

# AN ANALYSIS OF TOM SEAVER'S PITCHING MOTION & MECHANICS

12/7/2005

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## General Comments About Tom Seaver

- Hall of Famer
- .603 W/L Percentage
- 311 career wins
- Pitched 20 seasons from 1967-1986
- Went 15-11 in 18<sup>th</sup> season and 16-11 in 19<sup>th</sup> season
- Great control.
  - Never walked more than 100 batters in a season.
- Pitches...
  - Rising Fastball (Upper 90s).
  - Slider.
- Largely injury-free.
  - Hip injury in 1974.
  - Ankle injury 1986

## Comments About Tom Seaver's Pitching Motion And Mechanics

- The prototypical “drop and drive pitcher”.
  - Knee bent 90-100 degrees at the Release Point.
    - Worked for him but problematic because it lowers the Release Point and may limit hip and shoulder rotation.

Year	Ag	Tm	Lg	W	L	G	GS	CG	SHO	GF	SV	IP	H	R	ER	HR	BB	SO	HBP	WP	BFP	ERA	*lgERA	*ERA+
1967	22	<a href="#">NYM</a>	<a href="#">NL</a>	16	13	35	34	18	2	1	0	251.0	224	85	77	19	78	170	5	5	1029	2.76	3.38	122
1968	23	<a href="#">NYM</a>	<a href="#">NL</a>	16	12	36	35	14	5	1	1	277.7	224	73	68	15	48	205	8	8	1088	2.20	3.02	137
1969	24	<a href="#">NYM</a>	<a href="#">NL</a>	25	7	36	35	18	5	1	0	273.3	202	75	67	24	82	208	7	8	1089	2.21	3.67	166
1970	25	<a href="#">NYM</a>	<a href="#">NL</a>	18	12	37	36	19	2	1	0	290.7	230	103	91	21	83	283	4	6	1173	2.82	4.01	142
1971	26	<a href="#">NYM</a>	<a href="#">NL</a>	20	10	36	35	21	4	1	0	286.3	210	61	56	18	61	289	4	5	1103	1.76	3.40	193
1972	27	<a href="#">NYM</a>	<a href="#">NL</a>	21	12	35	35	13	3	0	0	262.0	215	92	85	23	77	249	5	8	1060	2.92	3.35	115
1973	28	<a href="#">NYM</a>	<a href="#">NL</a>	19	10	36	36	18	3	0	0	290.0	219	74	67	23	64	251	4	5	1147	2.08	3.63	175
1974	29	<a href="#">NYM</a>	<a href="#">NL</a>	11	11	32	32	12	5	0	0	236.0	199	89	84	19	75	201	3	4	956	3.20	3.59	112
1975	30	<a href="#">NYM</a>	<a href="#">NL</a>	22	9	36	36	15	5	0	0	280.3	217	81	74	11	88	243	4	7	1115	2.38	3.45	145
1976	31	<a href="#">NYM</a>	<a href="#">NL</a>	14	11	35	34	13	5	0	0	271.0	211	83	78	14	77	235	4	12	1079	2.59	3.30	127
1977	32	<a href="#">NYM</a>	<a href="#">NL</a>	7	3	13	13	5	3	0	0	96.0	79	33	32	7	28	72	0	3	390	3.00	3.76	125
		<a href="#">CIN</a>	<a href="#">NL</a>	14	3	20	20	14	4	0	0	165.3	120	45	43	12	38	124	0	4	641	2.34	3.95	169
		TOT	<a href="#">NL</a>	21	6	33	33	19	7	0	0	261.3	199	78	75	19	66	196	0	7	1031	2.58	3.88	150
1978	33	<a href="#">CIN</a>	<a href="#">NL</a>	16	14	36	36	8	1	0	0	259.7	218	97	83	26	89	226	0	6	1075	2.88	3.54	123
1979	34	<a href="#">CIN</a>	<a href="#">NL</a>	16	6	32	32	9	5	0	0	215.0	187	85	75	16	61	131	0	4	868	3.14	3.74	119
1980	35	<a href="#">CIN</a>	<a href="#">NL</a>	10	8	26	26	5	1	0	0	168.0	140	74	68	24	59	101	1	4	692	3.64	3.57	98
1981	36	<a href="#">CIN</a>	<a href="#">NL</a>	14	2	23	23	6	1	0	0	166.3	120	51	47	10	66	87	3	5	671	2.54	3.56	140
1982	37	<a href="#">CIN</a>	<a href="#">NL</a>	5	13	21	21	0	0	0	0	111.3	136	75	68	14	44	62	3	3	501	5.50	3.72	68
1983	38	<a href="#">NYM</a>	<a href="#">NL</a>	9	14	34	34	5	2	0	0	231.0	201	104	91	18	86	135	4	10	962	3.55	3.64	103
1984	39	<a href="#">CHW</a>	<a href="#">AL</a>	15	11	34	33	10	4	1	0	236.7	216	108	104	27	61	131	2	5	978	3.95	4.16	105
1985	40	<a href="#">CHW</a>	<a href="#">AL</a>	16	11	35	33	6	1	0	0	238.7	223	103	84	22	69	134	8	10	993	3.17	4.32	136
1986	41	<a href="#">CHW</a>	<a href="#">AL</a>	2	6	12	12	1	0	0	0	72.0	66	37	35	9	27	31	5	1	309	4.38	4.31	99
		<a href="#">BOS</a>	<a href="#">AL</a>	5	7	16	16	1	0	0	0	104.3	114	46	44	8	29	72	2	3	450	3.80	4.19	110
		TOT	<a href="#">AL</a>	7	13	28	28	2	0	0	0	176.3	180	83	79	17	56	103	7	4	759	4.03	4.24	105
20 Yr	WL%	.603	311	205	656	647	231	61	6	1	4782.7	3971	1674	1521	380	1390	3640	76	126	19369	2.86	3.64	127	
<a href="#">162 Game Avg</a>				16	10	34	33	12	3	0	0	249.3	207	87	79	19	72	189	3	6	1010	2.86	3.64	127



