



An Analysis of the Pitching Mechanics of...

David Price

Chris O'Leary

2015.05.02

**Last Updated 2015.05.14
Version Beta 2**

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My family and I thank you.

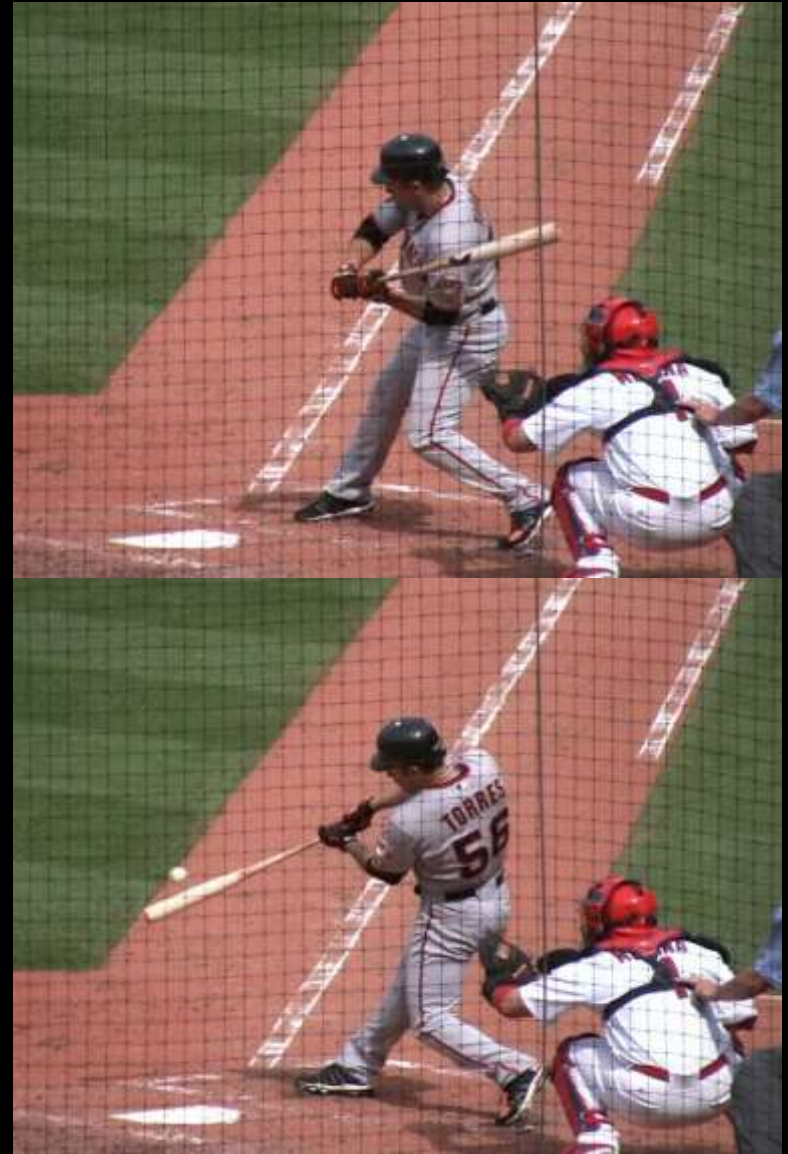
Chris O’Leary
May 2015

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.**

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.



ABOUT THIS FLIPBOOK

This flipbook is a free, preview version of my David Price flipbook. To purchase the full version, go to....

www.chrisoleary.com/flipbooks

David Price
360 Degree View
2015.05.02

60 Frames Per Second

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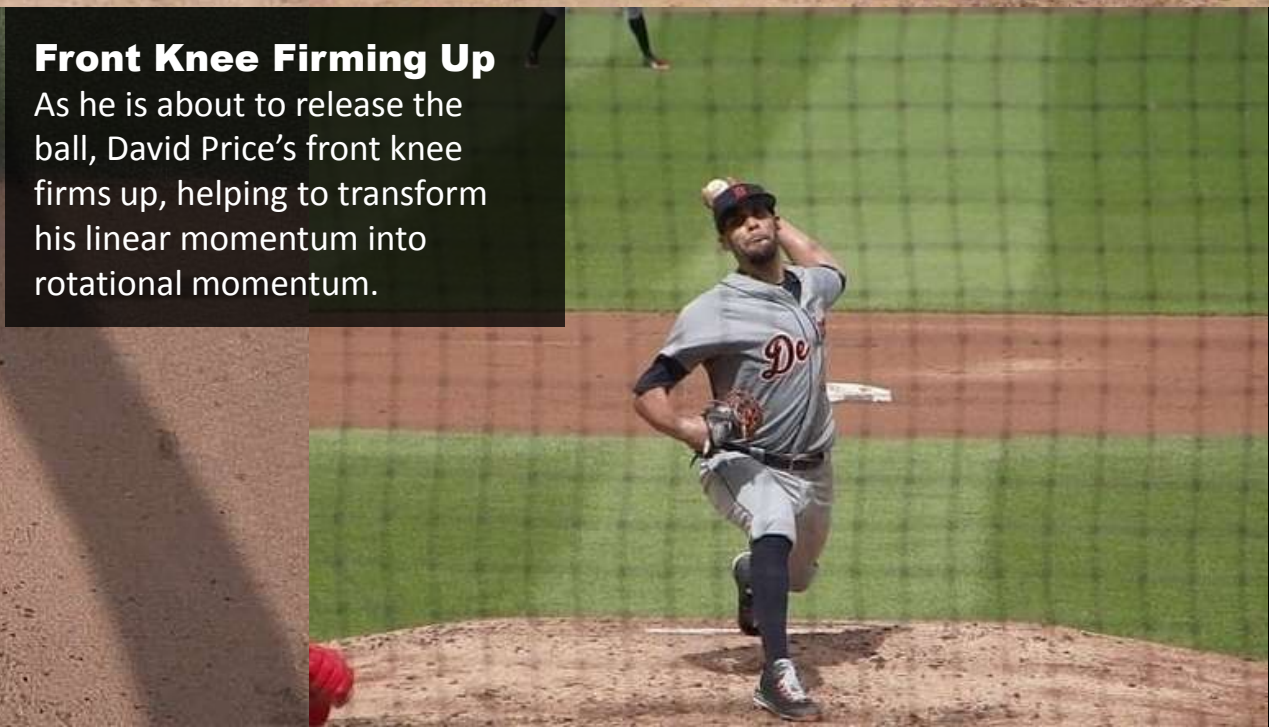
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Front Knee Firming Up

As he is about to release the ball, David Price's front knee firms up, helping to transform his linear momentum into rotational momentum.





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.







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.

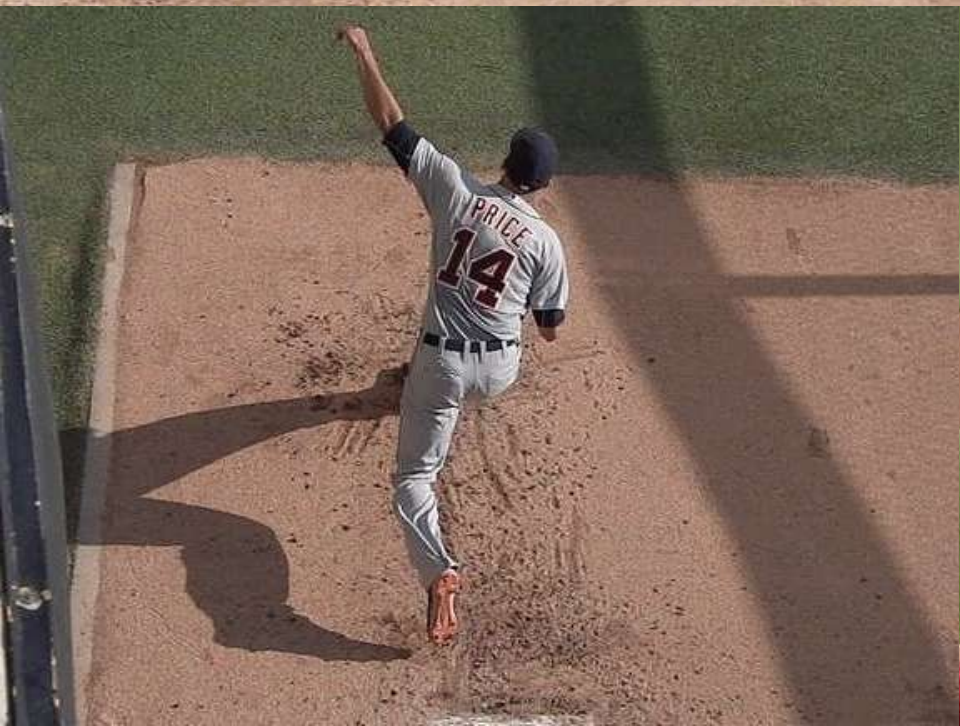




Pitching Elbow Extending
Some people teach that a pitcher's arm slot is a function of the bend of their elbow at the Release Point. In truth, arm slot is a function of shoulder tilt, not elbow angle. The rapid rotation of the shoulders causes a pitcher's Pitching Arm Side elbow to extend fully, or nearly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



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David Price
93 MPH 2-Seam Fastball
2015.05.02-9365

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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.











