

AN ANALYSIS OF SIDNEY PONSON'S PITCHING MOTION & MECHANICS

2/28/2006

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General Comments About Sidney Ponson

- Plagued by poor control and balls up in the zone on 2004.
- Pitches...
 - Fastball (sometimes 92-94 MPH but more often 90-92 MPH).
Velocity drop partially due to lack of conditioning and resulting low stamina.
 - Slider.
 - Used to throw forkball.
Had to stop throwing it due to elbow and shoulder problems.
- Injuries...
 - Acute flexor muscle strain in right elbow (May 2006).
 - Benign bone spurs in elbow (May 2006).
 - Right elbow pain (July 2005)
 - Shoulder problems
 - Groin (July 2004)

Comments About Sidney Ponson's Pitching Motion And Mechanics

- Takes pitching arm side elbow above and behind his shoulder.
 - May explain his shoulder problems.
- Shows the ball to Center Field and keeps fingers on top of the ball.
 - May help to explain his elbow problems.
- Does not appear to pronate early.

Injury Risk Rating = Worse Than Average

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
1998	21	BAL	AL	8	9	31	20	0	0	5	1	135.0	157	82	79	19	42	85	3	4	588	2	1	5.27	4.52	86	1.474
1999	22	BAL	AL	12	12	32	32	6	0	0	0	210.0	227	118	110	35	80	112	1	4	897	2	0	4.71	4.82	102	1.462
2000	23	BAL	AL	9	13	32	32	6	1	0	0	222.0	223	125	119	30	83	152	1	5	953	0	0	4.82	4.72	98	1.378
2001	24	BAL	AL	5	10	23	23	3	1	0	0	138.3	161	83	76	21	37	84	6	2	605	0	0	4.94	4.21	85	1.431
2002	25	BAL	AL	7	9	28	28	3	0	0	0	176.0	172	84	80	26	63	120	2	3	736	1	0	4.09	4.38	107	1.335
2003	26	TOT		17	12	31	31	4	0	0	0	216.0	211	94	90	16	61	134	5	9	898	5	0	3.75	4.33	115	1.259
		BAL	AL	14	6	21	21	4	0	0	0	148.0	147	65	62	10	43	100	4	6	622	2	0	3.77	4.35	115	1.284
		SFG	NL	3	6	10	10	0	0	0	0	68.0	64	29	28	6	18	34	1	3	276	3	0	3.71	4.29	116	1.206
2004	27	BAL	AL	11	15	33	33	5	2	0	0	215.7	265	136	127	23	69	115	8	8	954	3	2	5.30	4.78	90	1.549
2005	28	BAL	AL	7	11	23	23	1	0	0	0	130.3	177	97	90	16	48	68	3	10	595	1	0	6.21	4.14	67	1.726
8 Yr WL%				.455	76	91	233	222	28	4	5	1443.3	1593	819	771	186	483	870	29	45	6226	14	3	4.81	4.52	94	1.438
162 Game Avg				11	13	34	33	4	0	0	0	215.7	238	122	115	27	72	130	4	6	930	2	0	4.81	4.52	94	1.438



1. 1



2. 1



3. 1



4. 1



5. 1



5. 1

2/28/2006: Limited reverse-rotation of shoulders.



6. 1



7. 1



8. 1

2

3

2/28/2006: Points glove down 3B line as source of power.



9. 1

2



10. 1



11. 1



12. 1

2/28/2006: Appears to take pitching arm side elbow both behind and above his shoulder, which may help to explain his shoulder problems.



13. 1



14. 1



15. 1



2



3



16. 1



17. 1

2/28/2006: Shows the ball to Center Field and keeps fingers on top of the ball. May help to explain his elbow problems.



18. 1



19. 1



2



3



20. 1



21. 1



22. 1



2



3



23. 1



2



24. 1



25. 1



2



3



4



26. 1



2



3



4



27. 1

2



28. 1

2

3

4



29. 1

2



30. 1



31. 1



2



3



32. 1