

AN ANALYSIS OF STEVE AVERY'S PITCHING MOTION & MECHANICS

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General Comments About Steve Avery

- In 1998 switched to $\frac{3}{4}$ delivery.
 - Possibly because of rib cage injuries.
- Family problems distracted him in 1994.
- Problems with control and velocity in 1999.
- Injuries...
 - Pulled rib cage muscle (June-July 1996).
 - Pulled rib cage muscle (1997).
 - Season ending surgery on a torn labrum below the rotator cuff (July 1999).

Comments About Steve Avery's Pitching Motion And Mechanics

- The

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
1990	20	ATL	NL	3	11	21	20	1	1	1	0	99.0	121	79	62	7	45	75	2	5	466	2	1	5.64	4.02	71	1.677
1991	21	ATL	NL	18	8	35	35	3	1	0	0	210.3	189	89	79	21	65	137	3	4	868	0	1	3.38	3.91	116	1.208
1992	22	ATL	NL	11	11	35	35	2	2	0	0	233.7	216	95	83	14	71	129	0	7	969	3	3	3.20	3.65	114	1.228
1993	23	ATL	NL	18	6	35	35	3	1	0	0	223.3	216	81	73	14	43	125	0	3	891	5	1	2.94	4.05	138	1.160
1994	24	ATL	NL	8	3	24	24	1	0	0	0	151.7	127	71	68	15	55	122	4	5	628	4	2	4.04	4.26	106	1.200
1995	25	ATL	NL	7	13	29	29	3	1	0	0	173.3	165	92	90	22	52	141	6	3	724	4	0	4.67	4.23	90	1.252
1996	26	ATL	NL	7	10	24	23	1	0	0	0	131.0	146	70	65	10	40	86	4	5	567	8	0	4.47	4.39	98	1.420
1997	27	BOS	AL	6	7	22	18	0	0	1	0	96.7	127	76	69	15	49	51	2	4	453	0	0	6.42	4.66	73	1.821
1998	28	BOS	AL	10	7	34	23	0	0	4	0	123.7	128	74	69	14	64	57	4	7	546	0	0	5.02	4.61	92	1.553
1999	29	CIN	NL	6	7	19	19	0	0	0	0	96.0	75	62	55	11	78	51	1	4	426	0	1	5.16	4.52	88	1.594
2003	33	DET	AL	2	0	19	0	0	0	5	0	16.0	19	11	10	5	7	6	0	0	71	1	0	5.62	4.30	77	1.625
11 Yr	WL%	.536		96	83	297	261	14	6	11	0	1554.7	1529	800	723	148	569	980	26	47	6609	27	9	4.19	4.15	99	1.349
162 Game Avg				11	10	36	31	1	0	1	0	189.3	186	97	88	18	69	119	3	5	805	3	1	4.19	4.15	99	1.349

1. 1



2. 1



3. 1





4. 1



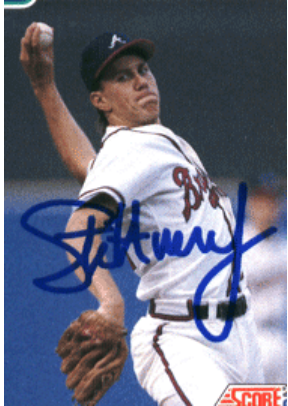
5. 1



6. 1



7. 1



8. 1



3



4



His position in the frames above (back highly arched) likely explains his problems with his rib cage.



9. 1



10. 1

GS knee looks locked in frame 10.1.



11. 1



12. 1