

# PITCHER ANALYSIS – KAMERON LOE

AN ANALYSIS OF KAMERON LOE'S PITCHING MOTION & MECHANICS

7/13/2006

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Chris O'Leary

[www.chrisoleary.com](http://www.chrisoleary.com)

chris@chrisoleary.com

314.494.1324 – Cell

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1. 1



2



3



2. 1

**7/13/2006:** Striding sideways to the target (side of the GS foot facing home plate), which helps keep his hips closed as long as possible. Toe just skimming the ground.



3. 1



4. 1



5. 1



2

**7/13/2006:** I don't like how, ala Billy Wagner, Loe's elbow is both above and behind his shoulders. I believe that this increases the likelihood that he will experience problems with his rotator cuff (specifically the Supraspinatus muscle).



6. 1

2

**Glove-Side Foot Planted.**

**7/13/2006:** The problem that I see in this photo is that Loe's GS foot is planted, which means that his shoulders are likely starting to turn, but his PAS forearm is not yet vertical. My concern is that this may cause his PAS upper arm to externally rotate especially hard and may cause shoulder problems (especially with his Labrum).



7. 1



8. 1

2

**7/13/2006:** One good thing is that, while his elbow is above his shoulder in the photos above, it is below his shoulders at the moment that his shoulders start to turn. I believe that this will increase the stress on his shoulder and somewhat decrease the risk that he will experience shoulder problems.



9. 1



10. 1

2



11. 1



12. 1



13. 1



14. 1



15. 1



16. 1



17. 1



18. 1