

# AN ANALYSIS OF BARRY ZITO'S PITCHING MOTION & MECHANICS

2/27/2006

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## General Comments About Barry Zito

- AL Cy Young 2002.
- 6' 4"
- 215 lbs.
- Lives (and dies) by his control.
- Pitches...
  - Fastball (89 MPH).
  - Change-Up.
  - Curveball (very good).
- Injuries...
  - "Trap" spasm in his upper-right side – rib and trapezius muscle (September 2005).

## Comments About Barry Zito's Pitching Motion And Mechanics

- Was harder to sequence than average.
  - Could help to explain his recent mediocre seasons.
  - Suggests above-average variability in his mechanics.
    - Could lead to control problems.
    - Could lead to tipping of pitches.
- Really hooks his PAS wrist while taking the ball back.
  - Could affect his control and worsen his Reverse Pitching Forearm Bounce.
- Stiffens GS knee after releasing the ball.

Year	Ag	Tm	Lg	W	L	G	GS	CG	SHO	GF	SV	IP	H	R	ER	HR	BB	SO	HBP	WP	BFP	IBB	BK	ERA	*lgERA	*ERA+	WHIP	
2000	22	<a href="#">OAK</a>	<a href="#">AL</a>	7	4	14	14	1	1	0	0	92.7	64	30	28	6	45	78	2	2	376	2	0	2.72	4.72	174	1.176	
2001	23	<a href="#">OAK</a>	<a href="#">AL</a>	17	8	35	35	3	2	0	0	214.3	184	92	83	18	80	205	13	6	902	0	1	3.49	4.35	125	1.232	
2002	24	<a href="#">OAK</a>	<a href="#">AL</a>	23	5	35	35	1	0	0	0	229.3	182	79	70	24	78	182	9	2	939	2	1	2.75	4.65	169	1.134	
2003	25	<a href="#">OAK</a>	<a href="#">AL</a>	14	12	35	35	4	1	0	0	231.7	186	98	85	19	88	146	6	4	957	3	0	3.30	4.26	129	1.183	
2004	26	<a href="#">OAK</a>	<a href="#">AL</a>	11	11	34	34	0	0	0	0	213.0	216	116	106	28	81	163	9	4	926	2	1	4.48	4.68	105	1.394	
2005	27	<a href="#">OAK</a>	<a href="#">AL</a>	14	13	35	35	0	0	0	0	228.3	185	106	98	26	89	171	13	4	953	0	0	3.86	4.49	116	1.200	
6 Yr WL%				.619	86	53	188	188	9	4	0	0	1209.3	1017	521	470	121	461	945	52	22	5053	9	3	3.50	4.50	129	1.222
<a href="#">162 Game Avg</a>				15	9	34	34	1	0	0	0	218.7	183	94	85	21	83	170	9	3	913	1	0	3.50	4.50	129	1.222	



1. 1



2



3



2. 1



3. 1



4. 1



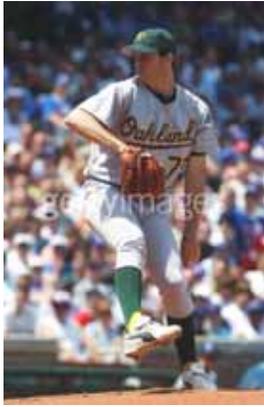
5. 1



2



6. 1



7. 1



8. 1



2



9. 1



2



3



4



10. 1



2



3



4



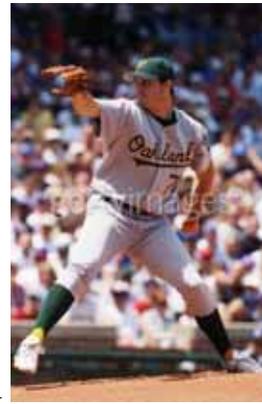
11. 1



2



3



4



12. 1



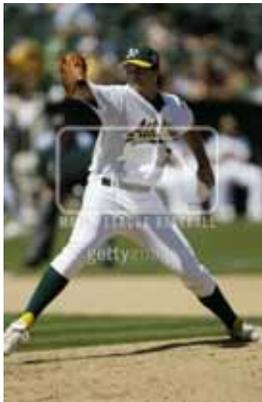
2



13. 1



14. 1



15. 1



16. 1



2



17. 1



2

**2/27/2006:** Very Tom House pose with the upper arms level and the pitching arm side forearm hanging down vertically. Fortunately, he doesn't seem to bring his elbow above his shoulder, which should protect his Rotator Cuff. Wrist is quite hooked.



18. 1



19. 1



2



3



20. 1



2



3



4



21. 1



22. 1



22. 1



23. 1



2



3



4

**2/27/2006:** He lands on the inside part of his GS foot because he holds his hips closed as long as possible and only opens them at the last moment.



24. 1



25. 1



2



26. 1



2



27. 1



28. 1



29. 1



2



3



4



5



6.

**2/27/2006:** As frame 29.5 demonstrates, Zito doesn't show the ball to Center Field.



30. 1



2



3



4



5



31. 1



2



3



4



32. 1



2



3



4



5



33. 1



2



3



4



5



34. 1



35. 1



2



36. 1



2



37. 1



2



38. 1



2



3



4



5



39. 1



40. 1

2

3

4



5

6

7

8

9



41. 1

2

3

4

5



6



42. 1



2



43. 1



2



3



4



5

**2/27/2006:** I don't like how Zito stiffens his GS knee as his shoulders come around. While this will increase his velocity, I am concerned that it may place additional stress on his arm. It may be a coincidence, but Sandy Koufax was also had a great curveball, also extended his GS knee as his shoulders came around, and had his career shortened by injuries. It will be interesting to see how Zito's elbow holds up.



44. 1

2



45. 1

2



3



4



**2/27/2006:** Notice that in frames 45.1 and 45.2, Zito is preparing to throw a curveball. His forearm is extremely supinated and his palm is facing his head.



6



7



46. 1



2



3

**2/27/2006:** Notice how tilted his shoulders are in frame 46.3. This will help to raise his release point and increase the effectiveness of his pitches.



47. 1



48. 1



2



3



49. 1



2



3



4



5

**2/27/2006:** What I see in frame 49.4 (blown up in frame 49.5) concerns me because he appears to be supinating his wrist as he releases the ball. This will focus the load on his UCL and may be related to his recent problems.



50. 1



2



51. 1



52. 1



53. 1