

A Full Screen Analysis of the Swing of...

Joe Thurston

Foul Tip
Third Base View

Chris O'Leary

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About This Document

This document is an example of one of my 60 Frame Per Second, High Definition flipbook swing analyses. More such swing analyses -- of players like Albert Pujols, Joe Mauer, and Hanley Ramirez -- are available to people who buy my Rotational Hitting 101 DVD.

How To Use This eBook

The best way to use this eBook is to go through it frame by frame. You can advance from one frame to the next using the page up/page down or up/down arrow keys on the keyboard. This will enable you to walk forward and backward through the critical frames of the swing.

About Chris O'Leary

Chris O'Leary is a coach, instructor, analyst, and writer who works with baseball pitchers and baseball and fast pitch softball hitters. He has worked with players ranging in age from pre-school through the D-1 college, minor league, and major league levels. Chris O'Leary can be contacted via e-mail at thepainguy@gmail.com or by phone at 314.494.1324. More of Chris O'Leary's writings can be found at his web site: www.chrisoleary.com

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Joe Thurston may have the worst swing of any major leaguer, and that is why in 2009 he hit just .225 and with no power. What's sad about this is that Joe Thurston is trying to do what many hitting instructors teach, including an A to B hand path and swinging down on the ball.





































































































































































For More Information

For more information about the concepts and ideas discussed in this eBook, contact Chris O'Leary via...

E-mail: thepainguy@gmail.com

Phone: 314.494.1324.

More of Chris O'Leary's writings can be found on his web site...

www.chrisoleary.com