05









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Spinal, Pelvic, & Shoulder Tilt

As he strides toward the plate, David Price tilts his shoulders, his hips, and his entire spine back toward second base.







Front Leg Sweeping

Rather than striding directly toward the plate, David Price's front leg extends and sweeps out toward first base before coming around toward home plate.





Breaking the Hands

As David Price breaks his hands, he continues to drop his back shoulder and lead with his front hip.











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Elbow as Gunsight

Mariano Rivera talks about how he uses his front, Glove Side elbow like a gunsight; he keeps his front elbow up and in line with the target as long as possible. I don't know what cue(s) David Price uses, but you can see that he does something similar; he keeps his front elbow up and in line with the target, which helps to keep his shoulders closed as long as possible and maximizes his Separation.



Striding 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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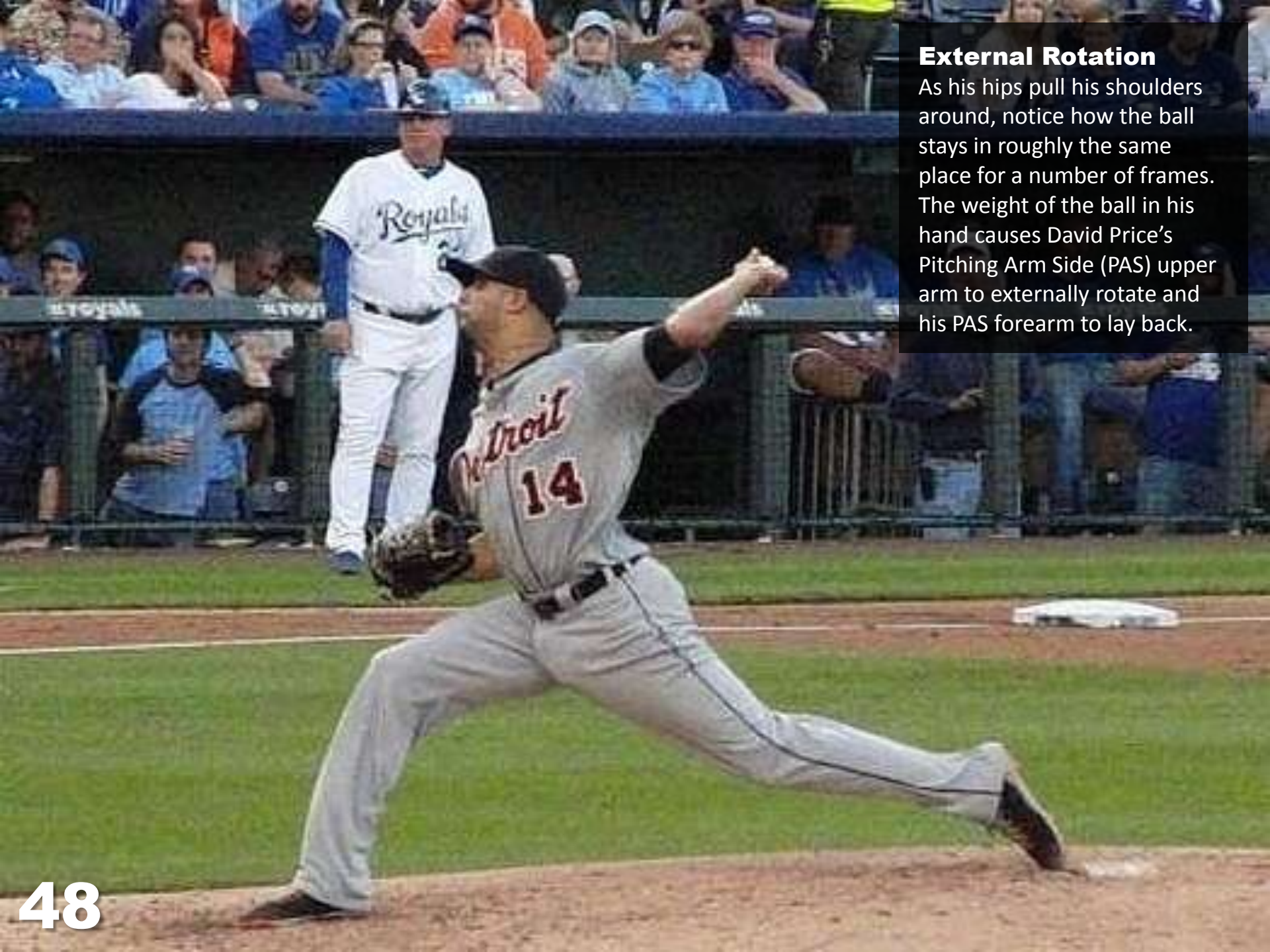


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Front Knee Firming Up

As he is about to release the ball, David Price's front knee firms up, helping to transform his linear momentum into rotational momentum.



External Rotation

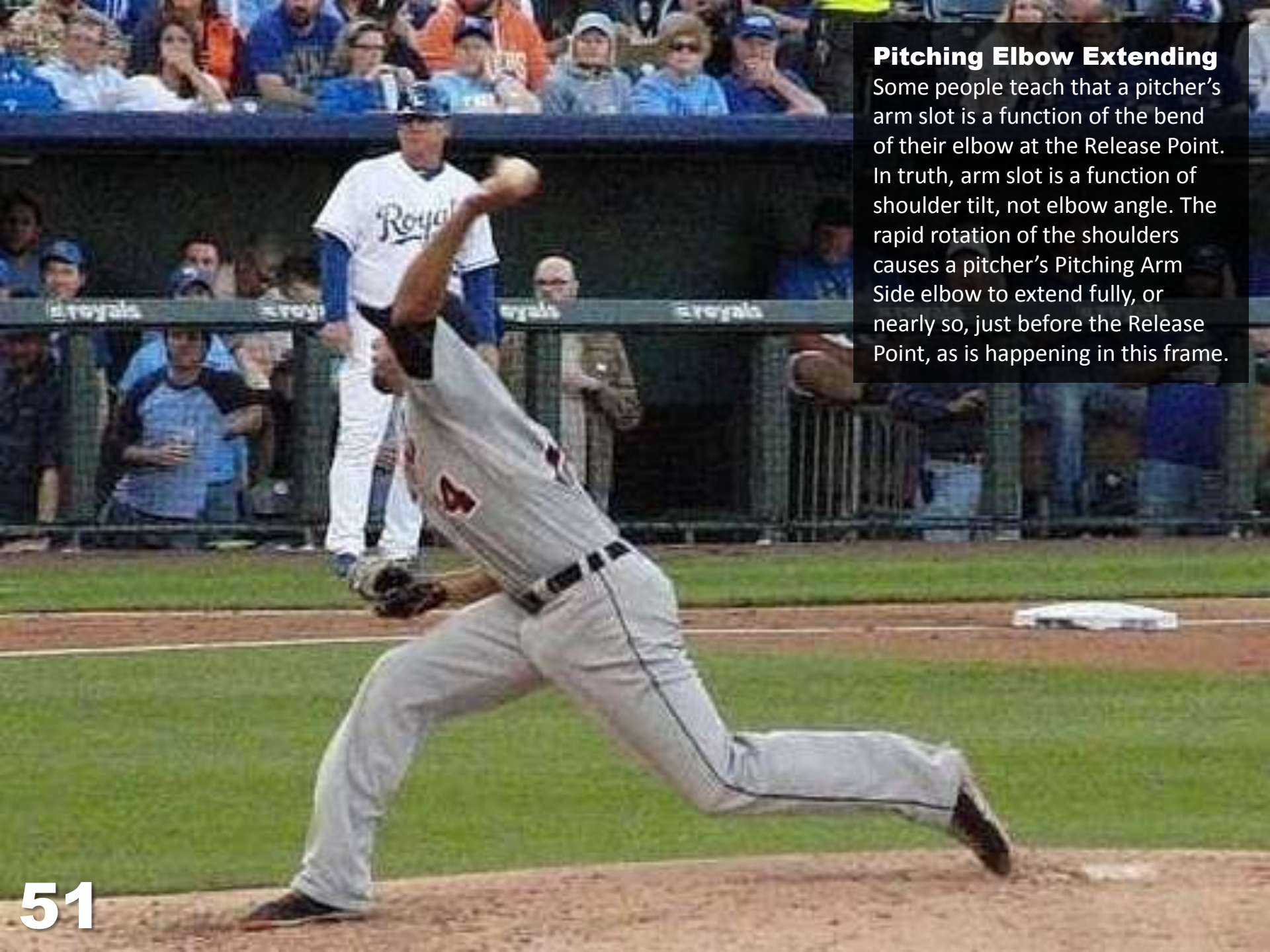
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Some people teach that a pitcher's arm slot is a function of the bend of their elbow at the Release Point. In truth, arm slot is a function of shoulder tilt, not elbow angle. The rapid rotation of the shoulders causes a pitcher's Pitching Arm Side 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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65











