

**An analysis of the swing of...**

# **Carlos Beltran**

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

**Chris O'Leary**

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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 the D-1 college, minor league, and major league levels. Chris O'Leary can be contacted via e-mail at [thepainguy@gmail.com](mailto: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](http://www.chrisoleary.com)

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01



**Setup:** Carlos Beltran is in a very nice position when he sets up and prepares to swing. In terms of his lower body, his stance is fairly square, his feet are a bit wider than the length of the bat apart, his knees are bent, his weight is 60/40 back to front, his front knee is internally rotated slightly, and his back hip is inside his back knee, which in turn is inside his back foot. In terms of his upper body, his hands are up and back by his back shoulder, his back elbow is at the level of his hands (which in this case are up at the level of his shoulders), his front elbow is extended but not barred, his front shoulder is closed slightly, and he has both eyes on the pitcher.

02



03



04



05



05

06





07



08



09



**Shifting His Hips Sideways:** In Frame 09, Carlos Beltran is starting to push sideways with the inside of his back foot. This is causing his hips to shift sideways toward the pitcher and is establishing linear momentum that will help to power the rotation of his hips.

10



11



12



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19



20



21



**Front Heel Planted and Shoulder Starting to Rotate:** In Frame 21, Carlos Beltran's front heel has planted and his shoulders have started to rotate. Notice that, rather than fanning his front foot open and pointing it toward the pitcher, Carlos Beltran landed with his front foot more closed than open, with his front foot pointed just a bit down the first base line.

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28



Notice that the rapid rotation of Carlos Beltran's hips has pulled (not pushed) his back foot completely up into the air. The rotation of Carlos Beltran's hips is being powered in large part by the extension of his front knee.

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30



**Point Of Contact:** Rather than being extended and making the Power V at the Point Of Contact (POC), notice the perfect Power L in Carlos Beltran's back elbow (and his back knee). In this case it looks like the pitch was a bit inside, so Carlos Beltran's back elbow is tight to his side at the POC. Also, notice that, rather than squishing the bug, Carlos Beltran's back foot remains completely up in the air at the POC.



31



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35



36



37



**38**



In Frame 38, Carlos Beltran has just let go of the bat with his top hand.



39



40



41



42



43



44



45



46





47



48



### **For More Information**

For more information about the concepts and ideas discussed in this eBook, contact Chris O'Leary via...

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

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