

PITCHER ANALYSIS – BARTOLO COLON

AN ANALYSIS OF BARTOLO COLON'S PITCHING MOTION & MECHANICS

1/14/2006

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General Comments About Bartolo Colon

- RHP
- 5' 11"
- 250 lbs.
- Has problems with weight and conditioning.
 - Might make him more vulnerable to injuries.
- Pitches...
 - Fastball (very variable from low 90s to upper 90s).
- Injuries...
 - Inflammation in throwing shoulder (4/2006).
 - Slight tear in back of pitching shoulder (10/2005).
 - Suggests problem decelerating arm.

Comments About Bartolo Colon's Pitching Motion And Mechanics

- 4/20/2006
 - Appears to show some signs of early pronation, which should help to protect his UCL.
 - Seems to have a somewhat abbreviated follow-through, which could explain the problems he has had with the back of his rotator cuff.
 - Good timing.

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	
1997	24	CLE	AL	4	7	19	17	1	0	0	0	94.0	107	66	59	12	45	66	3	5	427	1	0	5.65	4.71	83	1.617	
1998	25	CLE	AL	14	9	31	31	6	2	0	0	204.0	205	91	84	15	79	158	3	4	883	5	0	3.71	4.80	129	1.392	
1999	26	CLE	AL	18	5	32	32	1	1	0	0	205.0	185	97	90	24	76	161	7	4	858	5	0	3.95	5.02	127	1.273	
2000	27	CLE	AL	15	8	30	30	2	1	0	0	188.0	163	86	81	21	98	212	4	4	807	4	0	3.88	5.02	129	1.388	
2001	28	CLE	AL	14	12	34	34	1	0	0	0	222.3	220	106	101	26	90	201	2	4	947	2	1	4.09	4.53	111	1.394	
2002	29	TOT		20	8	33	33	8	3	0	0	233.3	219	85	76	20	70	149	2	4	966	5	0	2.93	4.33	148	1.239	
		CLE	AL	10	4	16	16	4	2	0	0	116.3	104	37	33	11	31	75	2	3	467	1	0	2.55	4.51	177	1.160	
		MON	NL	10	4	17	17	4	1	0	0	117.0	115	48	43	9	39	74	0	1	499	4	0	3.31	4.16	126	1.316	
2003	30	CHW	AL	15	13	34	34	9	0	0	0	242.0	223	107	104	30	67	173	5	8	984	3	3	3.87	4.48	116	1.198	
2004	31	ANA	AL	18	12	34	34	0	0	0	0	208.3	215	122	116	38	71	158	3	1	897	1	0	5.01	4.59	92	1.373	
2005	32	LAA	AL	21	8	33	33	2	0	0	0	222.7	215	93	86	26	43	157	3	2	906	0	1	3.48	4.19	120	1.159	
9 Yr WL%				.629	139	82	280	278	30	7	0	0	1819.7	1752	853	797	212	639	1435	32	36	7675	26	5	3.94	4.61	117	1.314
162 Game Avg				16	9	34	33	3	0	0	0	221.7	213	103	97	25	77	174	3	4	935	3	0	3.94	4.61	117	1.314	



1. 1



2. 1



3. 1



2



4. 1



2



5. 1



6. 1



2



7. 1



2



8. 1



9. 1



10. 1



11. 1



12. 1



13. 1



2



14. 1



2



15. 1



2



16. 1



17. 1



18. 1



2



19. 1



20. 1



21. 1



2



3



4



22. 1



2



23. 1



24. 1



2



3



25. 1



26. 1



2



27. 1



2



28. 1



2



3



29. 1



30. 1

GLOVE-SIDE FOOT PLANTED: Good timing. Shoulders just starting to rotate.



31. 1

2

3



32. 1

2

3



33. 1



2



34. 1



2



3



35. 1



36. 1

2



37. 1

2



38. 1

2



39. 1



40. 1



2



41. 1



2



42. 1



2

Just starting to pronate. Pronating before elbow is fully extended, which may help to protect his UCL.



43. 1



44. 1



45. 1



2



3



46. 1



2



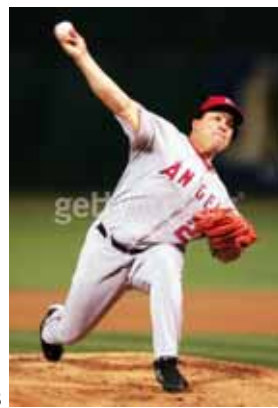
47. 1



48. 1



2



3



49. 1



2



3



4



5



6



50. 1



2



3



51. 1



2



3





53. 1



2



54. 1



2



55. 1



56. 1



2



3



4



5



57. 1



58. 1



59. 1



60. 1



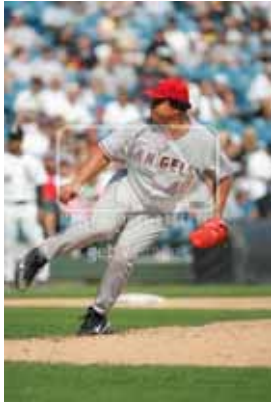
2



3



61. 1



62. 1



63. 1



64. 1



65. 1



66. 1



67. 1