

AN ANALYSIS OF ROY OSWALT'S PITCHING MOTION & MECHANICS

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General Comments About Roy Oswalt

- RHP
- 6' 0"
- 170 lbs.
- Good at holding runners.
 - Slide-step delivery.
- Fairly good fielder.
- Pitches...
 - Fastball (95-97 MPH).
 - Curveball (70s MP).
 - Slider.
 - Change-Up.
- Injuries...
 - Stiff back (May 2005).
 - Sprained right toe (May 2005).
 - Strained left upper rib cage - intercostal muscle (June and September 2004).
 - Injury problems in 2000.

Comments About Roy Oswalt's Pitching Motion And Mechanics

- Eyes always locked on the target.
- Long swing with pitching arm.
 - May help to protect shoulder.
- Turns his pitching forearm over somewhat differently than most.
 - Elbow is only bent 75 or 80 degrees at the moment his shoulders start to turn.

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	
2001	23	HOU	NL	14	3	28	20	3	1	4	0	141.7	126	48	43	13	24	144	6	0	575	2	0	2.73	4.54	166	1.059	
2002	24	HOU	NL	19	9	35	34	0	0	0	0	233.0	215	86	78	17	62	208	5	3	956	4	0	3.01	4.28	142	1.189	
2003	25	HOU	NL	10	5	21	21	0	0	0	0	127.3	116	48	42	15	29	108	5	1	514	0	0	2.97	4.41	149	1.139	
2004	26	HOU	NL	20	10	36	35	2	2	0	0	237.0	233	100	92	17	62	206	11	5	983	5	1	3.49	4.31	123	1.245	
2005	27	HOU	NL	20	12	35	35	4	1	0	0	241.7	243	85	79	18	48	184	8	5	1002	3	1	2.94	4.14	141	1.204	
5 Yr WL%				.680	83	39	155	145	9	4	4	0	980.7	933	367	334	80	225	850	35	14	4030	14	2	3.07	4.31	141	1.181
162 Game Avg				18	8	35	32	2	0	0	0	222.0	211	83	75	18	51	192	7	3	913	3	0	3.07	4.31	141	1.181	



1. 1



2. 1



3. 1



4. 1



5. 1



6. 1



7. 1



8. 1



2



3



9. 1



2



10. 1



2



11. 1



2



12. 1



2



13. 1



2



3



14. 1



2



15. 1



2



16. 1



2



3



17. 1



2



3



4



18. 1



2



3



4



19. 1



20. 1



21. 1



2



22. 1



2



3



23. 1



2



3



4



5



6



7



8



24. 1



2



25. 1



26. 1



2



27. 1



2



3



4



28. 1



2



3



29. 1

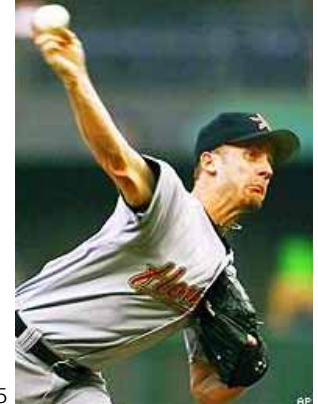
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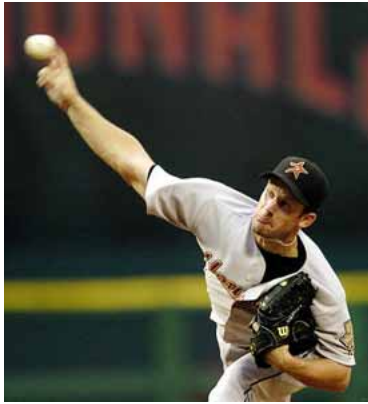
30. 1



2



3



31. 1



32. 1



2



3



33. 1



2



34. 1



2



35. 1



36. 1



37. 1

2



38. 1

2



39. 1



40. 1

2



41. 1

2



42. 1

2





43. 1



44. 1



45. 1



46. 1



2



47. 1



48. 1



49. 1