70











75

David Price
96 MPH 4-Seam Fastball
2015.05.02-0047

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60 Frames Per Second





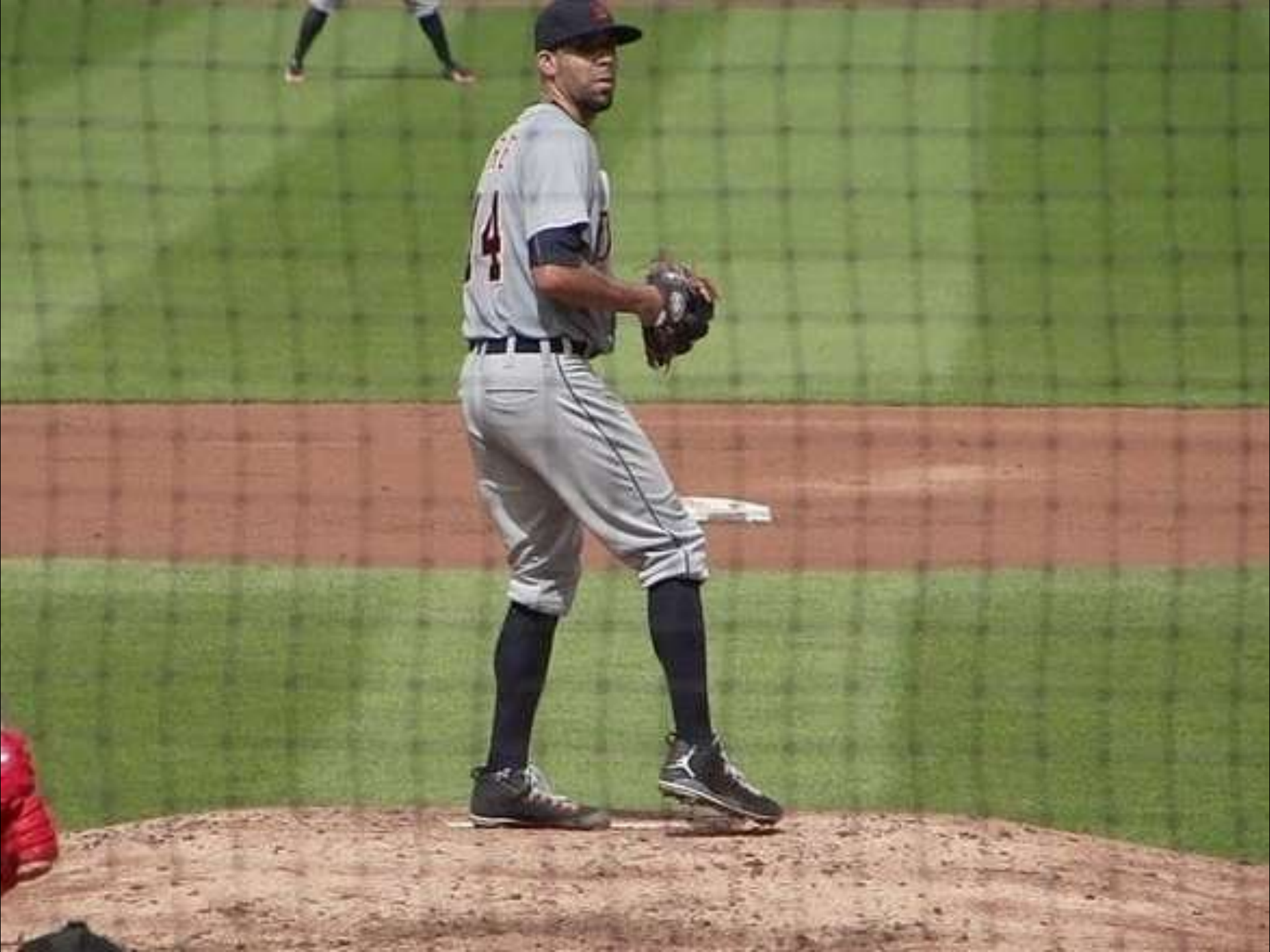






















































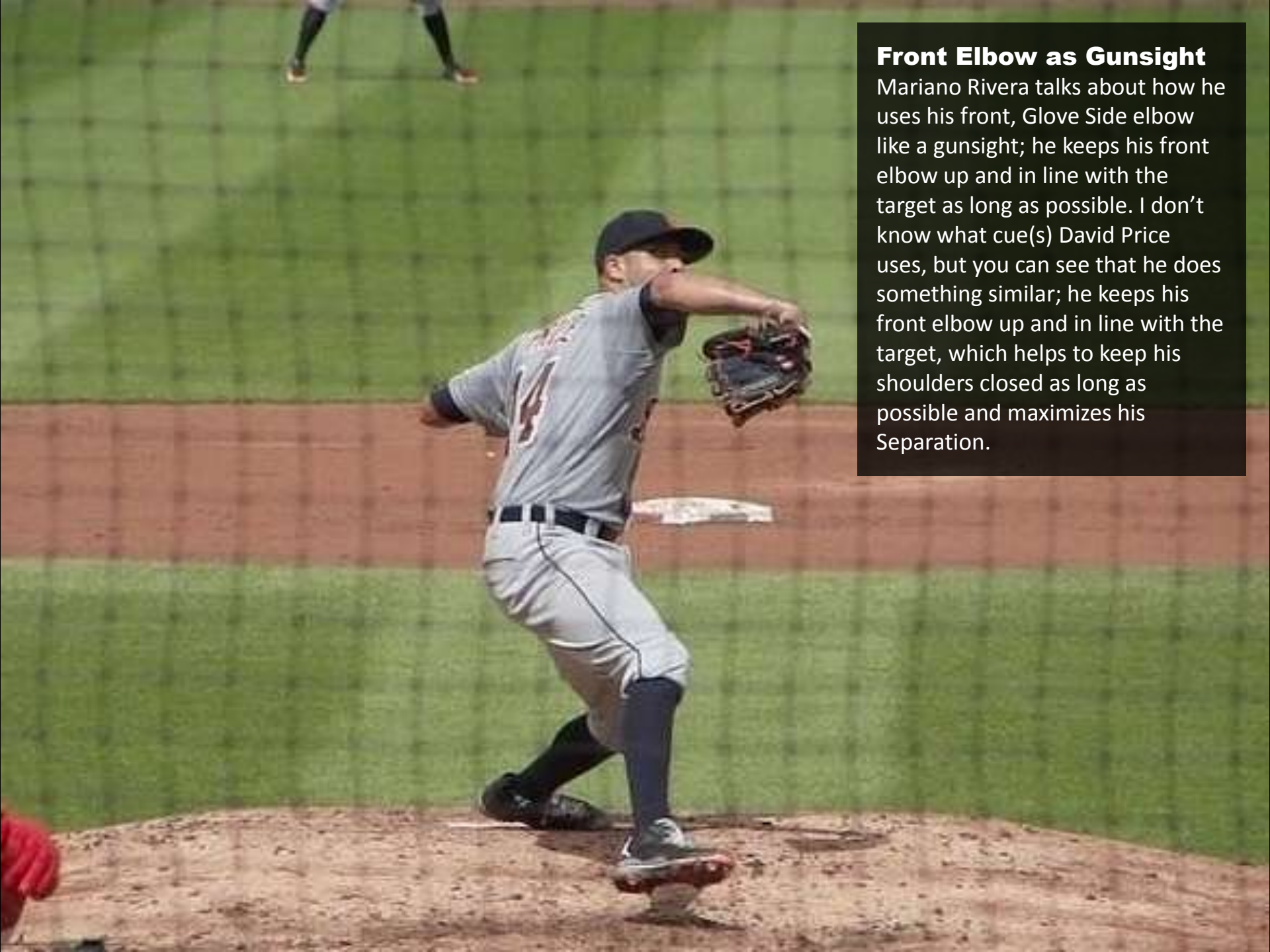






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David Price
Fastball
2015.05.02-9398

Complete Delivery
60 Frames Per Second

A baseball player, seen from behind, stands on a pitcher's mound. He is wearing a grey uniform with the name 'PRICE' and the number '14' on the back. He is also wearing a black cap and a black belt. The mound is made of reddish-brown dirt, and the surrounding field is green grass. The background shows a reddish-brown wall, likely the outfield fence.

