

# PITCHER ANALYSIS – DON DRYSDALE

AN ANALYSIS OF DON DRYSDALE'S PITCHING MOTION & MECHANICS

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## General Comments About Don Drysdale

- Hall of Famer.
- Retired due to problems with right shoulder.
- Pitches...
  - Sidearm Fastball.
- Injuries...
  - Right shoulder.

## Comments About Don Drysdale's Pitching Motion And Mechanics

- Numerous flaws in his motion that likely contributed to his shoulder problems...
  - Moves elbows both behind acromial plane and above shoulders.
    - Could cause problems with muscles at front of Rotator Cuff.
  - Reverse-rotates and moves ball far behind acromial plane.
  - Appears to start rotating shoulders before ball was up and in cocked position.
    - Could cause problems with Labrum.
  - May have an abbreviated deceleration path of his arm.
    - Could strain his Teres Minor.
- Finishes more upright than most.
  - Doesn't bend forward at the waist.
- Eyes always locked on the target.

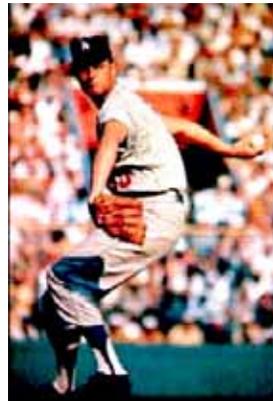
Year	Ag	Tm	Lg	W	L	G	GS	CG	SHO	GF	SV	IP	H	R	ER	HR	BB	SO	HBP	WP	BFP	ERA	*lgERA	*ERA+	
1956	19	<a href="#">BRO</a>	<a href="#">NL</a>	5	5	25	12	2	0	6	0	99.0	95	35	29	9	31	55	3	3	413	2.64	3.96	150	
1957	20	<a href="#">BRO</a>	<a href="#">NL</a>	17	9	34	29	9	4	4	0	221.0	197	76	66	17	61	148	7	3	911	2.69	4.15	154	
1958	21	<a href="#">LAD</a>	<a href="#">NL</a>	12	13	44	29	6	1	7	0	211.7	214	107	98	21	72	131	14	8	913	4.17	4.11	99	
1959	22	<a href="#">LAD</a>	<a href="#">NL</a>	17	13	44	36	15	4	7	2	270.7	237	113	104	26	93	242	18	4	1142	3.46	4.22	122	
1960	23	<a href="#">LAD</a>	<a href="#">NL</a>	15	14	41	36	15	5	5	2	269.0	214	93	85	27	72	246	10	6	1083	2.84	3.99	140	
1961	24	<a href="#">LAD</a>	<a href="#">NL</a>	13	10	40	37	10	3	2	0	244.0	236	111	100	29	83	182	20	7	1047	3.69	4.35	118	
1962	25	<a href="#">LAD</a>	<a href="#">NL</a>	25	9	43	41	19	2	2	1	314.3	272	122	99	21	78	232	11	8	1289	2.83	3.63	128	
1963	26	<a href="#">LAD</a>	<a href="#">NL</a>	19	17	42	42	17	3	0	0	315.3	287	114	92	25	57	251	10	4	1266	2.63	3.02	115	
1964	27	<a href="#">LAD</a>	<a href="#">NL</a>	18	16	40	40	21	5	0	0	321.3	242	91	78	15	68	237	10	11	1264	2.18	3.25	149	
1965	28	<a href="#">LAD</a>	<a href="#">NL</a>	23	12	44	42	20	7	1	1	308.3	270	113	95	30	66	210	12	11	1262	2.77	3.26	117	
1966	29	<a href="#">LAD</a>	<a href="#">NL</a>	13	16	40	40	11	3	0	0	273.7	279	114	104	21	45	177	17	7	1135	3.42	3.28	96	
1967	30	<a href="#">LAD</a>	<a href="#">NL</a>	13	16	38	38	9	3	0	0	282.0	269	101	86	19	60	196	8	5	1151	2.74	3.11	113	
1968	31	<a href="#">LAD</a>	<a href="#">NL</a>	14	12	31	31	12	8	0	0	239.0	201	68	57	11	56	155	12	4	954	2.15	2.78	129	
1969	32	<a href="#">LAD</a>	<a href="#">NL</a>	5	4	12	12	1	1	0	0	62.7	71	34	31	9	13	24	2	1	267	4.45	3.35	75	
14	Yr	WL%		.557	209	166	518	465	167	49	34	6	3432.0	3084	1292	1124	280	855	2486	154	82	14097	2.95	3.57	121



1. 1



2. 1



2

Lots of reverse-rotation of both his hips and shoulders, which will lower his arm slot. Notice how far the ball is behind his acromial plane. This will cause an especially bad Reverse Pitching Forearm Bounce.



3. 1



2



4. 1



2



3

Striding with hips closed (foot sideways).



5. 1

Foot rotating to point at the target and hips just starting to open up.



6. 1



2

Elbows are both behind the acromial plane and above the level of the shoulders as he turns over his PAS forearm. As you can see in frame 6.2, Mark Prior does something very similar, which is why I believe Prior will also experience shoulder problems.



7. 1

**GLOVE-SIDE FOOT PLANTED and SHOULDERS STARTING TO TURN:** In frame 7.1, you can see that Don Drysdale has his glove-side foot planted and has just started turning his shoulders. However, his arm is not yet up and in the cocked position. This will worsen the Reverse Pitching Forearm Bounce that he experiences and may help to explain his shoulder problems.



8. 1



2



9. 1

Finishes more upright than most which is good because it lets his shoulders rotate more than they would if he bent too far forward. Notice how his GS toe is very closed.



10. 1

Don Drysdale's follow-through seems a little abbreviated, which could be partly due to the odd position of his glove at his belt buckle rather than at his GS pec.



11. 1



2



12. 1