

AN ANALYSIS OF BOBBY MADRITSCH'S PITCHING MOTION & MECHANICS

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General Comments About Bobby Madritsch

- LHP
- 6' 2"
- 218 lbs.
- 29 Years Old.
- Aggressiveness probably attracted scouts and may be why they ignored the obvious problems with his pitching motion and mechanics.
- Pitches...
 - 90-95 MPH fastball.
 - Circle Change-Up.
- Injuries
 - Multiple shoulder injuries.
 - Missed all of 1999 season with shoulder injury.
 - Tore ligament in left shoulder (rotator cuff) in April 2005.
 - Possibly partially torn labrum.
 - Missed all of 2005 season and may miss half of 2006 season.

Comments About Bobby Madritsch's Pitching Motion And Mechanics

- Some of the worst mechanics I've ever seen from the standpoint of injury prevention.
 - He has all of the flaws of the traditional pitching motion and then some.
- Maximally abducts pitching-arm-side upper arm, raising risk of impingement.



1. 1



2. 1



3. 1



4. 1



5. 1



6. 1

3/22/2006: Hooking his wrist.



7. 1

3/22/2006: Points GS forearm toward 1B to maximize ability to rotate shoulders.



8. 1



9. 1

2

Notice that at this point that Madritsch's hand is behind his acromial plane and is facing 3B, which puts extra strain on the shoulder.



10. 1



11. 1

2



12. 1

2



3

Like most conventional pitchers, Madritsch brings his pitching arm up with his palm facing the ground and then turns his pitching arm over at the last second. However, Madritsch does this while also raising his elbows both above and behind his shoulders. This may leave him vulnerable to an impingement injury and may help to explain his shoulder problems.



13. 1



14. 1



15. 1



16. 1

Notice how high Madritsch's pitching-arm-side shoulder and elbow are.



17. 1



18. 1

Notice the circle change-up grip in frame 18.1.



19. 1



2



3

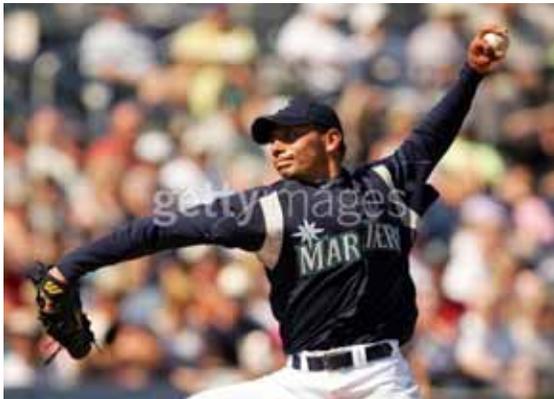
Notice in pictures 19.1, 19.2, and 19.3 how far his pitching-arm-side elbow is behind and above his shoulders. This is terrible for the front of his pitching-arm-side shoulder.



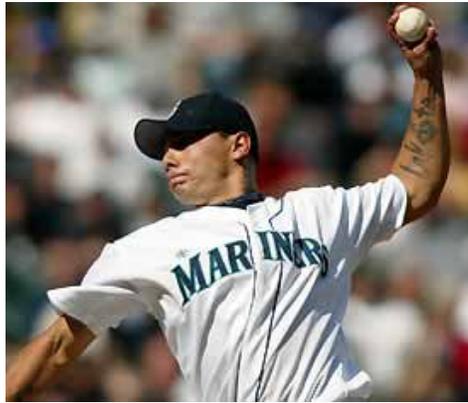
20. 1



21. 1



22. 1



23. 1

2

Frame 23.1 indicates that the rotation of his hips are leading his shoulder. Notice how the line down the front of his jersey twists. This means his hips are turning before his shoulders, which will help him generate additional power.



24. 1

GLOVE-SIDE FOOT PLANTED and SHOULDERS STARTING TO ROTATE: Unlike some others who have experienced shoulder problems, Bobby Madritsch doesn't appear to have started rotating his shoulders before his arm was up and in the high cocked position.



25. 1



26. 1



2



27. 1



28. 1

Madritsch only slightly pronates his forearm and does it well after he has accelerated the ball. Assuming he survives his shoulder problems, this may make him vulnerable to problems with his UCL.



29. 1



30. 1



31. 1