

AN ANALYSIS OF ERIC GAGNE'S PITCHING MOTION & MECHANICS

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General Comments About Eric Gagne

- RHP.
- Cy Young award winner (2003).
- 6' 2"
- 234 lbs.
- Injuries...
 - Surgery to remove nerve from elbow (April 2006).
 - Season-ending surgery on pitching elbow due to sprained ligament (June 2005).
 - Pitched in only 14 games during season.
 - Slight amount of fraying of transplanted ligament.
 - Didn't need Tommy John surgery performed again.
 - Nerves were being scarred down into grafted ligament, causing discomfort.
 - Sprained knee (March 2005).
 - Sprained MCL in left knee.
 - Shoulder stiffness (September 2004).
 - Tendonitis and bursitis.
 - Tommy John surgery (1997).
- Pitches...
 - Fastball (98 MPH).
 - "Vulcan" Change-Up (87 MPH).
 - Dives into ground near plate.
 - Curveball (70 MPH).
 - Not one of his primary pitches.
- Lives on location and control with fastball and change-up.

Comments About Eric Gagne's Pitching Motion And Mechanics

- Always pitches from the Set position.
- Extremely supinated in some photos.
 - More supinated than I've ever seen.
- Does show the ball to Center Field.
 - I wonder if this contributes to his elbow problems.
- Has had mechanical problems in the past.
 - August 2004: "Tony Jackson, of The Los Angeles Daily News, reports Los Angeles Dodgers CL Eric Gagne and pitching coach Jim Colborn will work closely on restoring some of Gagne's lost mechanics. Colborn said Gagne's problem stems not from his arm, but a lack of

synchronicity between his upper body and his legs. 'His timing is off,' Colborn said. 'His upper body is a little too quick. Because of that, he doesn't have his natural arm swing, so his arm has to make an adjustment in order for him to throw the ball where he wants to.'"

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																				
1999	23	LAD	NL	1	1	5	5	0	0	0	0	30.0	18	8	7	3	15	30	0	1	119	0	0	2.10	4.43	211	1.100																				
2000	24	LAD	NL	4	6	20	19	0	0	0	0	101.3	106	62	58	20	60	79	3	4	464	1	0	5.15	4.31	84	1.638																				
2001	25	LAD	NL	6	7	33	24	0	0	3	0	151.7	144	90	80	24	46	130	16	3	649	1	1	4.75	4.01	85	1.253																				
2002	26	LAD	NL	4	1	77	0	0	0	68	52	82.3	55	18	18	6	16	114	2	1	314	4	0	1.97	3.79	192	0.862																				
2003	27	LAD	NL	2	3	77	0	0	0	67	55	82.3	37	12	11	2	20	137	3	2	306	2	0	1.20	4.03	335	0.692																				
2004	28	LAD	NL	7	3	70	0	0	0	59	45	82.3	53	24	20	5	22	114	5	2	326	3	0	2.19	4.14	189	0.911																				
2005	29	LAD	NL	1	0	14	0	0	0	13	8	13.3	10	4	4	2	3	22	0	3	53	0	0	2.70	4.06	150	0.975																				
7 Years					21		48		0		160		423		198		182			29	16	2231	11	1	3.28	4.08	124	1.113																			
WL%= .543					25		296		0		210		543.3		218		62																														
162 Game Avg					4		4		58		9		0		0		41		31		107.3		83		43		39		12		35		123		5		3		441		2		0	3.28	4.08	124	1.113



1. 1



2. 1



3. 1



4. 1



5. 1



6. 1



7. 1



8. 1



9. 1



10. 1



2



11. 1

2



12. 1



2



13. 1

Showing the ball to Center Field.



14. 1



15. 1



2



16. 1



2



3



4



5



6



7



17. 1



2



18. 1

STARTING TO ROTATE SHOULDERS: Pitching forearm is nearly vertical, which should help to protect his shoulder. Notice that his glove-side foot is still off the ground.



19. 1



2



20. 1



21. 1



22. 1



23. 1



24. 1



2



25. 1



26. 1

2



27. 1



28. 1



2



3



29. 1



2



29. 1



2



30. 1



2



3



4



31. 1



32. 1



33. 1



2



34. 1



2

Extremely supinated in frame 34.1. This likely helps to explain his elbow problems.



35. 1



2



36. 1

Extremely supinated in frame 36.1. This likely helps to explain his elbow problems.



37. 1



38. 1



39. 1



2

Extremely supinated in frame 39.2. This likely helps to explain his elbow problems.



40. 1



2



3



4



41. 1



2



42. 1



2



43. 1



44. 1



45. 1



46. 1



47. 1



48. 1



49. 1



50. 1



51. 1



52. 1