PRICE

14

















PRICE

14



PRICE

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PRICE

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PRICE

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PRICE

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David Price
2-Seam Fastball
2015.05.02-9286

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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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Front Leg Sweeping

Rather than striding directly toward the plate, David Price's front leg extends and sweeps out toward first base before coming around toward home plate.





Breaking the Hands

As David Price breaks his hands, he continues to drop his back shoulder and lead with his front hip.











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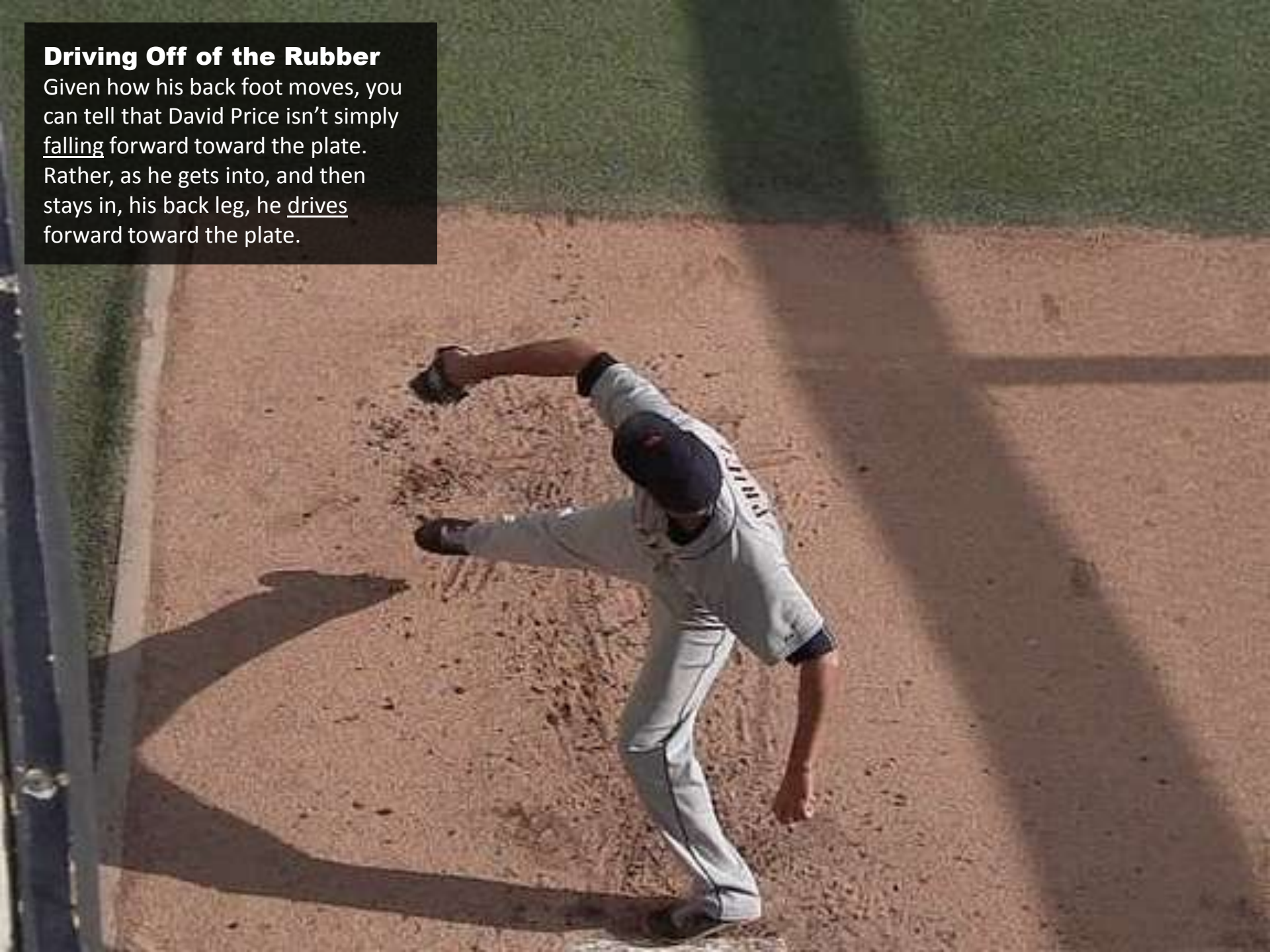
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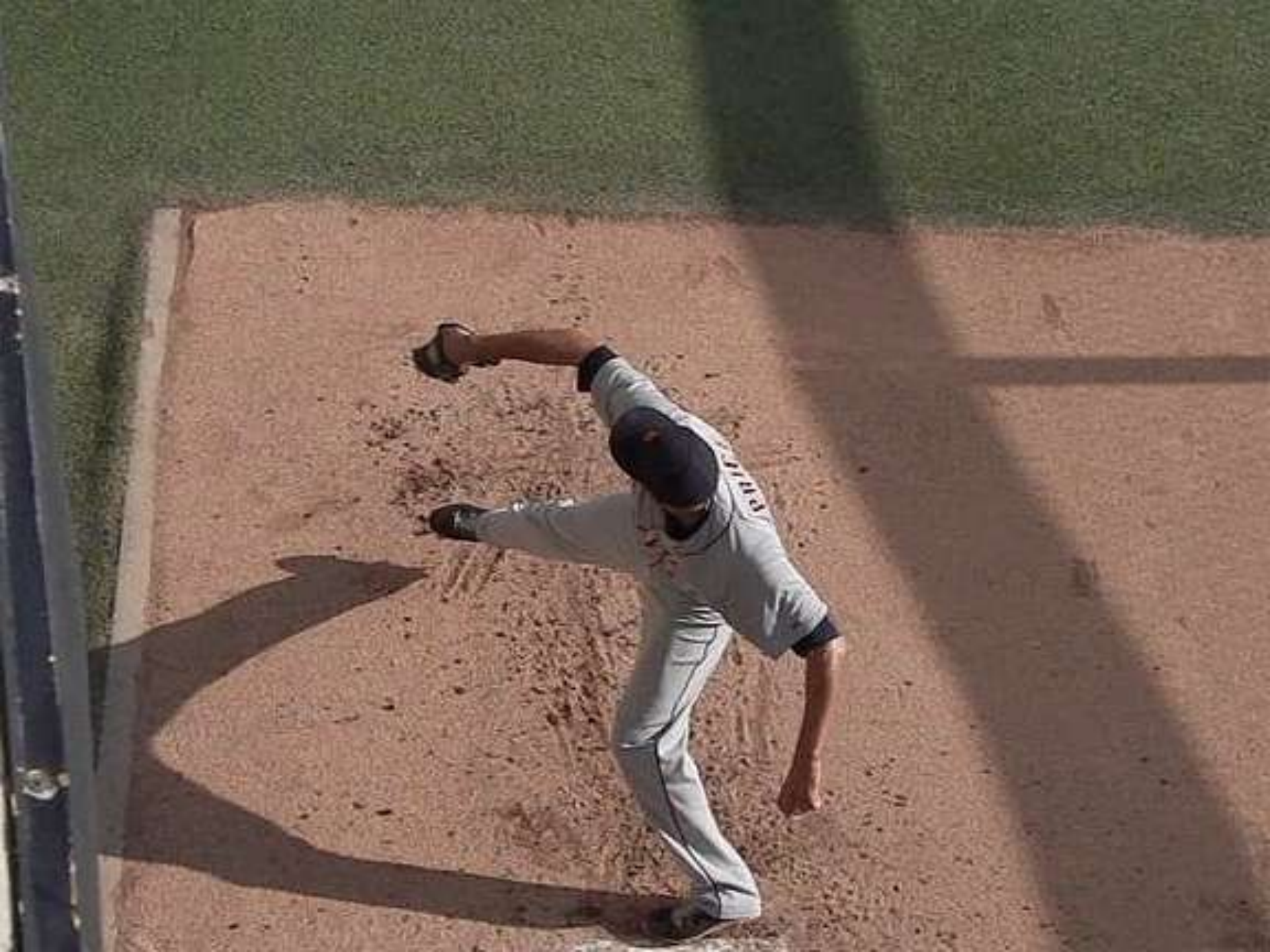
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Driving Off of the Rubber

Given how his back foot moves, you can tell that David Price isn't simply falling forward toward the plate. Rather, as he gets into, and then stays in, his back leg, he drives forward toward the plate.





