



# Dominant and Durable David Price

by Chris O'Leary

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My family and I thank you.

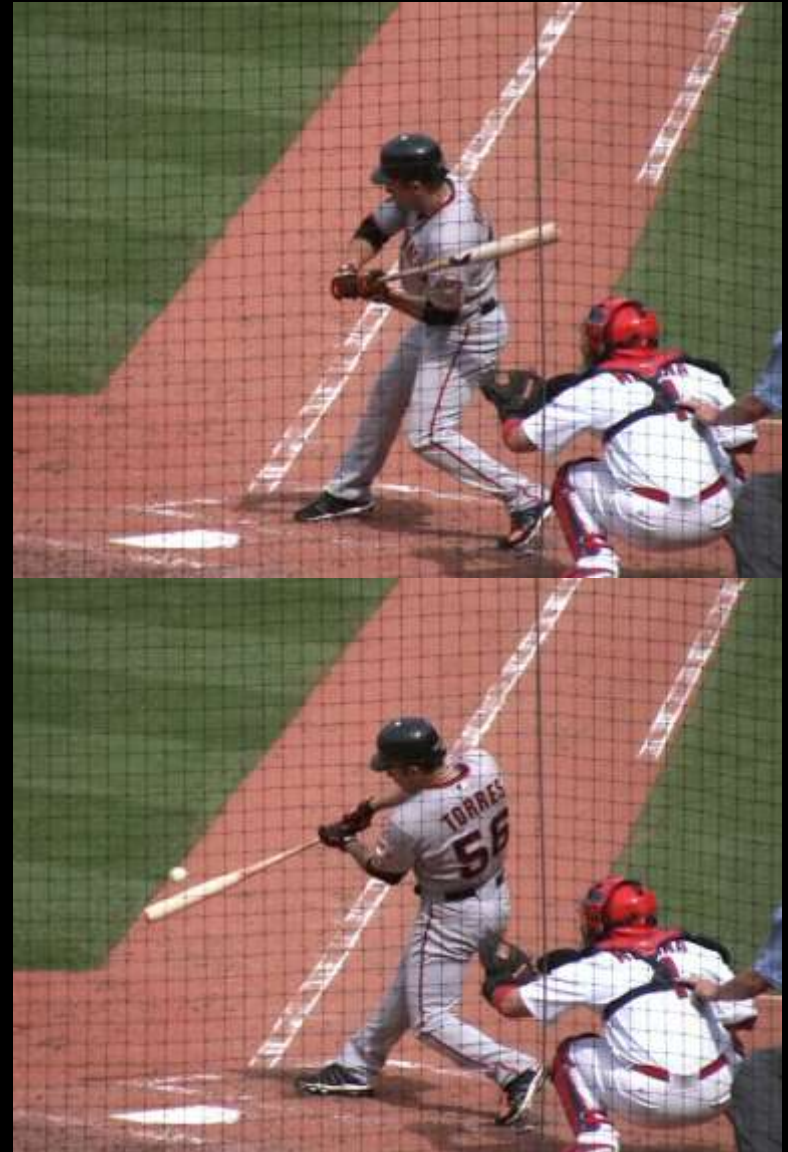
Chris O’Leary

## 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.**

The easiest way is to 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.



