A photograph of Albert Pujols in a white St. Louis Cardinals uniform, captured in the middle of a powerful swing. He is wearing a red batting helmet and a red wristband on his left arm. The background shows a baseball field with a green outfield fence and spectators. A white ball is visible in the air to the right of the batter. The text is overlaid on the image.

A Full Screen Analysis of the Swing of...

# Albert Pujols

Home Run to Left Center Field  
First Base View

Chris O'Leary

April 23, 2009

Version 2.0  
Updated 2015.01.21

## Legal Stuff

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If you happen to come across this flipbook on the Internet or via a friend and find it to be valuable, please understand that it isn't something that I just give away for free.

Instead, I charge \$6.95 for it.

This flipbook is the product of years of work and thousands of dollars of investment on my part. On average, I have to go to 10 games to get one really valuable clip. You can purchase a legal, licensed copy of this flipbook at...

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My family and I thank you.

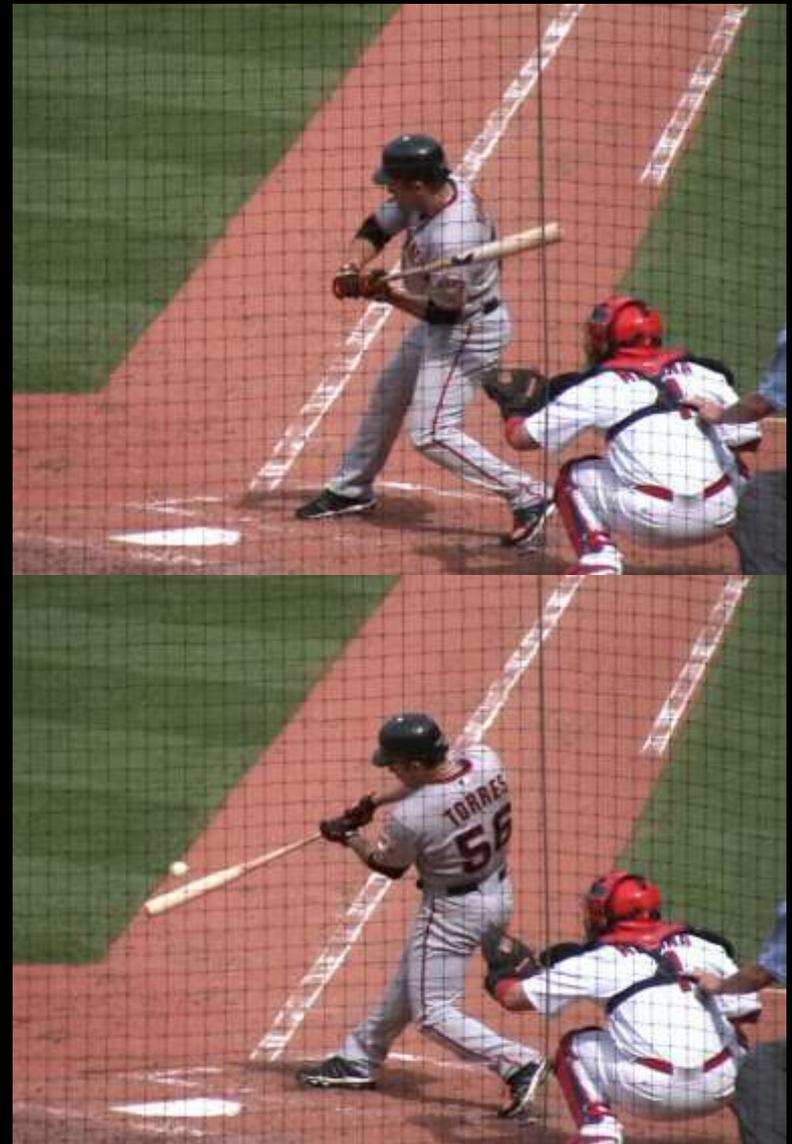
Chris O'Leary  
January 2015

## How to Use This Flipbook

When I use this flipbook in front of an audience, you will notice that I am constantly rolling backwards and forwards through the slides, pointing out not just the positions and shapes but also the movements. If you want to get the maximum value out of this eBook, you should do the same; **you should set this eBook up so that only one page occupies the screen and then page back and forth from page to page, watching the movements.**