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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Striding Slightly Closed

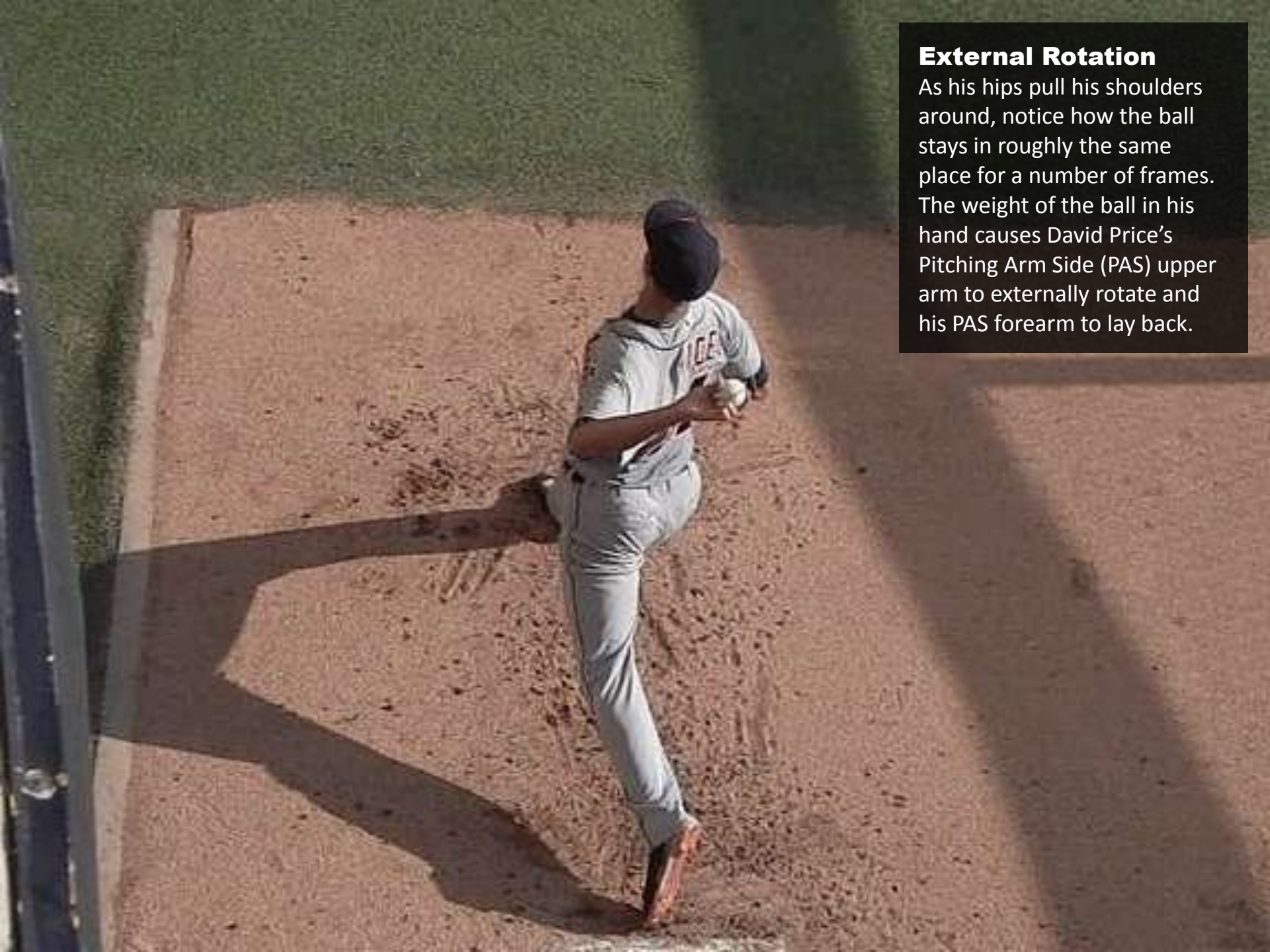
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External Rotation

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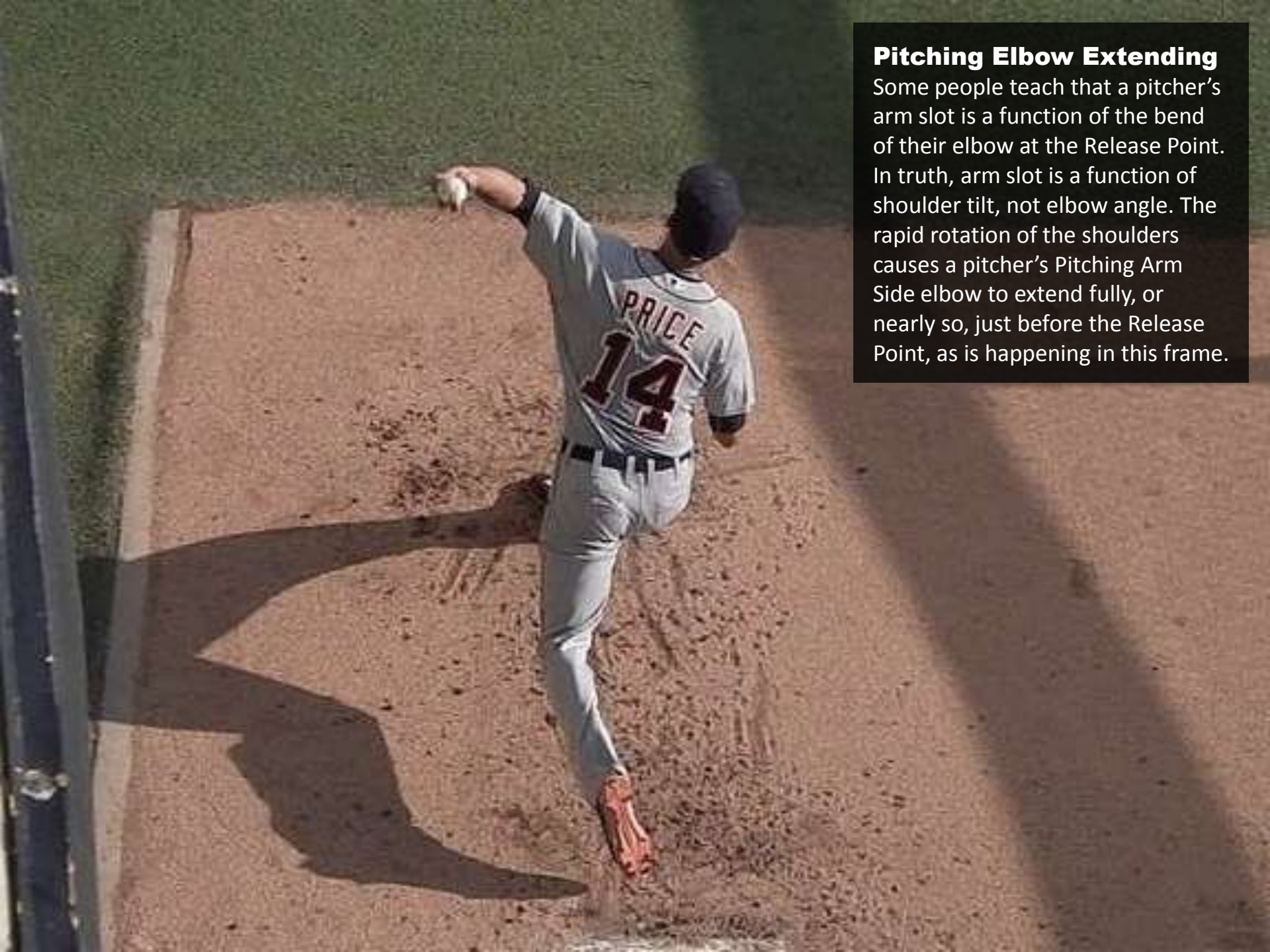






Shoulder Tilt

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.

