

# AN ANALYSIS OF MIKE MARSHALL'S PITCHING MOTION & MECHANICS

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## General Comments About Mike Marshall

- Won Cy Young in 1974.

## Comments About Mike Marshall's Pitching Motion And Mechanics

- Very early pronator.

## DR. Marshall's Comments

"I learned that I needed to powerfully pronate my pitching forearm before and during my releases. This protected my pitching elbow. I also learned that, even though I used a version of the 'traditional' pitching motion, if I waited until my pitching arm was on the toward-home-plate driveline to apply force, then I would have better command and I would not have discomfort in the front of my pitching shoulder.

"The saddest words, 'What might have been.' If I had only had this motion and my Maxline Pronation Curve and Torque Fastball. An, oh yeah, in 1975, I would not have fractured a rib trying to throw the 'traditional' curve."

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																				
1967	24	<a href="#">DET</a>	<a href="#">AL</a>	1	3	37	0	0	0	23	10	59.0	51	15	13	6	20	41	2	1	244	1	0	1.98	3.26	165	1.203																				
1969	26	<a href="#">SEP</a>	<a href="#">AL</a>	3	10	20	14	3	1	0	0	87.7	99	54	50	8	35	47	2	7	395	2	1	5.13	3.63	71	1.529																				
1970	27	TOT	<a href="#">NL</a>	3	8	28	5	0	0	11	3	70.0	64	39	30	4	33	43	1	6	308	4	0	3.86	4.12	107	1.386																				
		<a href="#">HOU</a>	<a href="#">NL</a>	0	1	4	0	0	0	0	0	5.3	8	5	5	0	4	5	1	2	27	0	0	8.44	3.89	46	2.250																				
		<a href="#">MON</a>	<a href="#">NL</a>	3	7	24	5	0	0	11	3	64.7	56	34	25	4	29	38	0	4	281	4	0	3.48	4.14	119	1.314																				
1971	28	<a href="#">MON</a>	<a href="#">NL</a>	5	8	66	0	0	0	52	23	111.3	100	56	53	9	50	85	4	9	472	13	0	4.28	3.54	83	1.347																				
1972	29	<a href="#">MON</a>	<a href="#">NL</a>	14	8	65	0	0	0	56	18	116.0	82	26	23	3	47	95	2	8	465	7	2	1.78	3.56	200	1.112																				
1973	30	<a href="#">MON</a>	<a href="#">NL</a>	14	11	92	0	0	0	73	31	179.0	163	62	53	10	75	124	4	8	746	12	0	2.66	3.82	143	1.330																				
1974	31	<a href="#">LAD</a>	<a href="#">NL</a>	15	12	106	0	0	0	83	21	208.3	191	66	56	9	56	143	1	5	857	1	3	2.42	3.41	141	1.186																				
1975	32	<a href="#">LAD</a>	<a href="#">NL</a>	9	14	57	0	0	0	46	13	109.3	98	46	40	8	39	64	4	4	469	4	0	3.29	3.41	104	1.253																				
1976	33	TOT	<a href="#">NL</a>	6	4	54	0	0	0	44	14	99.3	99	48	44	6	39	56	2	4	430	2	0	3.99	3.54	89	1.389																				
		<a href="#">LAD</a>	<a href="#">NL</a>	4	3	30	0	0	0	23	8	62.7	64	33	31	2	25	39	1	1	273	2	0	4.45	3.40	76	1.420																				
		<a href="#">ATL</a>	<a href="#">NL</a>	2	1	24	0	0	0	21	6	36.7	35	15	13	4	14	17	1	3	157	0	0	3.19	3.79	119	1.336																				
1977	34	TOT		3	2	16	4	0	0	5	1	41.7	54	25	22	1	15	24	2	4	189	1	0	4.75	4.16	88	1.656																				
		<a href="#">ATL</a>	<a href="#">NL</a>	1	0	4	0	0	0	0	0	6.0	12	6	6	1	2	6	0	0	32	0	0	9.00	4.46	50	2.333																				
		<a href="#">TEX</a>	<a href="#">AL</a>	2	2	12	4	0	0	5	1	35.7	42	19	16	0	13	18	2	4	157	1	0	4.04	4.11	102	1.542																				
1978	35	<a href="#">MIN</a>	<a href="#">AL</a>	10	12	54	0	0	0	51	21	99.0	80	31	27	3	37	56	1	2	404	1	0	2.45	3.85	157	1.182																				
1979	36	<a href="#">MIN</a>	<a href="#">AL</a>	10	15	90	1	0	0	84	32	142.7	132	47	42	8	48	81	4	8	586	2	1	2.65	4.40	166	1.262																				
1980	37	<a href="#">MIN</a>	<a href="#">AL</a>	1	3	18	0	0	0	12	1	32.3	42	23	22	2	12	13	2	4	150	1	0	6.12	4.37	71	1.670																				
1981	38	<a href="#">NYM</a>	<a href="#">NL</a>	3	2	20	0	0	0	9	0	31.0	26	10	9	2	8	8	0	2	127	1	0	2.61	3.49	134	1.097																				
14 Years						112		24		1		188		1281		484		514		31	72	5842	52	7	3.14	3.72	118	1.294																			
WL% = .464						97		723		3		549		1386.7		548		79		880																											
<a href="#">162 Game Avg</a>						8		10		65		2		0		49		17		126.0		116		49		44		7		46		80		2		6		531		4		0		3.14	3.72	118	1.294



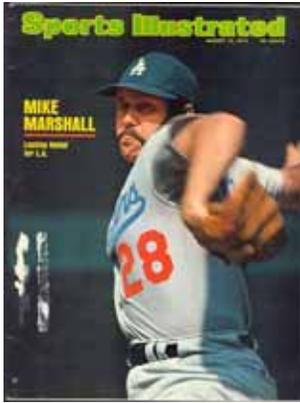
1. 1

Breaks hands very low.



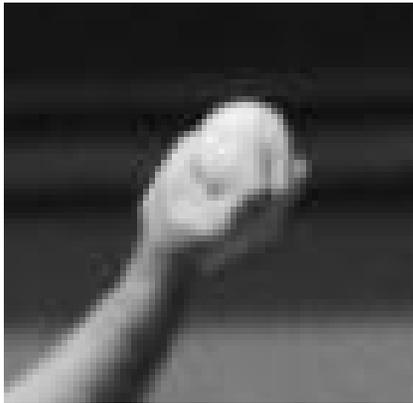
2. 1

Forearm is already quite supinated with palm nearly facing the sky. Likely preparing to throw a screwball.



3. 1 2

Shoulders about to start rotating. Not at traditional high-cocked position.



4. 1 2



5. 1

2

Near point of maximum load on UCL. Pronating extremely early. Palm is facing toward the 3B side of vertical. Most pitchers at this point would have their palm facing toward the 1B side of vertical.



6. 1

2

Look at how pronated his forearm is. His thumb is up and his palm is facing 3B.



7. 1



2



8. 1

In frame 7.1, Dr. Marshall's forearm is pronated nearly as much as is Mark Prior's forearm in frame 83.2 of my analysis of his motion. The difference is that Dr. Marshall is an early pronator while Prior is a late pronator. Compare the position of Prior's palm in frame 65.1 with the position of Dr. Marshall's palm in frame 5.1. Near as I can tell, the difference is close to 180 degrees. Those 180 degrees make the difference between a healthy elbow and one that is continually being injured.



9. 1



10. 1



11. 1



2



12. 1



13. 1