To do this, download this PDF to your computer and open it using [Adobe Reader](#) or some other application that can display PDFs one page at a time. **In Acrobat select View > Read Mode or View > Page Display > Single Page View.**

You can then use the right and left – or up and down – arrows on the keyboard to go through the frames of each clip and get a sense of how each movement looks and works.



This home run was from Albert Pujols' at bat in the bottom of the 5th Inning on Thursday April 23, 2009. According to Gameday, the pitch was an 85 MPH fastball thrown down the middle. The previous two pitches were 79 MPH sliders away. The count was 2-0. The ball landed just to the left of the center field grassy area and 5 rows up into the bleachers.

# Mini-Flipbook

30 Frames Per Second

This mini-flipbook is based on a lower frame-rate clip, which makes it suitable for printing out and posting.

## Stance

In Frame 01, Albert Pujols is in a good, athletic position. His feet are spread wider than his shoulders and his knees are bent. His hands are up and back and in the neighborhood of his back shoulder. Rather than being fully extended or too bent, his front arm is bent roughly 135 degrees.

I have marked the starting point of Albert Pujols' front foot so that I can measure the length of his stride. I have also marked the starting point of his head and back hip so that I can track their movement.

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01



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## Coiling While Striding

In this and the next few frames, notice that, rather than immediately opening his hips, Albert Pujols instead [Coils](#) as he strides forward toward the pitcher. He does this in part by keeping his front foot closed and not letting it open too early on in his stride.

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## Toe-Down

In Frame 05, Albert Pujols is preparing to land on his front foot. Notice that he leads with the toe of his front foot into Toe Touch. This is a key element of Albert Pujols' [Adjustability](#) and, as I discuss in [The Secrets of Albert Pujols Swing](#), something that he has stopped doing consistently of late. That, in my opinion, goes a long way toward explaining Albert Pujols' fall-off over the past few years.

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## Loading

Rather than taking his hands directly to the baseball, Albert Pujols has what many would label a hitch in his swing; in this and the next two frames, his hands go up slightly as he goes into Toe Touch. Rather than being a problem, this is a key component of Albert Pujols' swing; it's how he [Loads](#).

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## Toe Touch

In Frame 07, Albert Pujols' front toe has just made contact with the ground. Just as Ted Williams advised, Albert Pujols hips are leading his hands; while his hips are starting to open in this frame, his hands are not yet rotating. In fact, Albert Pujols' hands are still going up, not down or forward.

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07

## Front Foot Down

In Frame 08, Albert Pujols' front foot is down, but not yet completely planted. However, it is down enough that we can measure Albert Pujols' stride length, which I'd put at roughly 6 inches.

That is different than the no-stride that Albert Pujols was widely said to employ and that he often uses now that he is with the Angels.

The advantage of this, Albert Pujols' Classic Stride, and his gaining roughly 6 inches, is that it lets him carry some energy into foot plant, energy that he can use to help create power.

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## Extension

Only now, several frames after the Point Of Contact, is Albert Pujols at full extension. That is because Extension is the effect of a good position at the Point Of Contact, not the cause of good contact.

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A photograph of Albert Pujols in a white St. Louis Cardinals uniform, wearing a red helmet, captured in the middle of a batting swing. He is positioned in the batter's box on a baseball field. In the background, spectators are visible in the stands, and several photographers with cameras are positioned behind the batter. The scene is brightly lit, suggesting a sunny day.

## Squishing the Bug

In Frame 20, Albert Pujols is in a position that could be described as Squishing the Bug. However, this is well into his follow-through. Remember that, at the Point Of Contact, Albert Pujols' back foot was up in the air.