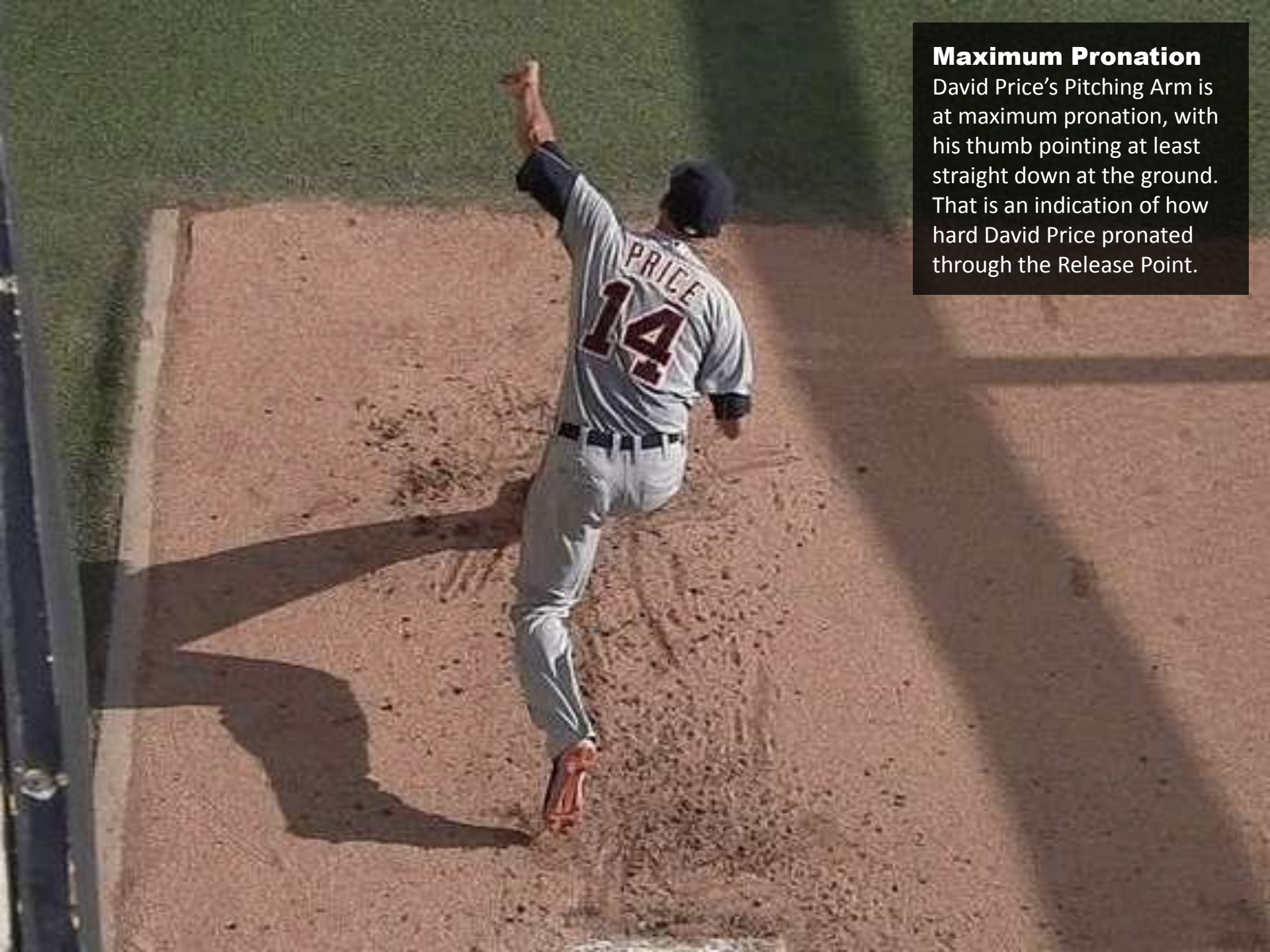


Pitching Elbow Extending

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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.











































The thing that stands out to me in David Price's arm action is...

David Price
93 MPH 2-Seam Fastball
2015.05.02-9365

Arm Action
120 Frames Per Second





















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David Price
96 MPH 4-Seam Fastball
2015.05.02-0047

Arm Action
120 Frames Per Second



































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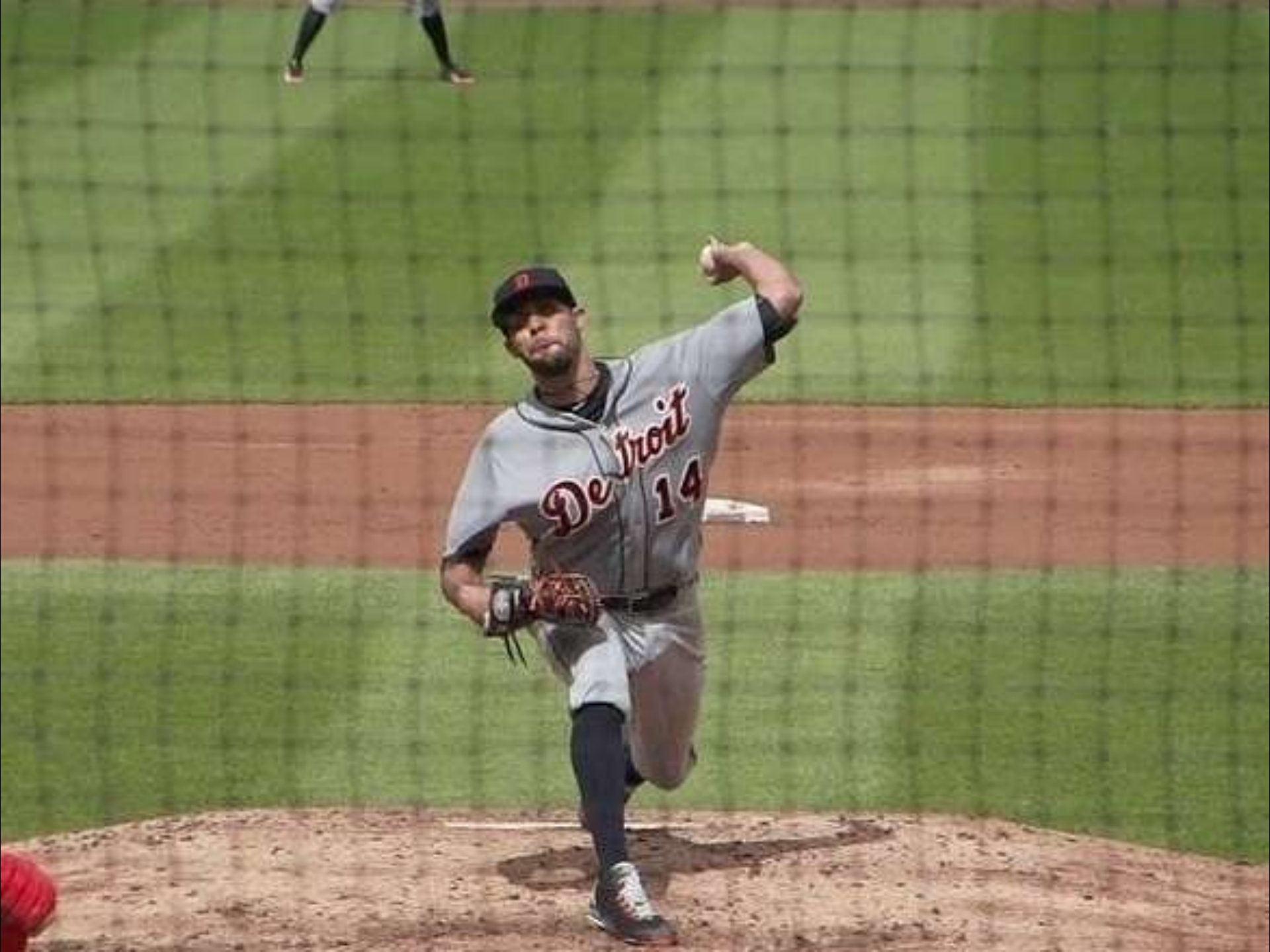
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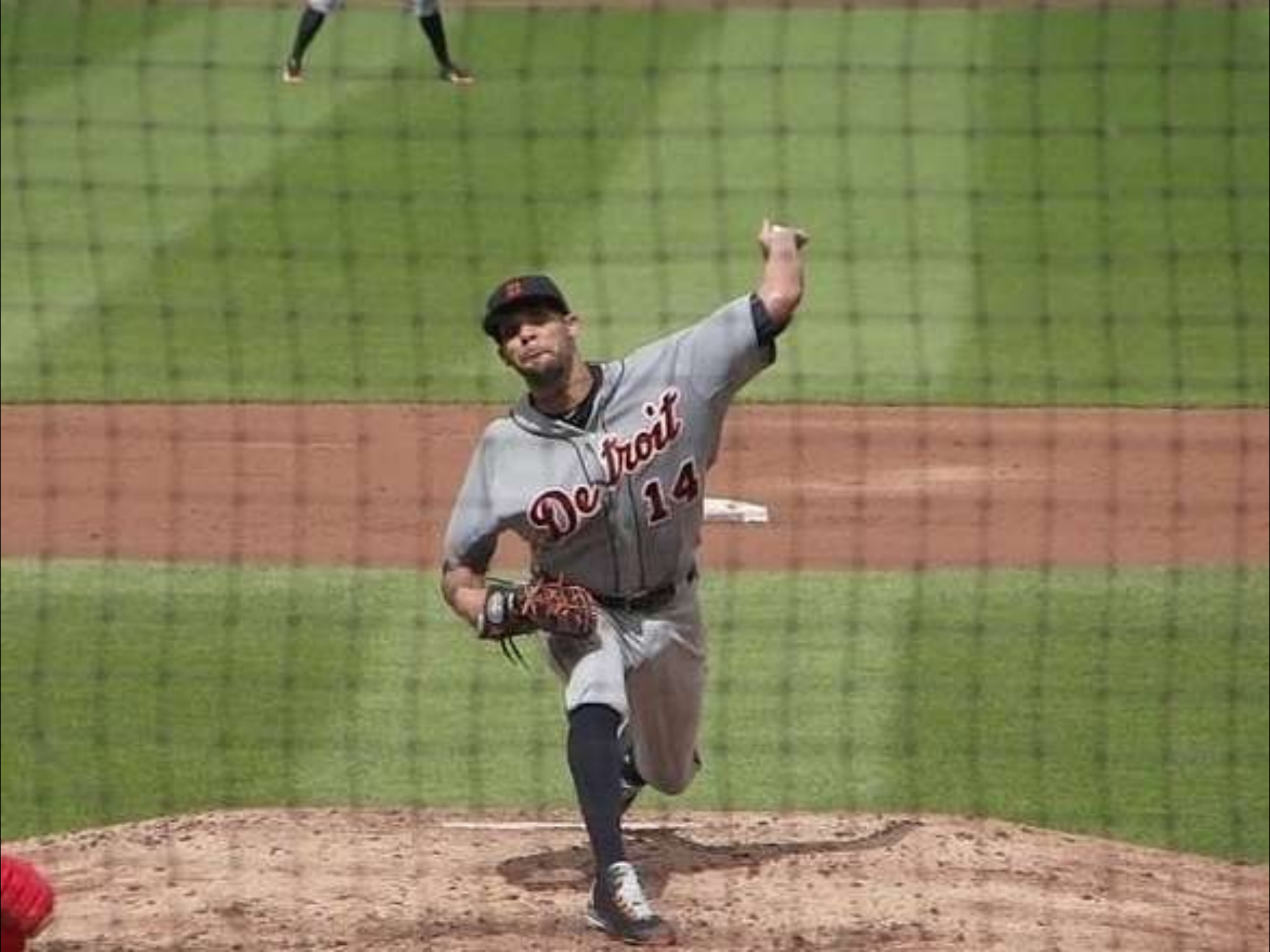
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David Price
Fastball
2015.05.02-9398