# **Mechanics Overview**

David Price  
96 MPH Fastball  
Complete Delivery

30 Frames Per Second



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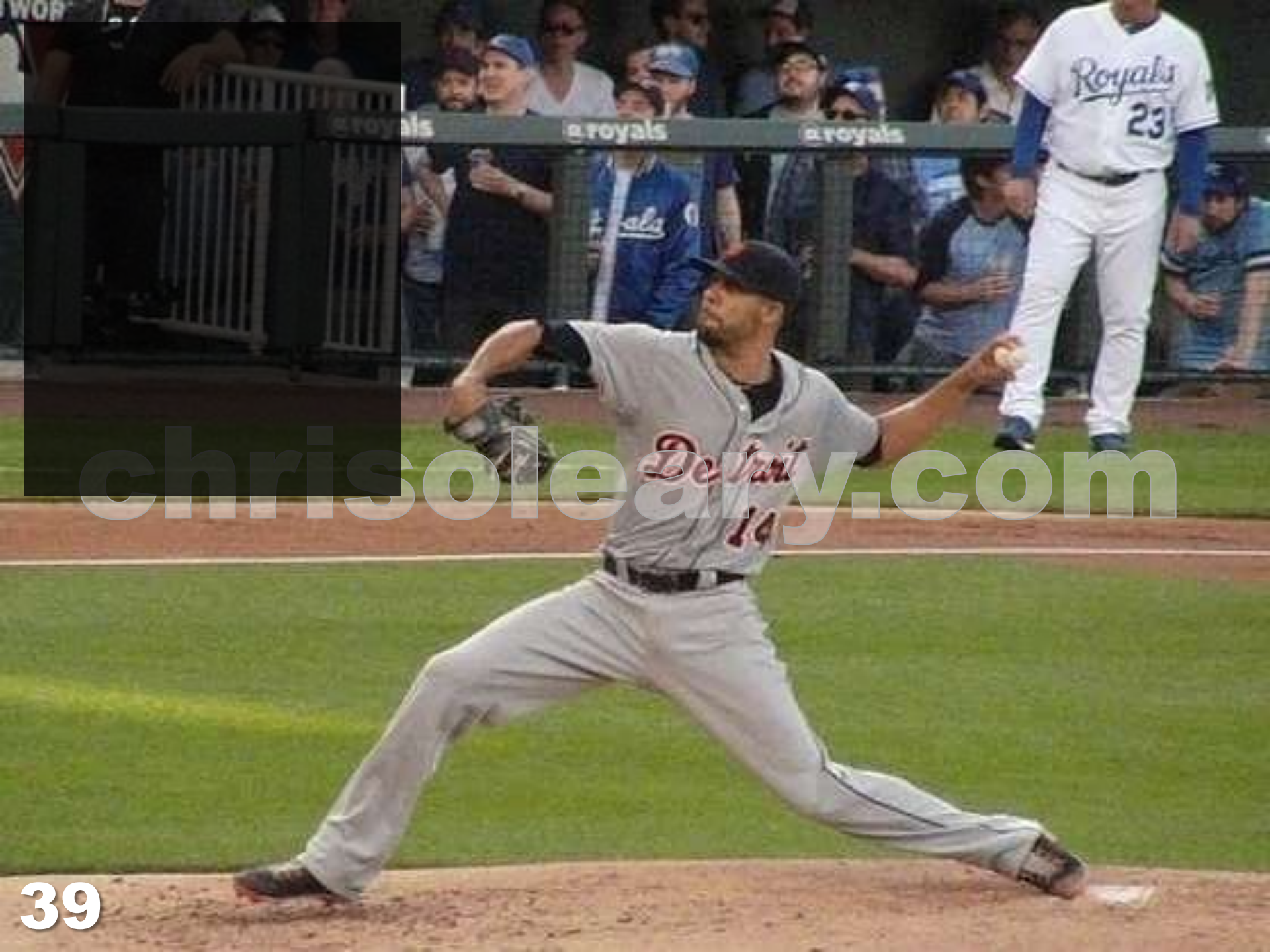
## Maximum Elbow Height

In this frame, David Price's Pitching Arm Side (PAS) elbow has reached its maximum height relative to a line drawn through his shoulders. From this point on, his PAS hand keeps rising up but his PAS elbow stays just below the level of his shoulders.

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## Foot Plant

David Price's front foot is starting to plant and his shoulders are starting to rotate.

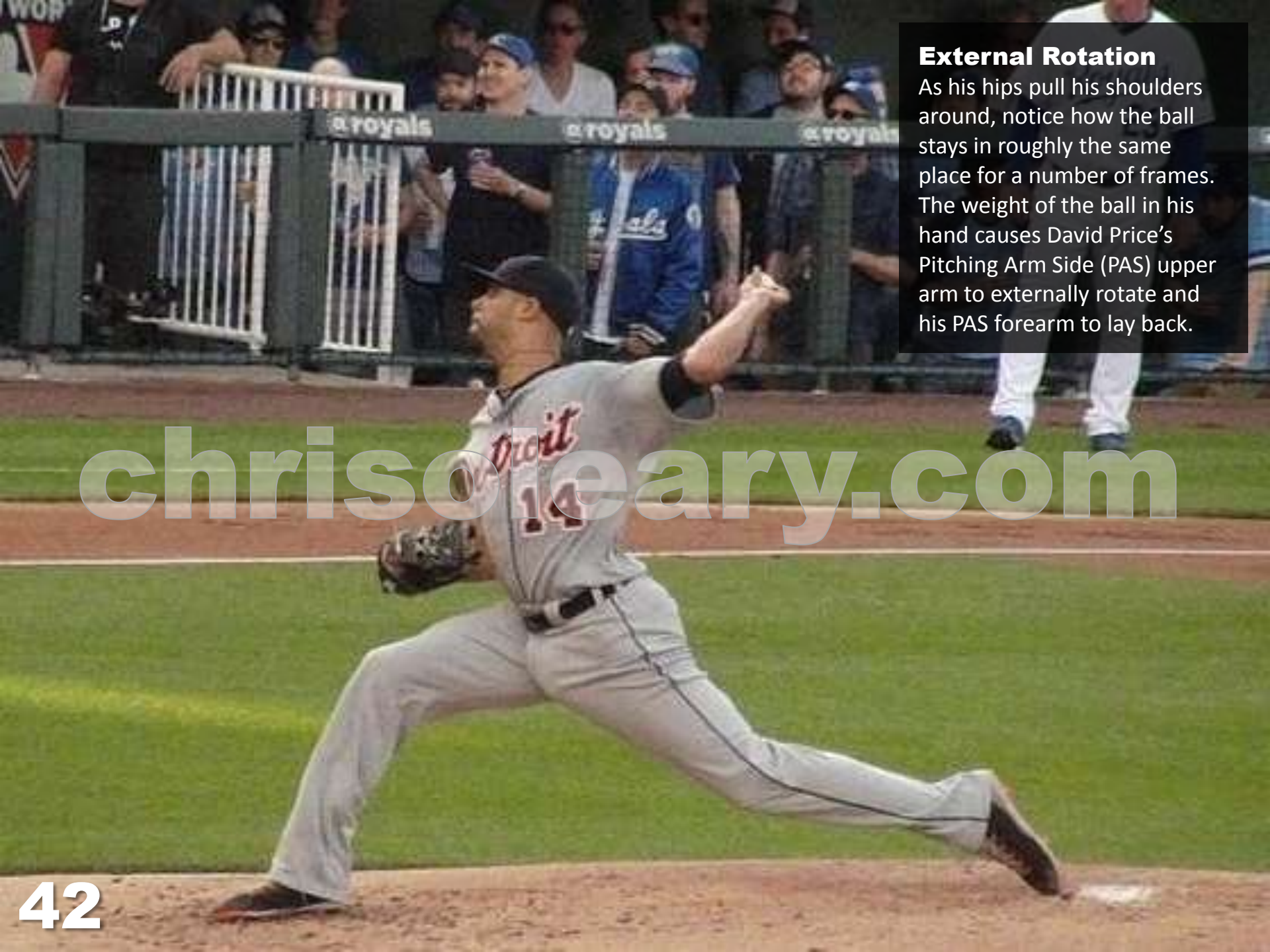
His front toe is pointing at the catcher. His hips are opening further but his shoulders are still largely closed and rotating well behind his hips.

