

# PITCHER ANALYSIS – ZACH DUKE

AN ANALYSIS OF ZACH DUKE'S PITCHING MOTION & MECHANICS

1/11/2006

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## General Comments About Zach Duke

- 6' 2"
- 212 lbs.

## Comments About Zach Duke's Pitching Motion And Mechanics

- 1/11/2006
  - Very good mechanics.
    - One of the best young pitchers I have seen.
  - Very good timing.
  - Signs of early pronation, which should protect his elbow.
  - My biggest concern is for his rotator cuff.
    - He moves his elbows significantly behind the Acromial Plane which puts his rotator cuff at risk.
      - However, his elbows don't go too far behind the Acromial Plane and most importantly don't go above his shoulders.
  - Very limited reverse-rotation.
- 5/4/2006
  - Has possibly had some problems with rushing in 2006.



1. 1



2. 1



3. 1

Seemingly very little reverse-rotation of hips or shoulders and longer arm swing, both of which are good.



4. 1



2



5. 1



6. 1



7. 1



8. 1

I don't like how far his elbows are behind the acromial plane. However, his elbows are below his shoulders, which should reduce the risk to his rotator cuff.



9. 1

2

**GLOVE-SIDE FOOT PLANTED:** My only concern is that it looks like he may be extending his glove-side knee, which will increase the amount his hips will rotate and will give him a few extra MPH (at the risk of elbow problems other than a torn UCL).



10. 1



11. 1



2

**SHOULDERS STARTING TO ROTATE:** His shoulders don't start to rotate until after his glove-side foot is planted and his PAS forearm is vertical, which is good for his shoulder.

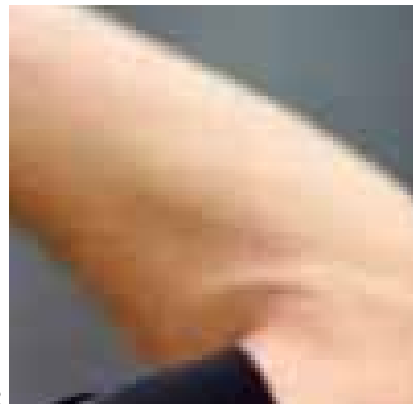
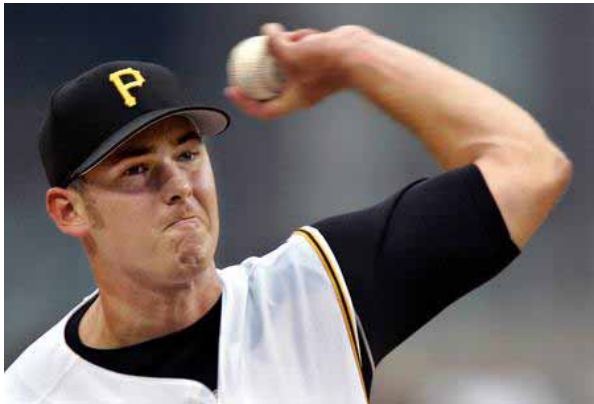


12. 1



13. 1

2



14. 1

2

I REALLY like what he seems to be doing in his picture. I see signs of early pronation, which is good. His elbow is just starting to move through the danger zone but he is pronating his forearm (I believe that you can see his Pronator Teres muscle bulging in his forearm in the middle of frame 14.2). This should take some of the load off of his UCL and keep the bones of his elbow from slamming together.





15. 1



16. 1



17. 1



2

He isn't as pronated in these pictures as some, but I believe this is because he pronates earlier than most.