Arm Action
120 Frames Per Second







PRICE
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David Price
2-Seam Fastball
2015.05.02-9286

Arm Action
120 Frames Per Second













































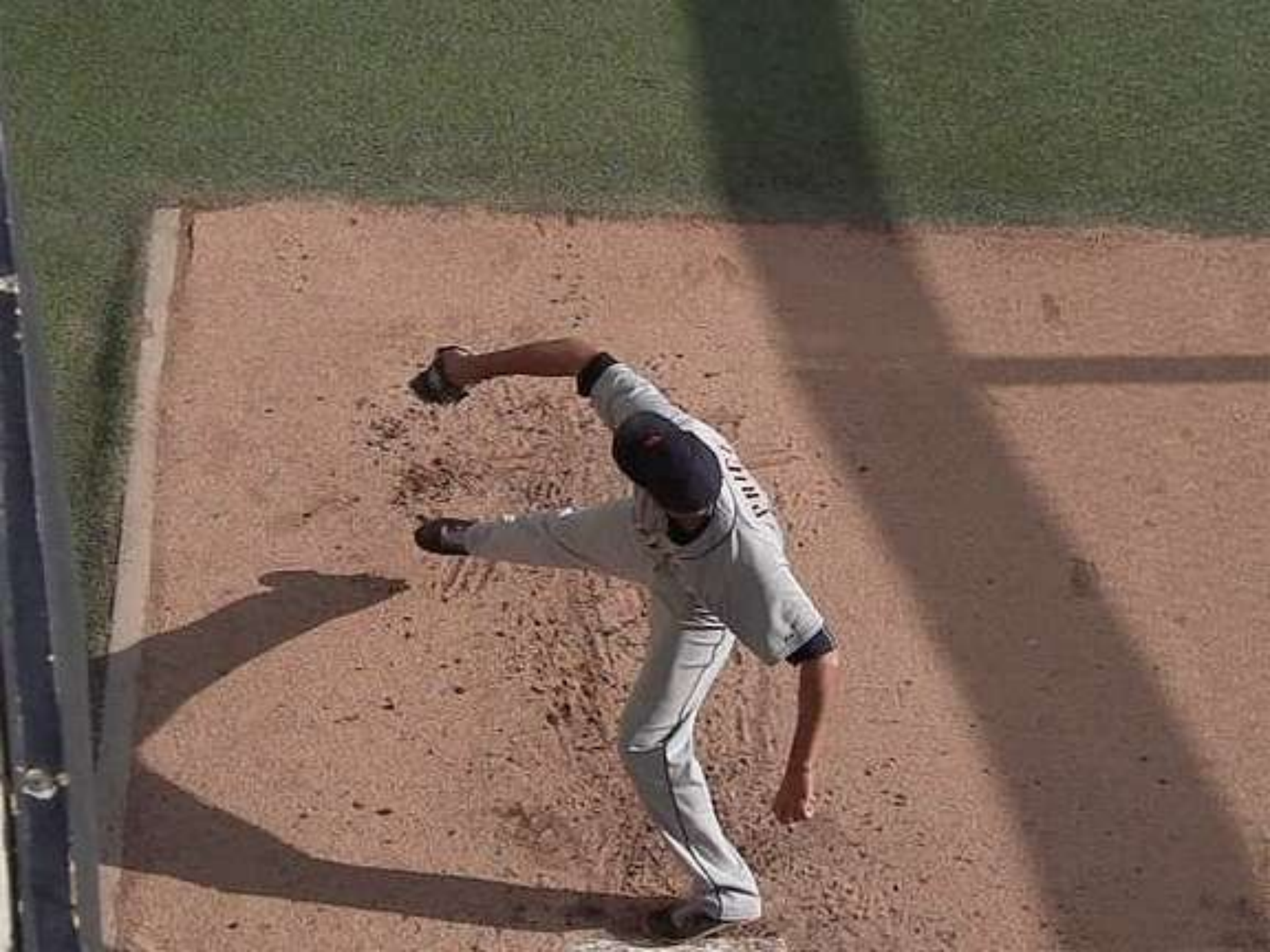


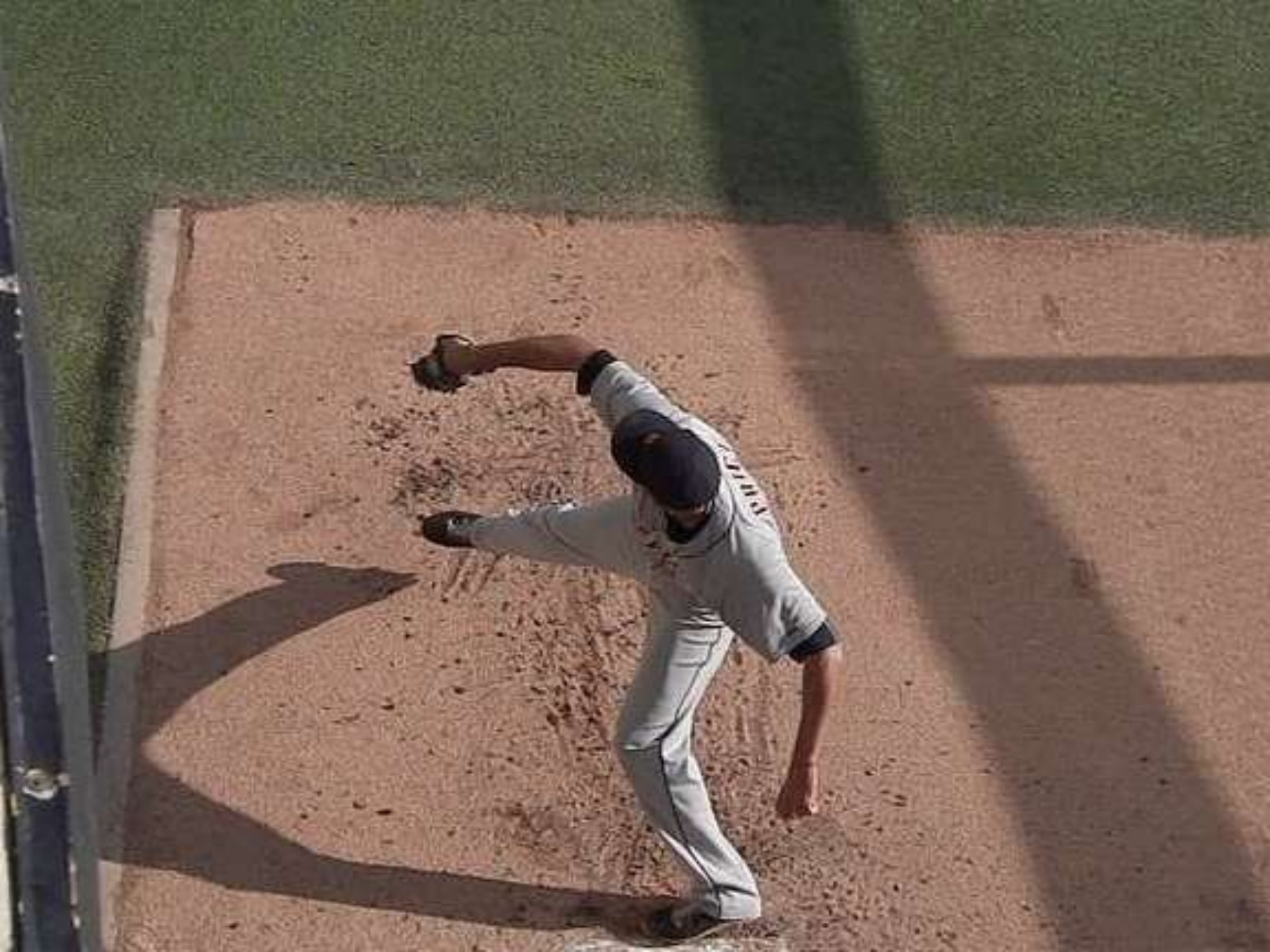


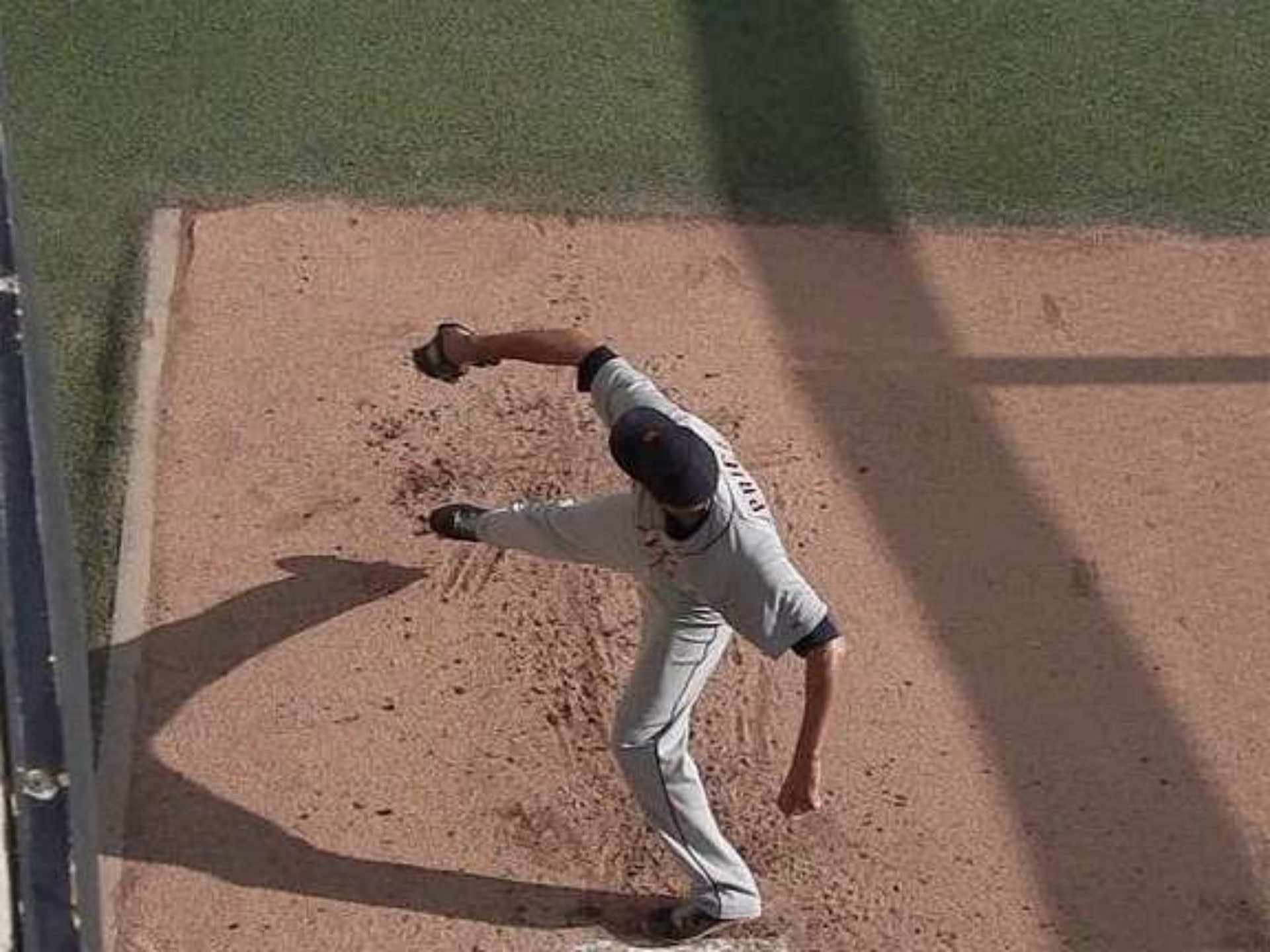






