His Pitching Arm Side elbow is just below the level of his shoulders and is bent roughly 90 degrees. Rather than showing the ball to Center Field, he is showing the ball to First Base.





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### **External Rotation**

As his hips pull his shoulders around, notice how the ball stays in roughly the same place for a number of frames. The weight of the ball in his hand causes David Price's Pitching Arm Side (PAS) upper arm to externally rotate and his PAS forearm to lay back.

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## **Leading with the Elbow**

Some people believe it's problematic if pitchers lead their throws with their Pitching Arm Side elbows. However, these clips makes it clear that leading with the elbow is a normal part of the act of throwing hard.

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### **Release Point**

As he releases the ball, David Price's glove is at his Glove Side knee. His Glove Side knee is in the process of firming up and extending in order to transfer momentum from his body to his arm and the ball. His back foot has been pulled well off the rubber by the rotation of his hips and is actually up in the air in this frame.

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### **Maximum Pronation**

David Price's Pitching Arm is at maximum pronation, with his thumb pointing at least straight down at the ground. That is an indication of how hard David Price pronated through the Release Point.

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David Price  
360 Degree View  
Fastball

60 Frames Per Second



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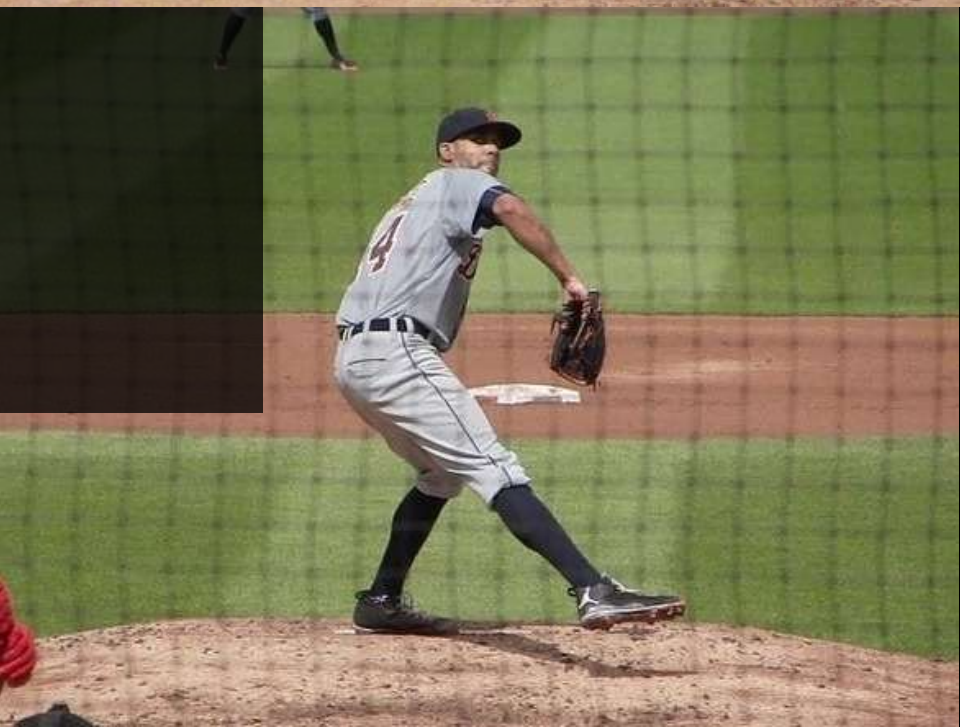
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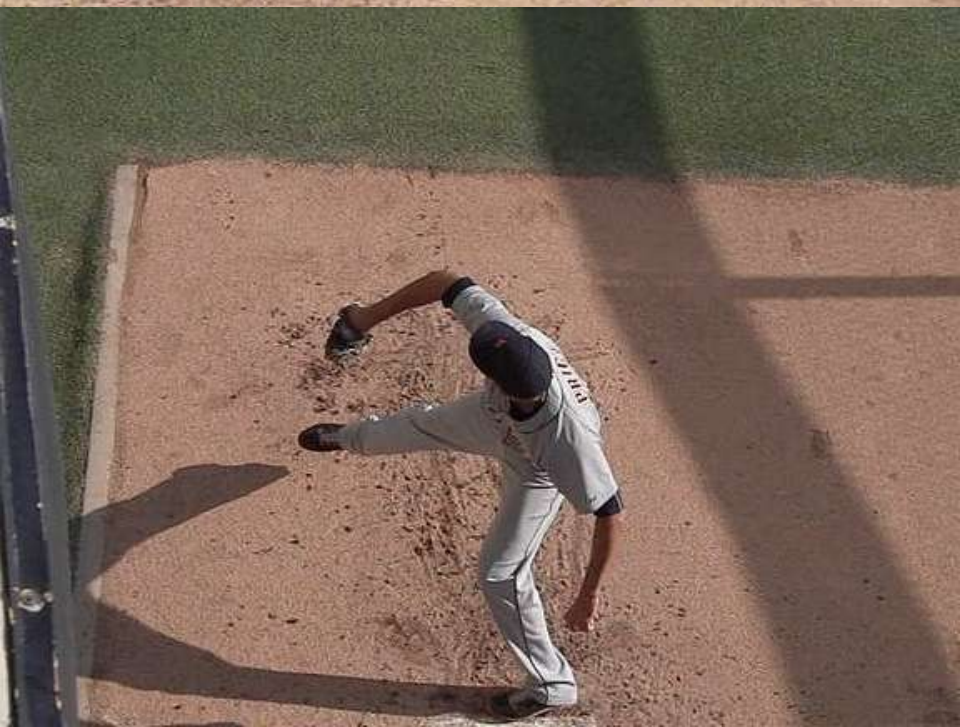
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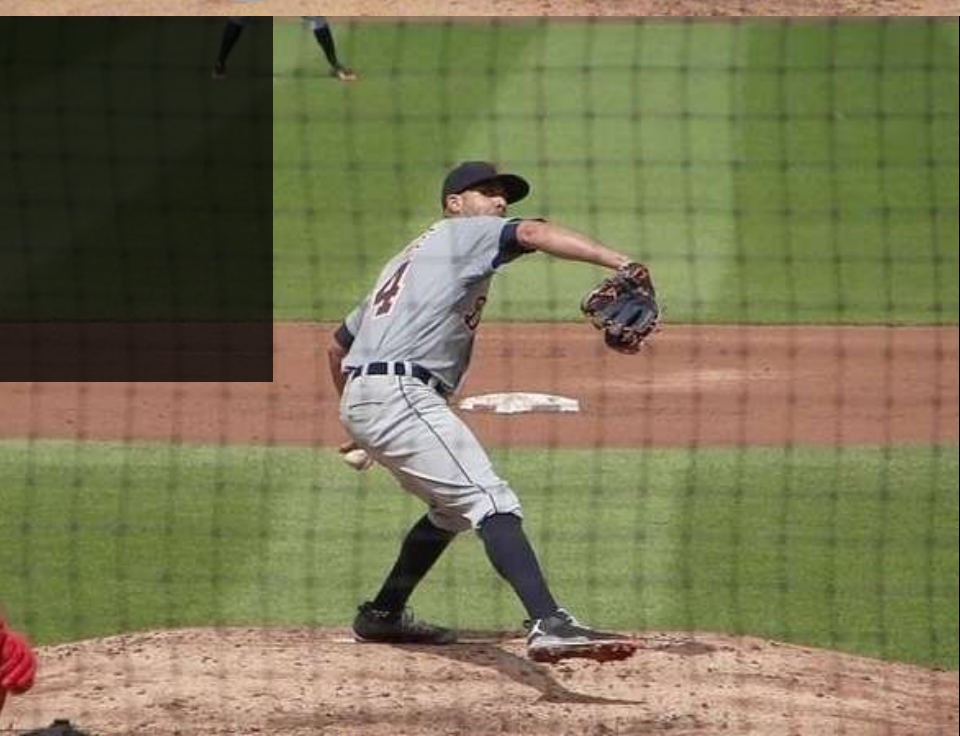
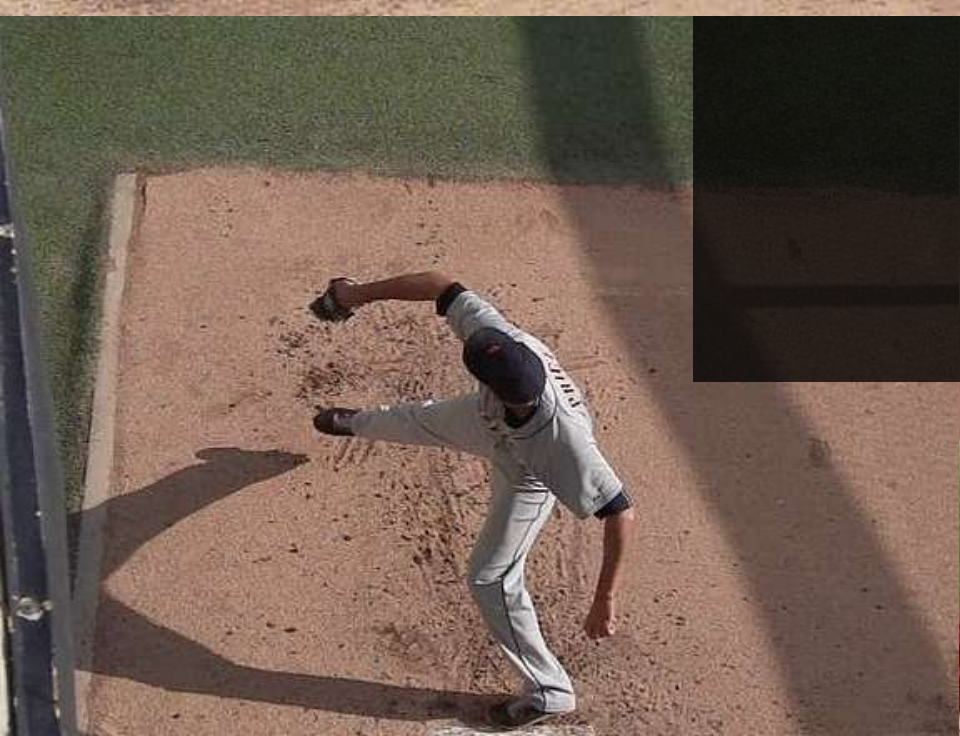