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# Albert Pujols' Loop and The Reverse C

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# Standard Flipbook

60 Frames Per Second

This flipbook is based on a higher frame-rate clip, which makes it suitable for reviewing on a laptop or iPad.

## Stance

In Frame 01, Albert Pujols is in a good, athletic position. His feet are spread wider than his shoulders and his knees are bent. His hands are up and back and in the neighborhood of his back shoulder. Rather than being fully extended or too bent, his front arm is bent roughly 135 degrees.

I have marked the starting point of Albert Pujols' front foot so that I can measure the length of his stride. I have also marked the starting point of his head and back hip so that I can track their movement.

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## Coiling While Striding

In this and the next few frames, notice that, rather than immediately opening his hips, Albert Pujols instead [Coils](#) as he strides forward toward the pitcher. He does this in part by keeping his front foot closed and not letting it open too early on in his stride.

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A photograph of Albert Pujols in a white St. Louis Cardinals uniform with a red helmet, captured in a batting stance on a baseball field. He is leaning forward, ready to swing. The background shows a crowd of spectators in the stands and photographers with cameras on the field.

## Toe-Down

In Frame 09, Albert Pujols is preparing to land on his front foot. Notice that he leads with the toe of his front foot into Toe Touch. This is a key element of Albert Pujols' [Adjustability](#) and, as I discuss in [The Secrets of Albert Pujols Swing](#), something that he has stopped doing consistently of late. That, in my opinion, goes a long way toward explaining Albert Pujols' fall-off over the past few years.

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## Loading

Rather than taking his hands directly to the baseball, Albert Pujols has what many would label a hitch in his swing; in this and the next two frames, his hands go up slightly as he goes into Toe Touch. Rather than being a problem, this is a key component of Albert Pujols' swing; it's how he [Loads](#).

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## Toe Touch

In Frame 13, Albert Pujols' front toe has just made contact with the ground. Just as Ted Williams advised, Albert Pujols hips are leading his hands; while his hips are starting to open in this frame, his hands are not yet rotating. In fact, Albert Pujols' hands are still going up, not down or forward.

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## Front Foot Down

In Frame 15, Albert Pujols' front foot is down, but not yet completely planted. However, it is down enough that we can measure Albert Pujols' stride length, which I'd put at roughly 6 inches.

That is different than the no-stride that Albert Pujols was widely said to employ and that he often uses now that he is with the Angels.

The advantage of this, Albert Pujols' Classic Stride, and his gaining roughly 6 inches, is that it lets him carry some energy into foot plant, energy that he can use to help create power.

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A photograph of Albert Pujols in a white St. Louis Cardinals uniform, captured at the peak of his swing. He is wearing a red batting helmet and is in a full extension posture. The background shows a crowd of spectators in the stands and a catcher in a dark uniform crouching behind home plate. A large watermark 'chrisoleary.com' is overlaid across the center of the image.

## Extension

Only now, several frames after the Point Of Contact, is Albert Pujols at full Extension. That is because Extension is the effect of a good position at the Point Of Contact, not the cause of good contact.

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A photograph of Albert Pujols in a white St. Louis Cardinals uniform, wearing a red helmet, captured in the middle of a batting swing. He is positioned in the batter's box on a baseball field. In the background, spectators are visible in the stands, and several photographers are taking pictures. The scene is brightly lit, suggesting a daytime game.

## Squishing the Bug

In Frame 39, Albert Pujols is in a position that could be described as Squishing the Bug. However, this is well into his follow-through. Remember that, at the Point Of Contact, Albert Pujols' back foot was up in the air.

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## Where to go From Here

This is just one of my flipbooks and it contains excerpts from a few of the many flipbooks and clips that I have in my library. Some of those flipbooks are available for sale individually and all of them are available to those who purchase one or more of my hitting bundles. To see what hitting and other products are available, **including drills that will help you develop the movements that you see in this flipbook**, go to...

<http://www.chrisoleary.com/buy/>

For more information about the concepts and ideas discussed in this eBook, you can contact me via...

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More of my writings can be found on my free, public web site...

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