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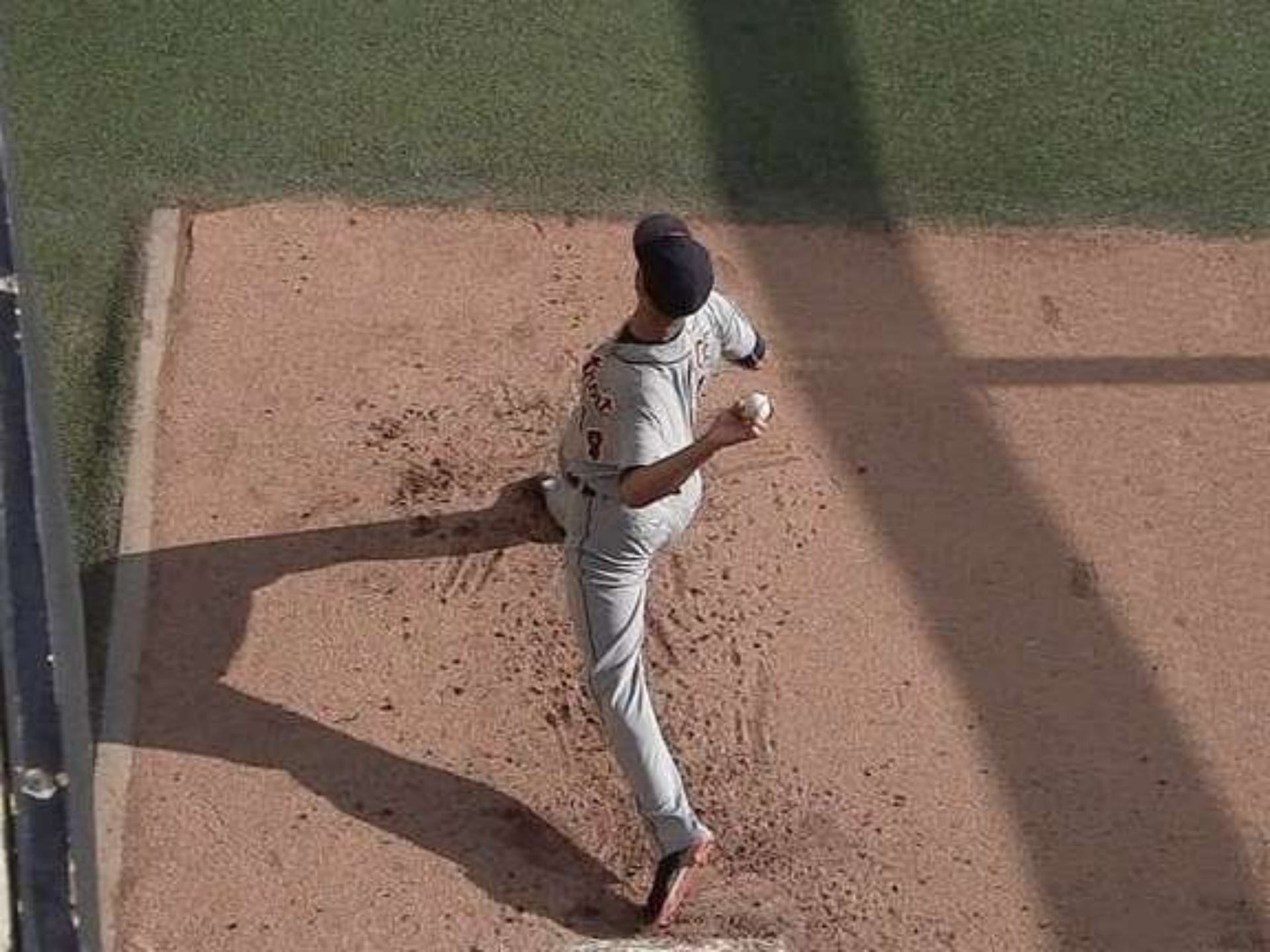
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David Price
Fastball
2015.05.16-0008

Arm Action
120 Frames Per Second











































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Where to go From Here

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