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### Maximum Elbow Height

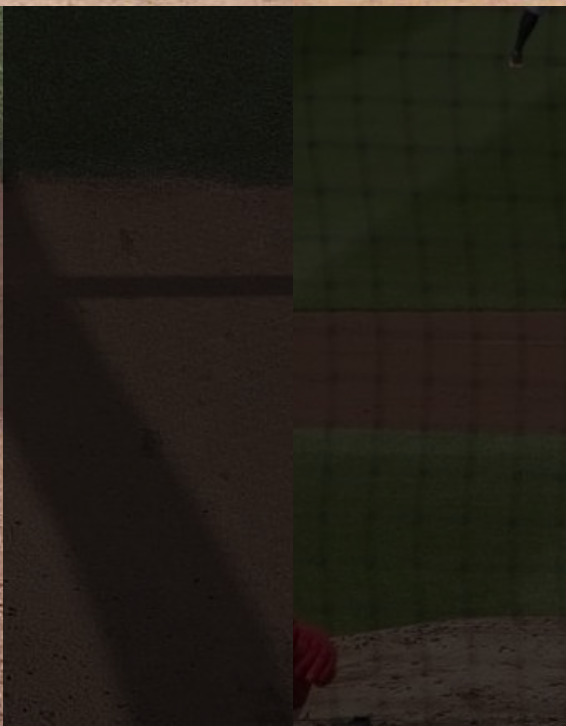
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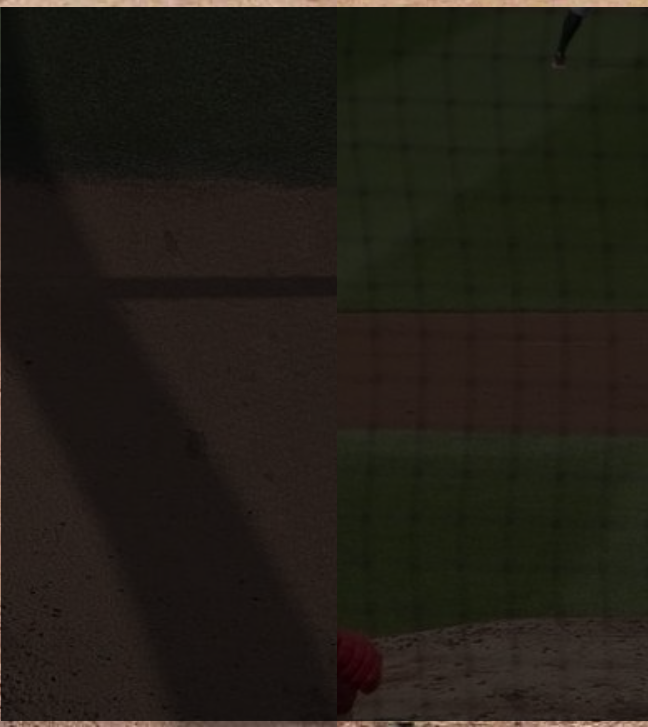
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**Front Foot Opening**  
While he strides sideways and keeps his front foot closed during most of his stride, as he goes into Foot Plant, David Price opens his front foot so that it lands pointing at the target.







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**Landing Slightly Closed**  
Rather than striding directly at the target, David Price strides slightly closed; his front foot lands (just) to the left of a line drawn from the middle of the rubber to the point of the plate.







