

# AN ANALYSIS OF GREG MADDUX'S PITCHING MOTION & MECHANICS

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## General Comments About Greg Maddux

- 6' 0"
- 180 lbs
- Pitches
  - Fastball (only 85-88 MPH) but pin-point location.
  - Change-Up.
- Has won 14 Gold Gloves.

## Comments About Greg Maddux's Pitching Motion And Mechanics

- Very clean, simple motion.
- Eyes always locked on the target.
- His below-average velocity likely contributes to his above-average control and his durability.
- Keys to his control...
  - Minimal reverse rotation.
    - Probably also explains lower than average velocity.
  - Pendulum swings ball straight back to 2B.
  - Always points his glove at the target.
    - Not to pitching-arm-side of plate as many harder throwers do.
- Late rotater.
  - Shoulders do not start rotating until glove-side foot is planted.
  - The rotation of his hips lead the rotation of his shoulders.
  - May help him hide the ball from the batter for the longest possible period of time.
    - Because he does not reverse-rotate, and brings the ball back straight toward 2B, the ball is hidden by his body until just before he is ready to release it.
- Lunge-style pitcher.
  - Releases the ball with the front knee bent approximately 120 degrees.
    - Lows his release point but helps him release the ball closer to the plate.
- Rather than quickly lifting his upper arms (ala Mark Prior), he brings the ball up at or above the level of his elbow.

Year	Ag	Tm	Lg	W	L	G	GS	CG	SHO	GF	SV	IP	H	R	ER	HR	BB	SO	HBP	WP	BFP	ERA	*lgERA	*ERA+
1986	20	<a href="#">CHC</a>	<a href="#">NL</a>	2	4	6	5	1	0	1	0	31.0	44	20	19	3	11	20	1	2	144	5.52	4.06	74
1987	21	<a href="#">CHC</a>	<a href="#">NL</a>	6	14	30	27	1	1	2	0	155.7	181	111	97	17	74	101	4	4	701	5.61	4.29	77
1988	22	<a href="#">CHC</a>	<a href="#">NL</a>	18	8	34	34	9	3	0	0	249.0	230	97	88	13	81	140	9	3	1047	3.18	3.63	114
1989	23	<a href="#">CHC</a>	<a href="#">NL</a>	19	12	35	35	7	1	0	0	238.3	222	90	78	13	82	135	6	5	1002	2.95	3.78	128
1990	24	<a href="#">CHC</a>	<a href="#">NL</a>	15	15	35	35	8	2	0	0	237.0	242	116	91	11	71	144	4	3	1011	3.46	4.10	119
1991	25	<a href="#">CHC</a>	<a href="#">NL</a>	15	11	37	37	7	2	0	0	263.0	232	113	98	18	66	198	6	6	1070	3.35	3.87	115
1992	26	<a href="#">CHC</a>	<a href="#">NL</a>	20	11	35	35	9	4	0	0	268.0	201	68	65	7	70	199	14	5	1061	2.18	3.61	166
1993	27	<a href="#">ATL</a>	<a href="#">NL</a>	20	10	36	36	8	1	0	0	267.0	228	85	70	14	52	197	6	5	1064	2.36	4.05	171
1994	28	<a href="#">ATL</a>	<a href="#">NL</a>	16	6	25	25	10	3	0	0	202.0	150	44	35	4	31	156	6	3	774	1.56	4.26	273
1995	29	<a href="#">ATL</a>	<a href="#">NL</a>	19	2	28	28	10	3	0	0	209.7	147	39	38	8	23	181	4	1	785	1.63	4.23	259
1996	30	<a href="#">ATL</a>	<a href="#">NL</a>	15	11	35	35	5	1	0	0	245.0	225	85	74	11	28	172	3	4	978	2.72	4.39	162
1997	31	<a href="#">ATL</a>	<a href="#">NL</a>	19	4	33	33	5	2	0	0	232.7	200	58	57	9	20	177	6	0	893	2.20	4.21	191
1998	32	<a href="#">ATL</a>	<a href="#">NL</a>	18	9	34	34	9	5	0	0	251.0	201	75	62	13	45	204	7	4	987	2.22	4.24	191
1999	33	<a href="#">ATL</a>	<a href="#">NL</a>	19	9	33	33	4	0	0	0	219.3	258	103	87	16	37	136	4	1	940	3.57	4.34	122
2000	34	<a href="#">ATL</a>	<a href="#">NL</a>	19	9	35	35	6	3	0	0	249.3	225	91	83	19	42	190	10	1	1012	3.00	4.64	155
2001	35	<a href="#">ATL</a>	<a href="#">NL</a>	17	11	34	34	3	3	0	0	233.0	220	86	79	20	27	173	7	2	927	3.05	4.41	144
2002	36	<a href="#">ATL</a>	<a href="#">NL</a>	16	6	34	34	0	0	0	0	199.3	194	67	58	14	45	118	4	1	820	2.62	4.11	157
2003	37	<a href="#">ATL</a>	<a href="#">NL</a>	16	11	36	36	1	0	0	0	218.3	225	112	96	24	33	124	8	3	901	3.96	4.16	105
2004	38	<a href="#">CHC</a>	<a href="#">NL</a>	16	11	33	33	2	1	0	0	212.7	218	103	95	35	33	151	9	2	872	4.02	4.53	113
2005	39	<a href="#">CHC</a>	<a href="#">NL</a>	13	15	35	35	3	0	0	0	225.0	239	112	106	29	36	136	7	8	936	4.24	4.27	101
20 Yr	WL%	.627	318	189	643	639	108	35	3	0	4406.3	4082	1675	1476	298	907	3052	125	63	17925	3.01	4.15	138	



1. 1



2



3



4



2. 1



3. 1

Minimal reverse-rotation. May help to explain both his above-average control and below-average velocity.



