

PITCHER ANALYSIS – A.J. BURNETT

AN ANALYSIS OF A.J. BURNETT'S PITCHING MOTION & MECHANICS

12/8/2005

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General Comments About A.J. Burnett

- RHP
- 6' 5"
- 205 lbs.
- Pitches...
 - 94-96 (Peak 100) MPH Fastball
 - Curveball
- Injuries...
 - On DL due to elbow discomfort (March-April 2006).
DX = "Mild ligament sprain and a straining of scar tissue."
 - Elbow inflammation (September 2004).
 - Tommy John Surgery (April 2003).
- Has had some control problems, especially after returning from Tommy John surgery.

Comments About A.J. Burnett's Pitching Motion And Mechanics

- 12/8/2005
 - Very conventional motion.
 - Appears to pronates less than most.
May explain his need for Tommy John surgery in 2003 and his continuing problems with his elbow.
 - Very horizontal arm slot, which may explain his control problems.
He must be both vertically and horizontally accurate.

| 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+ |
|------|-----|---------------------|--------------------|----|-----|-----|----|----|-----|----|-------|-------|-----|-----|----|-----|-----|-----|-----|------|------|------|--------|-------|
| 1999 | 22 | FLA | NL | 4 | 2 | 7 | 7 | 0 | 0 | 0 | 0 | 41.3 | 37 | 23 | 16 | 3 | 25 | 33 | 0 | 0 | 182 | 3.48 | 4.29 | 123 |
| 2000 | 23 | FLA | NL | 3 | 7 | 13 | 13 | 0 | 0 | 0 | 0 | 82.7 | 80 | 46 | 44 | 8 | 44 | 57 | 2 | 2 | 364 | 4.79 | 4.45 | 93 |
| 2001 | 24 | FLA | NL | 11 | 12 | 27 | 27 | 2 | 1 | 0 | 0 | 173.3 | 145 | 82 | 78 | 20 | 83 | 128 | 7 | 7 | 733 | 4.05 | 4.23 | 104 |
| 2002 | 25 | FLA | NL | 12 | 9 | 31 | 29 | 7 | 5 | 0 | 0 | 204.3 | 153 | 84 | 75 | 12 | 90 | 203 | 9 | 14 | 844 | 3.30 | 3.99 | 121 |
| 2003 | 26 | FLA | NL | 0 | 2 | 4 | 4 | 0 | 0 | 0 | 0 | 23.0 | 18 | 13 | 12 | 2 | 18 | 21 | 2 | 2 | 106 | 4.70 | 4.03 | 86 |
| 2004 | 27 | FLA | NL | 7 | 6 | 20 | 19 | 1 | 0 | 0 | 0 | 120.0 | 102 | 50 | 49 | 9 | 38 | 113 | 4 | 7 | 490 | 3.68 | 4.10 | 112 |
| 2005 | 28 | FLA | NL | 12 | 12 | 32 | 32 | 4 | 2 | 0 | 0 | 209.0 | 184 | 97 | 80 | 12 | 79 | 198 | 7 | 12 | 873 | 3.44 | 4.02 | 117 |
| 7 Yr | WL% | .495 | 49 | 50 | 134 | 131 | 14 | 8 | 0 | 0 | 853.7 | 719 | 395 | 354 | 66 | 377 | 753 | 31 | 44 | 3592 | 3.73 | 4.12 | 110 | |



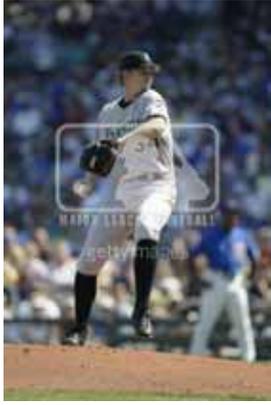
1. 1



2. 1



3. 1



4. 1



5. 1



6. 1



7. 1



8. 1



9. 1



10. 1



2



11. 1



2



3



12. 1



2



3



13. 1



14. 1



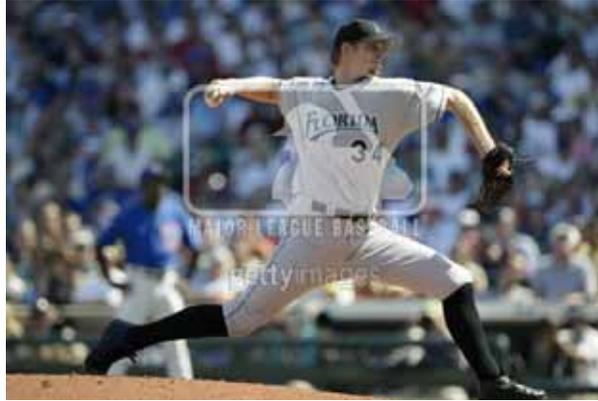
15. 1



16. 1



17. 1



2



18. 1



19. 1



20. 1

GLOVE-SIDE FOOT PLANTED: Arm not yet up and ready.



21. 1



22. 1

STARTING TO ROTATE SHOULDERS: While it's hard to tell, the above and below pictures suggest that Burnett starts turning his shoulders before his arm is fully up and in the cocked position. This will worsen the Reverse Pitching Forearm Bounce that he will experience and may may him vulnerable to some of the same shoulder and bicep problems that Chris Carpenter has had to deal with.



23. 1



24. 1



25. 1



26. 1



2



3



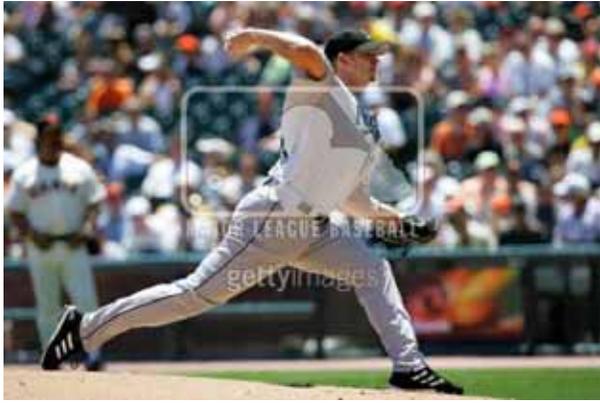
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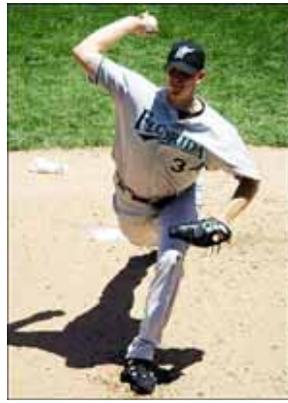
27. 1



2



28. 1



2



3



29. 1



30. 1



31. 1



32. 1



2



3



4



5

RELEASE POINT: Arm path only 30 degrees above horizontal.



33. 1



34. 1



2



35. 1



36. 1



2

Pronating the forearm, but less than others and not enough (or early enough) to protect his UCL. This may explain his need for Tommy John surgery in 2003 and his continuing problems with his elbow.



37. 1



2



38. 1