1. 1



2. 1



3. 1

2



4. 1



2



5. 1



6. 1



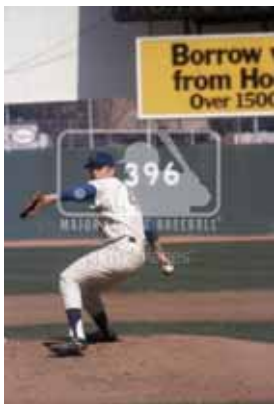
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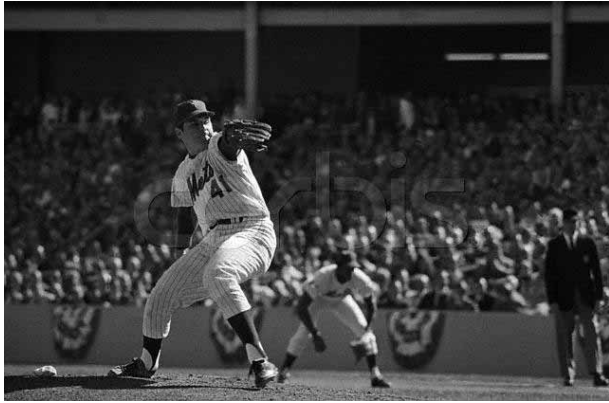
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2



9. 1



10. 1



11. 1



12. 1



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13. 1



14. 1



15. 1





16. 1



17. 1



18. 1



2



3



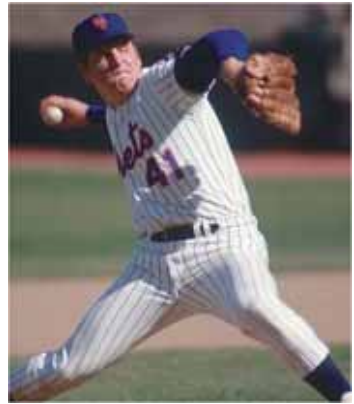
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20. 1