4. 1



5. 1



6. 1

Breaks hands at belt buckle.



7. 1



8. 1



2



9. 1



2



3



10. 1

Just starting to flex pitching-arm-side elbow. Strides with glove-side foot very low to the ground. Swings pitching arm straight back toward 2B, which probably helps to explain both his higher arm slot and his above-average control. Points his glove at the target, not to the pitching arm side of the target, which also probably helps to explain his control.



11. 1



12. 1



3



13. 1



14. 1



15. 1



16. 1

2



17. 1

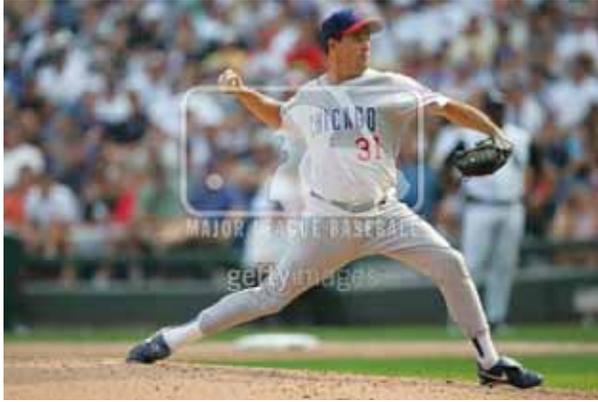
2

3



18. 1

2



19. 1



2



20. 1



2



3

Lands with foot flat and with weight on inside edge of foot.



21. 1

2



22. 1



23. 1



2



3

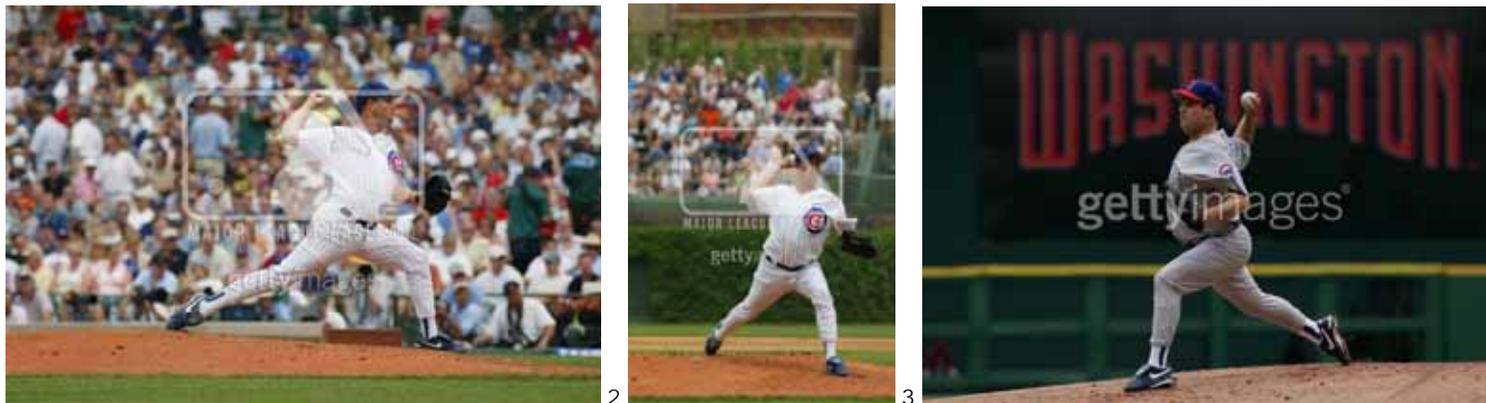
**GLOVE-SIDE FOOT PLANTED and SHOULDERS STARTING TO TURN:** Pitching-arm-side forearm vertical. Glove-side knee bent approximately 135 degrees. Back is arched with elbows just behind acromial plane.



24. 1

2

3



25. 1

2

3

The rotation of his hips leads the rotation of his shoulders. Notice how much his hips have turned. His belt buckle is pointing at home plate while his shoulders are still 60-70 degrees short of perpendicular to the driveline.



26. 1

Just starting to tilt the shoulders.



27. 1



2



3



28. 1



2



29. 1



2



30. 1



2



3



31. 1

Notice that his head stays level and pointed even though the shoulders are tilted and perpendicular to the driveline. This probably helps to explain his control.



32. 1



33. 1



2



34. 1



35. 1



2

Fairly high arm slot, with forearm closer to vertical than with many pitchers. This will give his balls greater vertical movement and will make them harder to hit. This isn't problematic from the standpoint of injury because his pitching-arm-side elbow is at the level of his shoulders (he can do this because he has tilted his shoulders). Maddux can throw from this arm slot because he only minimally reverse-rotates his shoulders at the beginning of his motion.



36. 1



37. 1



2

**RELEASE POINT:** Glove-side knee bent approximately 120 degrees. Leaning forward significantly, which may be problematic because it lowers his release point. However it is beneficial because it allows him to release the ball closer to the plate.



38. 1



39. 1



2



40. 1



41. 1

Glove in good fielding position. Eyes still locked on the target. Probably help to explain his 14 Gold Gloves.



