

# **Frame by Frame Analysis – Sandy Koufax**

11/20/2006

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**09**



Notice how his lower body is already moving toward the target while he is still in his leg lift and his hands have not yet broken. At this point, he's basically leading toward the target with his left butt cheek. His torso has to lean back toward 2B to counterbalance the move toward HP of his lower body.

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Breaking his hands at his belt buckle. Virtually no reverse-rotation of his shoulders. Instead, he strides sideways at the target (with his shoulders on a line running from HP to 2B).

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Notice how he's "hooking" or "wrapping" his PAS wrist. This can cause problems for some pitchers, but not for him (or Barry Zito).

**27**



Hips starting to open as he starts to rotate his GS foot into foot plant.

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**29**



In this frame he appears to start pushing off of the rubber with the toe of his PAS foot.

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**35**



Near-perfect timing (I say “near” because his GS foot doesn’t plant until the next frame). Shoulders starting to turn. PAS forearm is vertical and in the High Cocked position before his GS foot is planted. Showing the ball to 1B (not to 2B or CF as some recommend). PAS elbow is below the level of his shoulders.

**36**



GS foot is planted.

**37**



**38**



PAS foot has rolled over to laces down and is starting to move off of the rubber.

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Tons of pronation in the PAS forearm. Pitch was probably a fastball.

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