him a boost of speed (by increasing the rate at which and distance over which his hips can rotate) but may also contribute to his injury problems. Appears to be pronating early in frame 29.4.



30. 1



2



31. 1



2



32. 1



33. 1



34. 1



2



35. 1



36. 1



37. 1



2



38. 1



39. 1



40. 1



41. 1

Finishes with glove off to the side. Leaves him in a weak fielding position.