

An analysis of the swing of...

Albert Pujols

**Single to Left Field
High First Base View**

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How To Use This eBook

The best way to use this eBook is to go through it frame by frame. You can advance from one frame to the next using the page up/page down or up/down arrow keys on the keyboard. This will enable you to walk forward and backward through the critical frames of the swing.

About Chris O'Leary

Chris O'Leary is a coach, instructor, analyst, and writer who works with baseball pitchers and baseball and fast pitch softball hitters. He has worked with players ranging in age from pre-school through major D-1 college, minor league, and major league levels. Chris O'Leary can be contacted via e-mail at thepainguy@gmail.com or by phone at 314.494.1324. More of Chris O'Leary's writings can be found at his web site: www.chrisoleary.com

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This clip is from Albert Pujols' third at bat against Josh Beckett on 3/27/2009 in the top of the sixth inning. I'm not sure, because detailed GameDay data isn't available for this game, but based on Albert's swing I think the pitch was an 0-1 curveball that broke down and away. The result of the swing was a hard-hit single to Left Field.

This clip was shot in high definition, with a high shutter speed, which is why it is so detailed and why there is no blurring in the clip.

01



02



03



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17



Notice how in Frame 17 Albert Pujols front leg is internally rotated; how his front heel is high and the toe of his front foot is pointing at the ground. This is helping to keep his hips closed so that they can open just before he starts his swing.

18



19



20



21



In this frame, Albert Pujols' front heel is just about to plant and his back elbow is just starting to drop.

22



23



Front Heel Planted: In this frame, Albert Pujols' front heel has planted and his torso is just starting to rotate. Notice how Albert Pujols' hips have started to open while his shoulders are still closed.

24



25



26



27



28



29



30



Notice how Albert Pujols front knee is extending. This is powering the rotation of his hips which in turn is pulling his shoulders around.

31



In this and the following few frames, Albert Pujols' back toe is completely off the ground.

32



It's interesting to note that you can see the bat flexing forward toward the pitcher in Frame 32. This is the whip effect that many people talk about and its caused by the rapid acceleration, and then rapid deceleration, of the shoulders. This, rather than the action of the wrists, causes the head of the bat to whip out into the path of the ball.

33



Point Of Contact: Albert Pujols was fooled a bit by this pitch, which was probably a curveball low and away. Notice how he is making contact out in front of his front foot rather than at the heel of his front foot and how he hit the ball off the end of the bat. However, Albert Pujols was still able to adjust while maintaining his connection through this swing. Notice how, rather than making the Power V at the Point Of Contact, Albert Pujols' back elbow is still bent roughly 90 degrees and is in the Power L position. That is why he was still able to hit the ball quite hard. Also, notice how Albert Pujols' front knee is almost fully extended in the frame, which accelerated his hips through the Point Of Contact.

34



35



36



37



38



Letting Go Of The Bat: In the frame, Albert Pujols' arms have been pulled out into the Power V position and he has just let go of the bat with his top hand.

39



40



41



42



43



Squishing The Bug: In this frame, Albert Pujols is squishing the bug. However, this is well after the Point Of Contact (POC). At the POC, there was little to no weight on Albert Pujols' back foot.

44



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46



47



48



49



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51



52



For More Information

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More of Chris O'Leary's writings can be found on his web site...

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