

An analysis of the swing of...

David Ortiz

**Single to Center Field
High Third Base View**

Chris O'Leary

April 6, 2009

Version 1.0

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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01



Setup: David Ortiz is in a nice position at setup. His weight is probably 80/20 back/front at this point. He is in an aggressive, athletic position with his back knee inside his back foot and his back hip inside of his back knee. His hands are also back by his back shoulder, but a higher than they will be when he starts his swing (and his hands will also drop first). He also has both eyes on the ball.

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17



Peak of Stride: In Frame 17, David Ortiz's front foot is at its highest. His hands have also dropped and are tipping the bat forward toward the pitcher in preparation for starting his swing. However, you should note that his hands will rise up a bit again before he starts his swing.

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Front Heel Planting and Shoulders Starting to Rotate: In Frame 33, David Ortiz's front heel is planting and his shoulders are just starting to rotate. Notice that while David Ortiz started out with his hands relatively low, and below his back shoulder, at the moment his shoulders start to rotate his hands have risen back up to the level of his shoulders.

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Whip Effect: Notice how you can see the bat bend as David Ortiz's shoulders start to rotate.

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41



42



Whip Effect: In this frame the whip effect is particularly visible. Notice how the head of the bat is wrapping forward toward the pitcher, and whipping out into the path of the ball, as the shoulders rapidly decelerate. This whip effect is probably accentuated by the fact that David Ortiz was fooled a bit by the pitch and had to decelerate the head of the bat especially hard so as to keep from being early. That probably helps to explain why the result of the swing was just a single.

43



Point Of Contact: In Frame 43, David Ortiz's bat is just about to make contact with the ball. Notice the Power L in his back elbow as a result of his maintaining connection through the point of contact. David Ortiz is a relatively more erect hitter, so his back knee is bent more than 90 degrees. Notice that David Ortiz is on the point of his back toe and not squishing the bug (he doesn't squish the bug until Frame 47).

44



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47



Squishing the Bug: In Frame 47, David Ortiz is squishing the bug, but this is several frames after the Point Of Contact (POC). At the POC, David Ortiz had little to no weight on his back foot.

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51



Letting Go Of The Bat: In Frame 51, David Ortiz has let go of the bat with his top hand.

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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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