

**A Full Screen Analysis of the Swing of...**

# **Albert Pujols**

**Home Run to Left Center Field  
First Base View**

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### **About This Document**

This document is a 20 Frame Per Second example of one of my 60 Frame Per Second, High Definition flipbook swing analyses. More such swing analyses -- of players like Albert Pujols, Joe Mauer, and Hanley Ramirez -- are available to people who buy my Rotational Hitting 101 DVD.

## **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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This home run was from Albert Pujols' at bat in the bottom of the 5th Inning on Thursday April 23, 2009. According to Gameday, the pitch was an 85 MPH fastball thrown to Zone 5 (Middle Middle). The previous two pitches were 79 MPH sliders away. The count was 2-0. The ball landed just to the left of the center field grassy area and 5 rows up into the bleachers.





























### Hips Leading The Hands

In Frame 08 Albert Pujols' hips are starting to open up while his shoulders are still closed and his hands are still back.









### Not Squishing The Bug

You can see in Frame 10 that, rather than squishing the bug as many people teach, Albert Pujols' back toe is coming completely off the ground.





### Point of Contact

At the Point Of Contact (POC), Albert Pujols' back elbow is in a position that rotational hitting instructors call the Power L and which is quite different than the Power V position that many of Charley Lau Sr.'s devotees preach. Albert Pujols also isn't swinging level to the ground. Instead, the head of his bat is well below the level of his hands.





### Power V Position

In Frame 12, Albert Pujols is in the Power V position, but this is four frames after the Point Of Contact. That is because extension is the effect of a good swing, not the cause of a good swing.















**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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