

AN ANALYSIS OF KIKO CALERO'S PITCHING MOTION & MECHANICS

12/1/2005

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General Comments About Kiko Calero

- Size...
 - 6' 1"
 - 185 LBS
- Injuries...
 - Ruptured right patellar tendon in 2003.
Right knee swells after throwing.
 - Rotator cuff tendonitis August 2004.
 - Recurring right elbow tendonitis April 2005 and May 2005.
 - Bone spur in right elbow since at least 2001.
- Pitches
 - 90+ MPH Cut Fastball/Slider.
 - Hard Curve.
 - Change-Up.

Comments About Kiko Calero's Pitching Motion And Mechanics

- Very different glove-side arm action.
 - Similar to a cricket bowler.
 - Glove just hanging limply at his side.
Leaves him in a poor fielding position.
Could represent an opportunity to pick up a few extra MPH.
 - Unusual glove-side arm action may make possible his near-vertical forearm at Release Point.
Near-vertical forearm at release increases effectiveness of curveball.

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+
2003	28	STL	NL	1	1	26	1	0	0	7	1	38.3	29	12	12	5	20	51	1	3	162	2.82	4.16	148
2004	29	STL	NL	3	1	41	0	0	0	4	2	45.3	27	14	14	5	10	47	1	1	168	2.78	4.18	151
2005	30	OAK	AL	4	1	58	0	0	0	15	1	55.7	45	20	20	6	18	52	1	2	229	3.23	4.49	139
3	Yr	WL%	.727	8	3	125	1	0	0	26	4	139.3	101	46	46	16	48	150	3	6	559	2.97	4.30	145



1. 1



2



3



2. 1



3. 1



4. 1

2



5. 1

2



6. 1



7. 1



8. 1



9. 1

Starting to flex elbow in preparation for turning over forearm.



10. 1



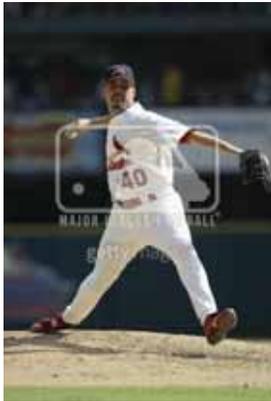
2



11. 1



12. 1



13. 1



2



14. 1



15. 1

Notice how high his rear shoulder and elbow are. This may help to explain the shoulder problems he has experienced.



16. 1



2



17. 1



2



18. 1



19. 1



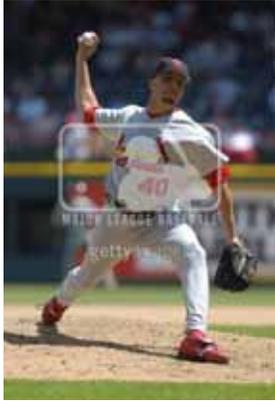
20. 1



21. 1

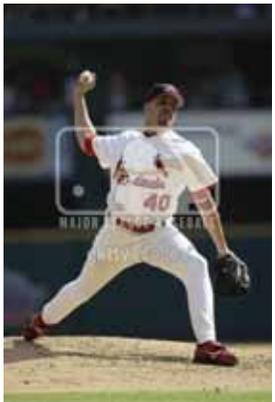


22. 1



23. 1

Lands with a flat glove-side foot.



24. 1



25. 1

Glove foot planted. Leading with the hips. Hips fully open with belt buckle facing home plate. Shoulders just starting to turn.



26. 1



2



3



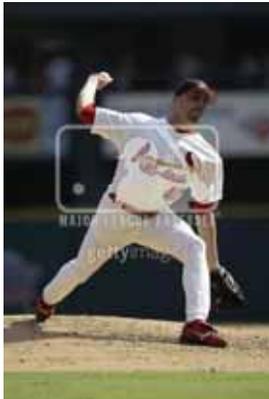
27. 1



2



28. 1



29. 1

Glove just hanging limply at its side.



30. 1



31. 1



32. 1



33. 1



34. 1



35. 1

2



36. 1

2



3

Forearm close to vertical at release point. Explains why his curve is so effective.



37. 1

2



38. 1

2

3



39. 1

2



40. 1



41. 1



42. 1

Glove down low. Leaves him in a poor fielding position.