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**Impeccable Timing**  
In this frame, David Price's front foot is planting. Notice that his Pitching Arm Side forearm is at 90 degrees of external rotation and close to vertical, just as it should be.





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### Foot Plant

David Price's front foot is planted and his shoulders are starting to rotate. His front toe is pointing to the first base side of the catcher. His shoulders are still largely closed and rotating well behind his hips. His Pitching Arm Side elbow is just below the level of his shoulders and is bent roughly 90 degrees. Rather than showing the ball to Center Field, he is showing the ball to First Base. His glove is over his glove side knee. He landed flat footed, not on his toe or his heel.





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### **External Rotation**

As his hips pull his shoulders around, notice how the ball stays in roughly the same place for a number of frames. The weight of the ball in his hand is causing David Price's Pitching Arm Side (PAS) upper arm to externally rotate and his PAS forearm to lay back.





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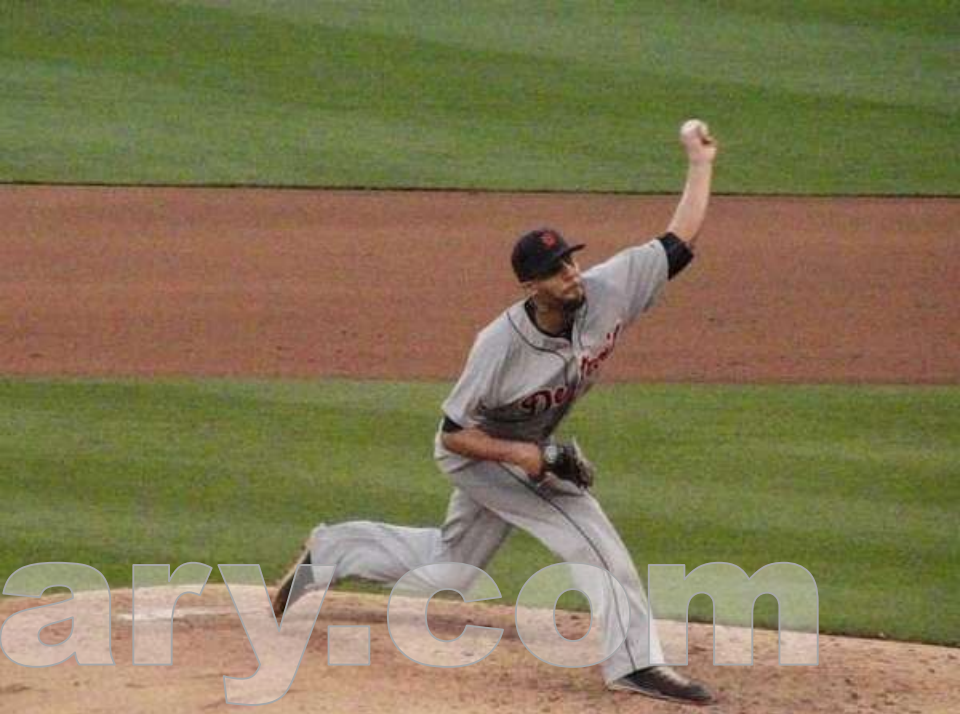


### **Shoulder Tilt**

Rather than keeping his shoulders level, as he goes into the Release Point, David Price tilts his shoulders such that his Pitching Arm Side (PAS) shoulder is significantly higher than his Glove Side (GS) shoulder.

His shoulder tilt puts his head well to the left of his belly button and his Center of Mass.





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### **Pitching Elbow Extending**

Some people teach that a pitcher's arm slot is a function of the bend of their elbow at the Release Point. In truth, arm slot is a function of shoulder tilt, not elbow angle. The rapid rotation of the shoulders causes a pitcher's Pitching Arm Side elbow to extend fully, or nearly so, just before the Release Point, as is happening in this frame.







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**Maximum Pronation**  
David Price's Pitching Arm is at maximum pronation, with his thumb pointing at least straight down at the ground. That is an indication of how hard David Price pronated through the Release Point.



David Price  
93 MPH 2-Seam Fastball  
2015.05.02-9365

Complete Delivery  
60 Frames Per Second



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## Hiding the Ball

Notice how, during his arm swing, David Price keeps his body between the ball and the batter, making it as hard as possible for the batter to see the ball.

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## Maximum Elbow Height

In this frame, David Price's Pitching Arm Side (PAS) elbow has reached its maximum height relative to a line drawn through his shoulders. From this point on, his PAS hand keeps rising up but his PAS elbow stays just below the level of his shoulders.

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## Impeccable Timing

In this frame, David Price's front foot is planting. Notice that his Pitching Arm Side forearm is at 90 degrees of external rotation and close to vertical, just as it should be.

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### **External Rotation**

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David Price  
Fastball  
2015.05.02-9398

Complete Delivery  
60 Frames Per Second





### **Balance Point?**

While many people preach that pitchers must reach a balance point, in this clip David Price's hips are always moving forward toward the plate.

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### **Hiding the Ball**

Notice how, during his arm swing, David Price keeps his body between the ball and the batter, making it as hard as possible for the batter to see the ball.

