

AN ANALYSIS OF NOLAN RYAN'S PITCHING MOTION & MECHANICS

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General Comments About Nolan Ryan

- 6' 2"
- 195 lbs
- Threw 62% fastballs, 23% curveballs, and 24% change-ups.
- Injuries...
 - Injured tendon in 1986.
 - Elbow surgery (August 23, 1975).
 - Injuries during 1978 season.
 - Tendon "popped" in 1967.
 - Forced to take entire season off.
- Started conditioning with weights in 1972.
 - Paid particular attention to abdominal strength.
 - Thought of his abdomen like the transmission of a car.
 - Legs and butt = Engine.
 - Shoulders and arm = Wheels.

http://www.baseballlibrary.com/baseballlibrary/ballplayers/R/Ryan_Nolan.stm

Comments About Nolan Ryan's Pitching Motion And Mechanics

- Minimal reverse-rotation of shoulders.
- Level head throughout.
- Appears to pronate sooner than most.
- Doesn't show the ball to CF.



1. 1



2. 1



2



3. 1



2

Very high leg kick, but GS foot still skims the ground during stride.

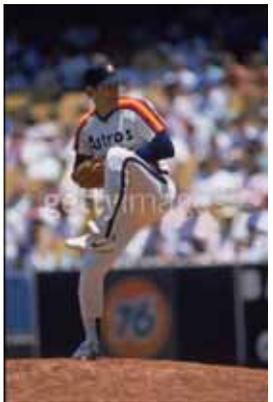


4. 1

2

3

Looks down at peak of leg kick, but eyes locked on target from this point forward.



5. 1

2

3



6. 1



7. 1



2



3

Some reverse-rotation of hips but minimal reverse-rotation of shoulders.



8. 1



9. 1



2



3



10. 1



2



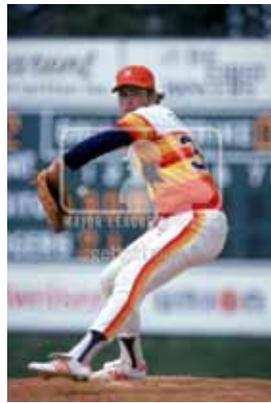
3



11. 1



2



3

Sitting back on PAS leg. Swinging GS leg out to counterbalance.



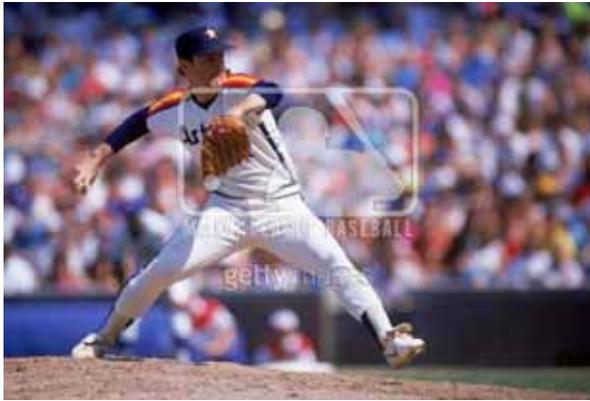
12. 1



2



3



13. 1



2



3



14. 1



15. 1



2



16. 1



2



17. 1



2



3

GS foot just skimming above the ground.



18. 1



2



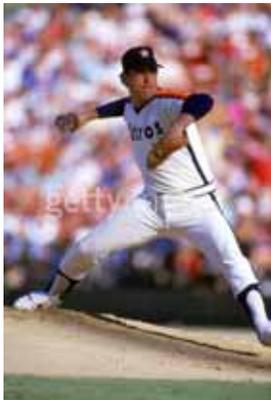
19. 1



2



3



20. 1



2



3



21. 1

GS elbow pointing at the target.



22. 1



2



23. 1



2



3



24. 1



25. 1



2



26. 1

Rotation of hips leading rotation of shoulders; hips open but shoulders still closed.



27. 1



2

Some scap loading, but not too much and elbows are below the shoulders. Showing the ball to 3B. Lands with GS foot flat and with knee bent approximately 75 degrees.



28. 1

2

3

4

GLOVE FOOT PLANTED and SHOULDERS STARTING TO TURN: Elbow bent 100 degrees, not the traditional 90 degrees (which will reduce his Reverse Pitching Forearm Bounce). Stepping directly at the target. Toe slightly closed.



29. 1



30. 1



2



3

Large Hip/Shoulder differential. Belt buckle pointing at Home Plate, but shoulders only turned 45 degrees. GS toe slightly closed.



31. 1



32. 1



33. 1

Notice how compact he is while he is spinning. In the same way that an ice skater can spin faster by pulling their arms in to their body, Ryan may increase the speed at which his body can spin by holding his arms in close to his body.



34. 1

Rotation of hips leading shoulders.



35. 1



2

Leading with Pecs. Back slightly arched. Pre-stretching Pecs and internal rotators.



36. 1

2

37. 1

2

Good GS arm action. Hips shoulders rotate and will finish with glove in strong fielding position.



38. 1 2

Elbow is passing through the danger zone of maximum load on the UCL. Forearm seems to be pronating, which will help to protect the elbow.



39. 1 2



40. 1



2



3



41. 1

Fairly upright at release point. Same knee angle at release point as when GS foot planted (unlike Sandy Koufax).



42. 1



43. 1



2



3



4



44. 1



45. 1

2



46. 1

2

3



47. 1

2

3

Pronating the PAS forearm.



48. 1



49. 1



50. 1



51. 1



52. 1



53. 1