A Full Screen Analysis of the Swing of...

Albert Pujols

Home Run to Left Center Field First Base View

Chris O'Leary

September 28, 2009

Version 1.1 Updated 12/27/2009

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 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 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.







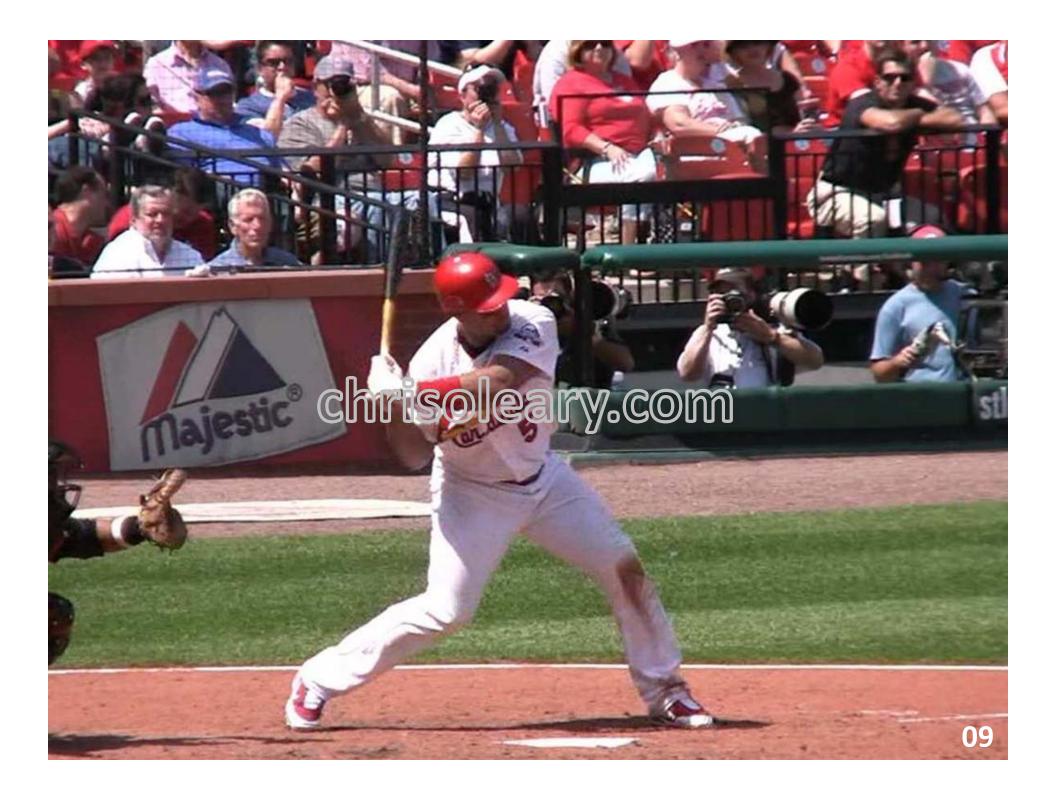
























For More Information

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

E-mail: thepainguy@gmail.com

Phone: 314.494.1324.

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

www.chrisoleary.com