

Frame by Frame Analysis – Juan Marichal

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Torso has to lean back toward 2B to counterbalance his leg kick.

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Not keeping his fingers on top of the ball. Notice how he's swinging the ball with his PAS palm facing 3B, if not slightly under the ball.

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PAS palm is under the ball. Minimal reverse-rotation of his shoulders. Instead, his shoulders are in line with HP and 2B and he is striding pretty much sideways to the target.

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Notice how his PAS forearm gets to the high cocked position (but with elbow bent 135 degrees rather than 90 degrees) before his GS foot plants and as his shoulders start to turn. PAS elbow below the level of his shoulders. This probably contributed to his longevity.

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PAS heel starting to come off the rubber.

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Shoulders starting to turn. Starting to bend his GS elbow.

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GS foot planted.

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PAS upper arm externally rotated 90 degrees (IOW, his PAS forearm has laid back or bounced 90 degrees) due to rapid rotation of his shoulders.

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Rotation rate of his shoulders has decreased, so his PAS elbow is starting to extend.

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Release point. Starts pronating his forearm before the release point.
Throwing from $\frac{3}{4}$ arm slot.

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