

Frame by Frame Analysis – Daisuke Matsuzaka

An Analysis of the Pitching Motion and Mechanics of Daisuke Matsuzaka

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Daisuke Matsuzaka breaks his hands at the letters. Notice how his GS foot is wrapped behind his PAS knee.

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Daisuke Matsuzaka sweeps his leg out toward 3B after coming out of his leg lift and at the start of his stride. He also seems to hook his wrist slightly, but not as much as Barry Zito. Daisuke Matsuzaka also does a good job of hiding the ball from the batter. Notice how the ball is hidden behind his PAS knee.

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Notice how Daisuke Matsuzaka is striding sideways to the target, leading with the heel of his GS foot.

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In this frame, Daisuke Matsuzaka's glove is pointed at the target, which helps to keep his shoulders closed.

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I mostly like Daisuke Matsuzaka's arm action. While he does pick up his PAS elbow, which can lead to problems, his PAS elbow never gets too high. He also doesn't excessively reverse-rotate his shoulders.

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Shoulders Starting To Turn: Daisuke Matsuzaka's timing is good. His PAS forearm is vertical at the moment that his shoulders start to turn, which should help to protect his Labrum. Interestingly, Daisuke Matsuzaka's shoulders start turning before his GS foot plants. Watch how his PAS upper arm externally rotates 90 degrees, and his forearm lays back, as his shoulders turn.

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Glove-Side Foot Planted: Daisuke Matsuzaka's PAS forearm has laid back 90 degrees, and his PAS upper arm has externally rotated 90 degrees, as his shoulders continue to turn.

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Daisuke Matsuzaka's PAS forearm is still laid back in this frame as his shoulders continue to turn.

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Release Point: The rate at which Daisuke Matsuzaka's shoulders have turned has decreased, which has caused his PAS elbow to rapidly extend 90 degrees.

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