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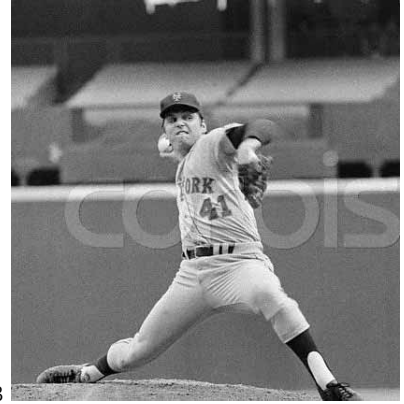
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21. 1



2



3



22. 1



2



3



4



23. 1



24. 1



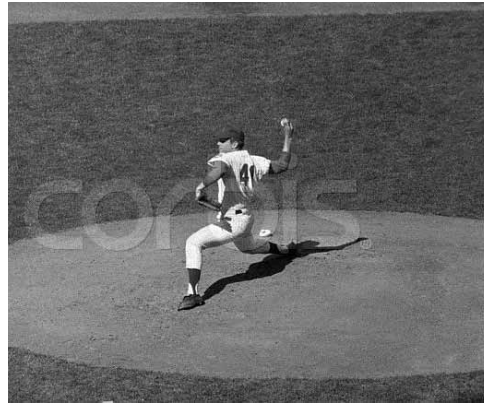
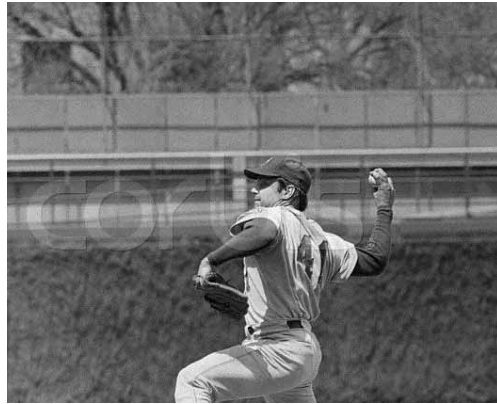
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25. 1

2

3



26. 1

2

3

4

**GLOVE-SIDE FOOT PLANTED and SHOULDERS STARTING TO TURN:** Knee bent 90-100 degrees. Levelling off the shoulders as they just start to turn. Elbow is bent approximately 80-90 degrees.



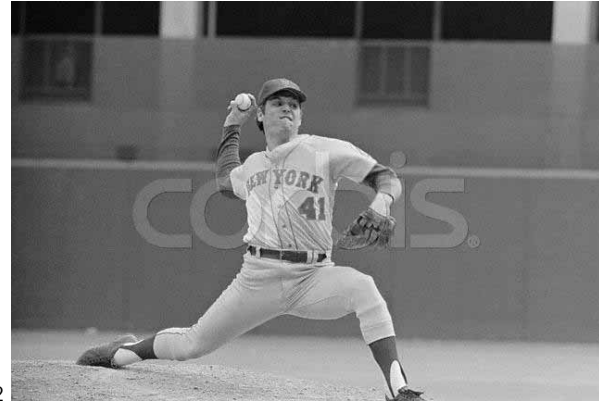
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28. 1



2



3



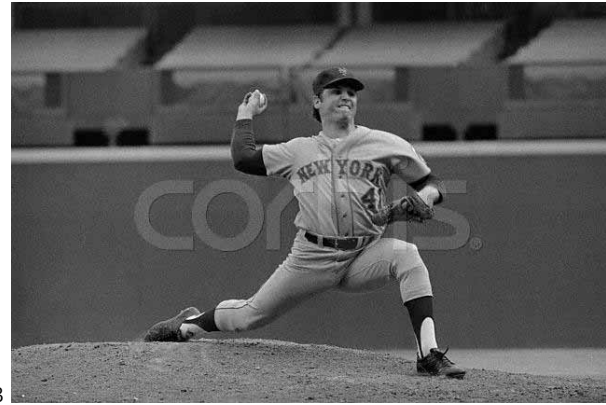
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30. 1



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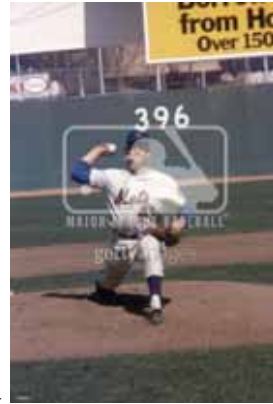
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4



