

# AN ANALYSIS OF IAN KENNEDY'S PITCHING MOTION & MECHANICS

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### General Comments About Ian Kennedy

- 6' 1"
- 195 lbs.

### Comments About Ian Kennedy's Pitching Motion And Mechanics

- Motion very reminiscent of Mark Prior's.
  - Very late in turning over PAS forearm.
  - Bends very far forward at the waist.
- Looks he might extend his GS knee at the Release Point.
  - May lead to elbow problems.



1. 1



2. 1

Good differential between the rotation of his hips and his shoulders. The rotation of his hips is clearly leading the rotation of his shoulders.

I do not like how late he is turning over his PAS forearm or how he is doing it in frame 2.1. This is very Tom House and reminds me of how Mark Prior turns over his forearm. It will give him a velocity boost but will put extra strain on both his elbow and his shoulder.



3. 1

I don't like how far his PAS elbow is behind his acromial plane in frame 3.1. At least his elbows are well below his shoulders, which should serve to protect his shoulders.



4. 1

Good GS arm action. I don't like how supinated his forearm is in frames 4.1 and 5.1. This suggests that he may be vulnerable to elbow problems.



5. 1

In frame 5.1 it looks like he may extend his GS knee as he nears the release point (ala Sandy Koufax). This will give him a velocity boost by increasing the amount with which his hips can rotate but may place extra strain on his elbow.



6. 1



7. 1



8. 1

Notice how his GS knee is locked in frame 8.1.



9. 1





