

AN ANALYSIS OF TOM GLAVINE'S PITCHING MOTION & MECHANICS

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Chris O'Leary

www.chrisoleary.com

chris@chrisoleary.com

314.494.1324 - Cell

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General Comments About Tom Glavine

- Played baseball in high school.
- Not a strike-out pitcher.
 - Relies on getting batters to ground out.
- Injuries...
 - Has never required arm surgery.

Comments About Tom Glavine's Pitching Motion And Mechanics

- Very clean mechanics, as you would expect given his longevity.
- Very good timing.
 - Shoulders don't start to turn until glove-side foot is planted and pitching-arm-side forearm is at High Cocked position.

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
1987	21	ATL	NL	2	4	9	9	0	0	0	0	50.3	55	34	31	5	33	20	3	1	238	4	1	5.54	4.37	79	1.748
1988	22	ATL	NL	7	17	34	34	1	0	0	0	195.3	201	111	99	12	63	84	8	2	844	7	2	4.56	3.70	81	1.352
1989	23	ATL	NL	14	8	29	29	6	4	0	0	186.0	172	88	76	20	40	90	2	2	766	3	0	3.68	3.64	99	1.140
1990	24	ATL	NL	10	12	33	33	1	0	0	0	214.3	232	111	102	18	78	129	1	8	929	10	1	4.28	4.02	94	1.446
1991	25	ATL	NL	20	11	34	34	9	1	0	0	246.7	201	83	70	17	69	192	2	10	989	6	2	2.55	3.91	153	1.095
1992	26	ATL	NL	20	8	33	33	7	5	0	0	225.0	197	81	69	6	70	129	2	5	919	7	0	2.76	3.65	132	1.187
1993	27	ATL	NL	22	6	36	36	4	2	0	0	239.3	236	91	85	16	90	120	2	4	1014	7	0	3.20	4.05	127	1.362
1994	28	ATL	NL	13	9	25	25	2	0	0	0	165.3	173	76	73	10	70	140	1	8	731	10	1	3.97	4.26	107	1.470
1995	29	ATL	NL	16	7	29	29	3	1	0	0	198.7	182	76	68	9	66	127	5	3	822	0	0	3.08	4.23	137	1.248
1996	30	ATL	NL	15	10	36	36	1	0	0	0	235.3	222	91	78	14	85	181	0	4	994	7	0	2.98	4.39	147	1.305
1997	31	ATL	NL	14	7	33	33	5	2	0	0	240.0	197	86	79	20	79	152	4	3	970	9	0	2.96	4.21	142	1.150
1998	32	ATL	NL	20	6	33	33	4	3	0	0	229.3	202	67	63	13	74	157	2	3	934	2	0	2.47	4.24	171	1.203
1999	33	ATL	NL	14	11	35	35	2	0	0	0	234.0	259	115	107	18	83	138	4	2	1023	14	0	4.12	4.34	105	1.462
2000	34	ATL	NL	21	9	35	35	4	2	0	0	241.0	222	101	91	24	65	152	4	0	992	6	0	3.40	4.64	136	1.191
2001	35	ATL	NL	16	7	35	35	1	1	0	0	219.3	213	92	87	24	97	116	2	2	929	10	0	3.57	4.41	123	1.413
2002	36	ATL	NL	18	11	36	36	2	1	0	0	224.7	210	85	74	21	78	127	8	2	936	8	0	2.96	4.11	139	1.282
2003	37	NYM	NL	9	14	32	32	0	0	0	0	183.3	205	94	92	21	66	82	2	2	791	7	0	4.52	4.24	94	1.478
2004	38	NYM	NL	11	14	33	33	1	1	0	0	212.3	204	94	85	20	70	109	0	0	904	10	0	3.60	4.27	119	1.290
2005	39	NYM	NL	13	13	33	33	2	1	0	0	211.3	227	88	83	12	61	105	3	1	901	5	0	3.53	4.19	118	1.363
19 Yr	WL%	.599	275	184	603	603	55	24	0	0	0	3951.7	3810	1664	1512	300	1337	2350	55	62	16626	132	7	3.44	4.15	120	1.302
162 Game Avg			15	10	34	34	3	1	0	0	0	222.7	214	93	85	16	75	132	3	3	937	7	0	3.44	4.15	120	1.302



1. 1



2



2. 1



3. 1



2



4. 1



2



5. 1



6. 1



7. 1



8. 1



9. 1



10. 1



2



3



11. 1



12. 1



2



13. 1



2



14. 1



15. 1



2



3



16. 1



17. 1



18. 1



19. 1



2



20. 1



2



3



21. 1



22. 1



2



23. 1

GLOVE-SIDE FOOT PLANTED:



24. 1



25. 1



2

SHOULDERS STARTING TO TURN:



26. 1



2



27. 1



28. 1



2



3



4



29. 1



30. 1



31. 1



32. 1



33. 1



2



34. 1



2



3



35. 1



2



36. 1



2



3



37. 1



38. 1

2



39. 1



2



40. 1



2



3



41. 1



42. 1



43. 1



2



3



44. 1



2



3



45. 1



46. 1



2



3



47. 1



48. 1



49. 1



2



3



4



50. 1