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### **Maximum Elbow Height**

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### **Front Foot Opening**

While he strides sideways and keeps his front foot closed during most of his stride, as he goes into Foot Plant, David Price opens his front foot so that it lands pointing at the target.

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### **Impeccable Timing**

In this frame, David Price's front foot is planting. Notice that his Pitching Arm Side forearm is at 90 degrees of external rotation and close to vertical, just as it should be.

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A photograph of baseball pitcher David Price in a grey uniform with "PRICE 14" on the back, captured in the middle of a pitching motion on a mound. He is wearing a black cap and has his right arm extended upwards, holding a baseball. The background shows a green field and a brown dirt mound.



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## **External Rotation**

As his hips pull his shoulders around, notice how the ball stays in roughly the same place for a number of frames. The weight of the ball in his hand causes David Price's Pitching Arm Side (PAS) upper arm to externally rotate and his PAS forearm to lay back.

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## **Leading with the Elbow**

Some people believe that it's problematic if pitchers lead their throws with their Pitching Arm Side elbows. However, these clips makes it clear that leading with the elbow is a normal part of the act of throwing hard.

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## Shoulder Tilt

Rather than keeping his shoulders level, as he goes into the Release Point, David Price tilts his shoulders such that his Pitching Arm Side (PAS) shoulder is significantly higher than his Glove Side (GS) shoulder.

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## **Pitching Elbow Extending**

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## Maximum Pronation

David Price's Pitching Arm is at maximum pronation, with his thumb pointing at least straight down at the ground. That is an indication of how hard David Price pronated through the Release Point.

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David Price  
2-Seam Fastball  
2015.05.02-9286

Complete Delivery  
60 Frames Per Second



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**Breaking the Hands**

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A baseball player in a white uniform is sliding into a base on a dirt field. The player is wearing a white jersey with dark accents and white pants. The player's shadow is cast on the dirt to the left. The background shows a green grass field and a dirt infield. A large, semi-transparent watermark is overlaid on the image.

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## Hiding the Ball

Notice how, during his arm swing, David Price keeps his body between the ball and the batter, making it as hard as possible for the batter to see the ball.

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## **Maximum Elbow Height**

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While he strides sideways and keeps his front foot closed during most of his stride, as he goes into Foot Plant, David Price opens his front foot so that it lands pointing at the target.

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## **Landing Slightly Closed**

Rather than striding directly at the target, David Price strides slightly closed; his front foot lands (just) to the left of a line drawn from the middle of the rubber to the point of the plate.

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## Impeccable Timing

In this frame, David Price's front foot is planting. Notice that his Pitching Arm Side forearm is at 90 degrees of external rotation and close to vertical, just as it should be.

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David Price  
96 MPH 4-Seam Fastball  
2015.05.02-0047

Complete Delivery  
60 Frames Per Second



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**Breaking the Hands**

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## **Landing Slightly Closed**

Rather than striding directly at the target, David Price strides slightly closed; his front foot lands (just) to the left of a line drawn from the middle of the rubber to the point of the plate.


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## **Impeccable Timing**

In this frame, David Price's front foot is planting. Notice that his Pitching Arm Side forearm is at 90 degrees of external rotation and close to vertical, just as it should be.

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A photograph of a baseball pitcher, David Price, in the middle of his pitching motion on a mound. He is wearing a grey and blue uniform with the number 22 on his sleeve. His right arm is raised, holding the baseball, and his left leg is planted on the ground. The background shows a green field and a brown dirt mound. A large, semi-transparent watermark "chrisoleary.com" is overlaid across the center of the image.




## Foot Plant

David Price's front foot is starting to plant and his shoulders are starting to rotate. His front toe is pointing at the catcher. His Pitching Arm Side elbow is just below the level of his shoulders and is bent roughly 90 degrees. Rather than showing the ball to Center Field, he is showing the ball to First Base. He landed flat footed, not on his toe or his heel.

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## **External Rotation**

As his hips pull his shoulders around, notice how the ball stays in roughly the same place for a number of frames. The weight of the ball in his hand causes David Price's Pitching Arm Side (PAS) upper arm to externally rotate and his PAS forearm to lay back.

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## **Leading with the Elbow**

Some people believe that it's problematic if pitchers lead their throws with their Pitching Arm Side elbows. However, these clips makes it clear that leading with the elbow is a normal part of the act of throwing hard.

## Shoulder Tilt

Rather than keeping his shoulders level, as he goes into the Release Point, David Price tilts his shoulders such that his Pitching Arm Side (PAS) shoulder is significantly higher than his Glove Side (GS) shoulder.

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## **Pitching Elbow Extending**

Some people teach that a pitcher's arm slot is a function of the bend of their elbow at the Release Point. In truth, arm slot is a function of shoulder tilt, not elbow angle. The rapid rotation of the shoulders causes a pitcher's Pitching Arm Side elbow to extend fully, or nearly so, just before the Release Point, as is happening in this frame.

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## Maximum Pronation

David Price's Pitching Arm is at maximum pronation, with his thumb pointing at least straight down at the ground. That is an indication of how hard David Price pronated through the Release Point.