5



32. 1



33. 1



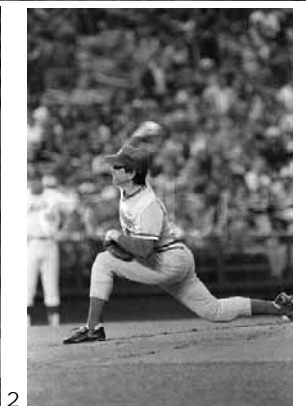
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34. 1



35. 1

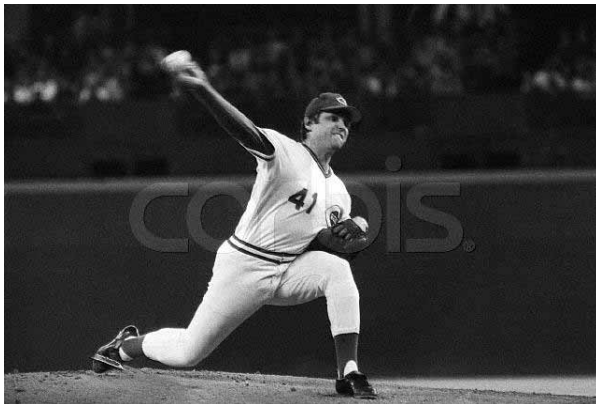


2

**STARTING TO PRONATE:** Starting to pronate the pitching-arm-side forearm before the elbow reaches the point of maximum extension. This may allow the Pronator Teres muscle to bear some of the load that is normally focused on the UCL and may explain why Seaver did not experience significant elbow problems.



36. 1



37. 1



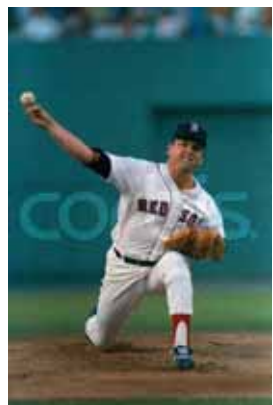


38. 1

2

3

4



39. 1

2

3

**RELEASE POINT:** At the release point, the knee of Tom Seaver is bent 90 to 100 degrees. This is unlike Sandy Koufax, who landed with his knee bent but then straightened it as his shoulder came around. The fact that Seaver didn't extend his knee as he rotated his shoulders may explain both his slightly lower velocity and his greater longevity.



40. 1



2



3



41. 1



2



42. 1



43. 1

Some late pronation as the ball is released.



44. 1



45. 1



46. 1



2



3



47. 1



48. 1



2



3



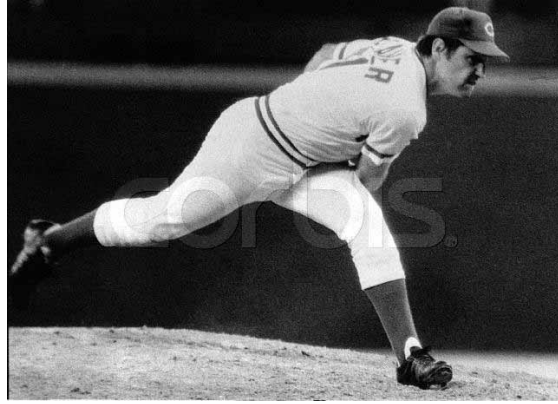
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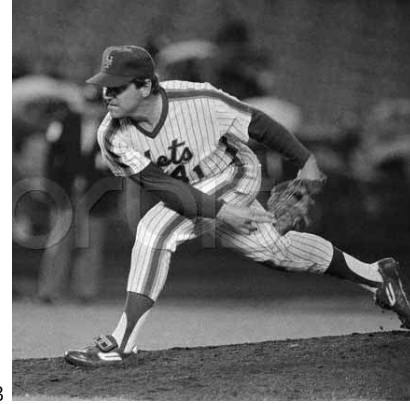
49. 1



50. 1



2



3



51. 1