

# AN ANALYSIS OF DON SUTTON'S PITCHING MOTION & MECHANICS

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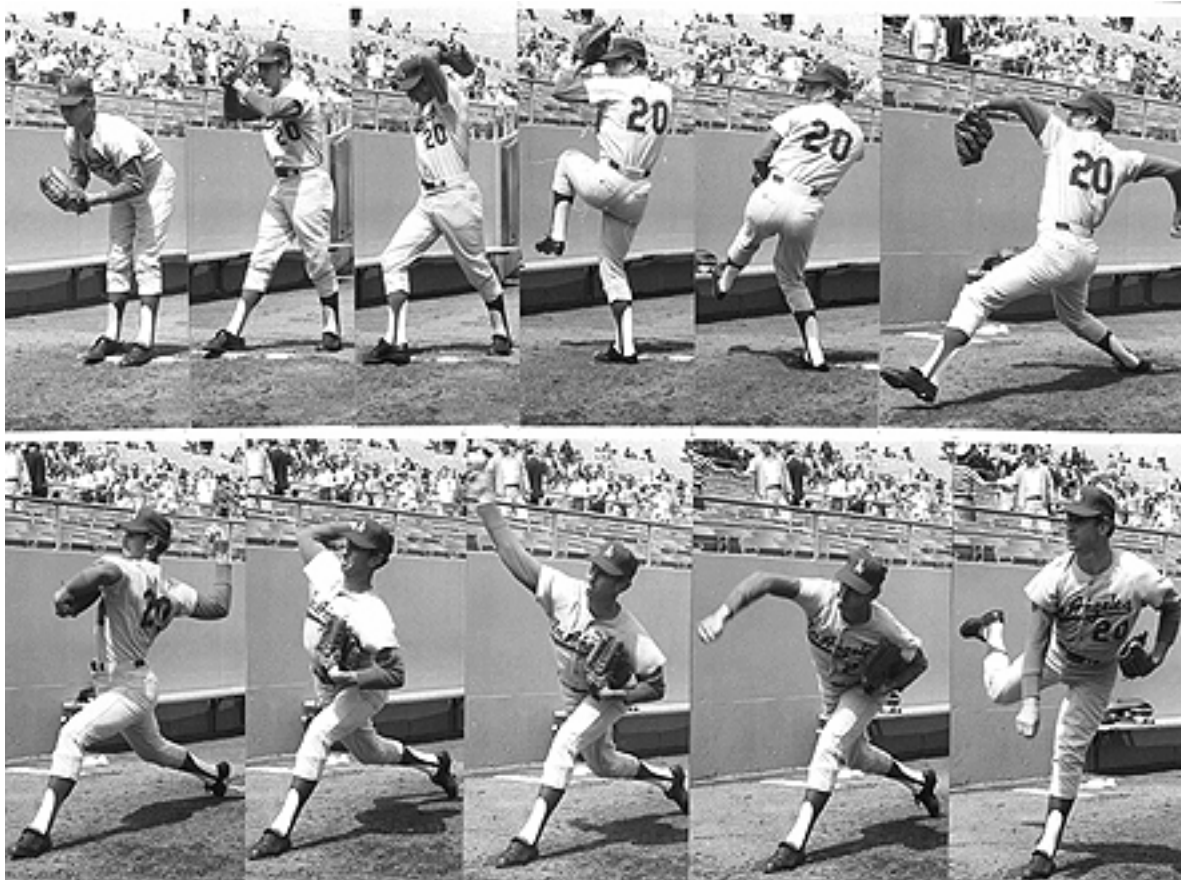
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## General Comments About Don Sutton

- Hall of famer

## Comments About Don Sutton's Pitching Motion And Mechanics

- Breaks hands very low.
- Unusual position of pitching hand after breaking hands (well behind body).





1. 1



2. 1



3. 1



4. 1



5. 1

Breaks hands very low. Down by cup.



6. 1



7. 1



8. 1



2



3



9. 1



2



3

Very distinctive motion. Rear shoulder down. Hand well behind body.



10. 1



11. 1



12. 1



13. 1



14. 1



15. 1

Notice how he arches his back.





16. 1



2



17. 1



18. 1

Just starting to rotate his shoulders. Glove to chest. Elbow high and away from body, which will maximize the speed at which he will rotate.



19. 1



2



20. 1



21. 1



22. 1



23. 1



24. 1



25. 1



26. 1



27. 1

2



28. 1



29. 1



2



3

Finishes in a good fielding position with glove up by face.