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David Price  
Fastball  
2015.05.16-0008

Stride Through Release  
60 Frames Per Second



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### **Hiding the Ball**

Notice how, during his arm swing, David Price keeps his body between the ball and the batter, making it as hard as possible for the batter to see the ball.

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## **Maximum Elbow Height**

In this frame, David Price's Pitching Arm Side (PAS) elbow has reached its maximum height relative to a line drawn through his shoulders. From this point on, his PAS hand keeps rising up but his PAS elbow stays just below the level of his shoulders.

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## Front Foot Opening

While he strides sideways and keeps his front foot closed during most of his stride, as he goes into Foot Plant, David Price opens his front foot so that it lands pointing at the target.

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**Landing Slightly Closed**

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## External Rotation

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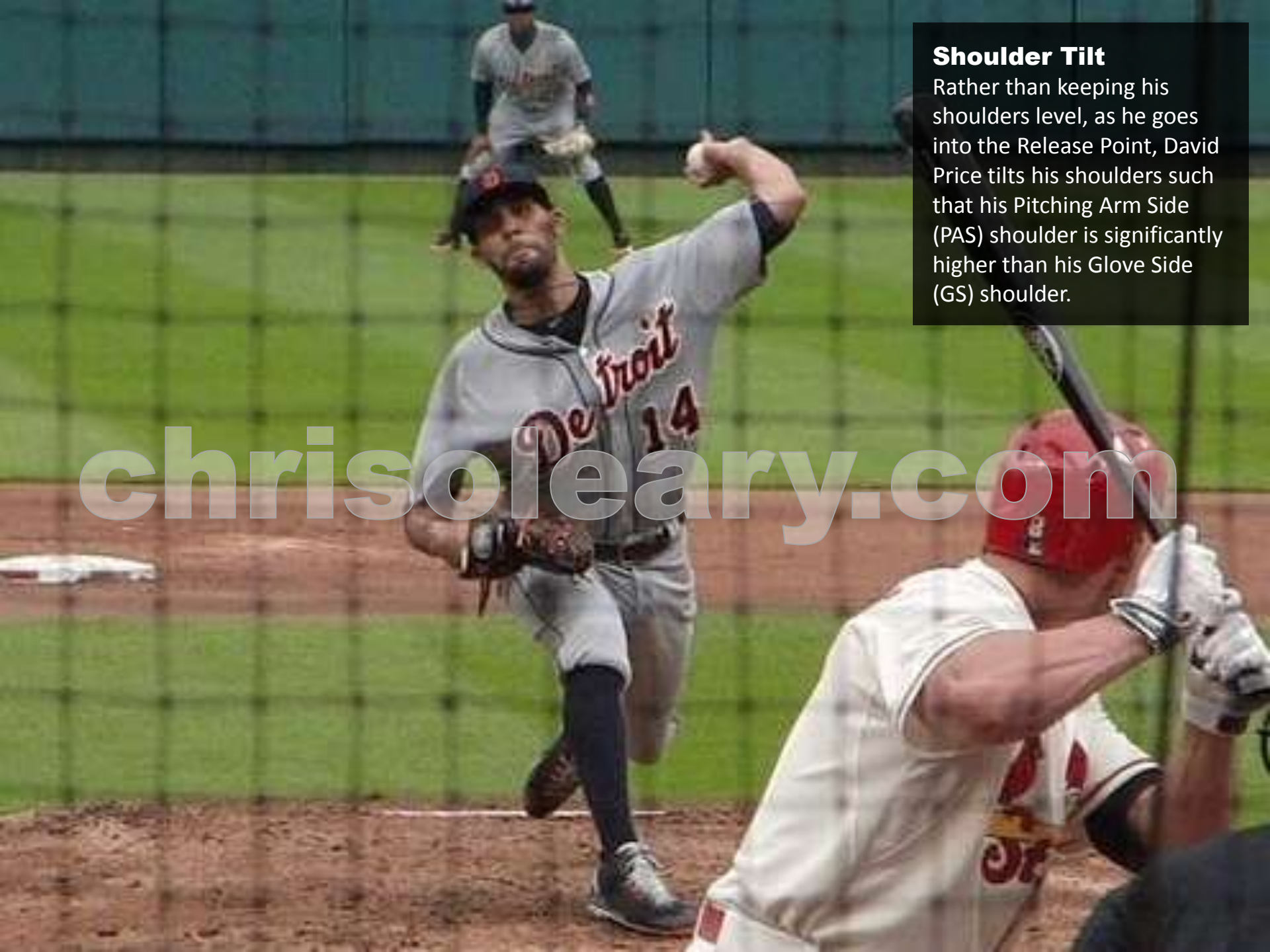
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## Maximum Pronation

David Price's Pitching Arm is at maximum pronation, with his thumb pointing at least straight down at the ground. That is an indication of how hard David Price pronated through the Release Point.

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David Price  
Fastball  
2015.05.16-0008

Arm Action  
120 Frames Per Second



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# **Career Photographic Study**

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## Where to go From Here

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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)