A Full Screen Analysis of the Pitching Mechanics of...

Jeff Suppan

Third Base View Fastball

Chris O'Leary

October 5, 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 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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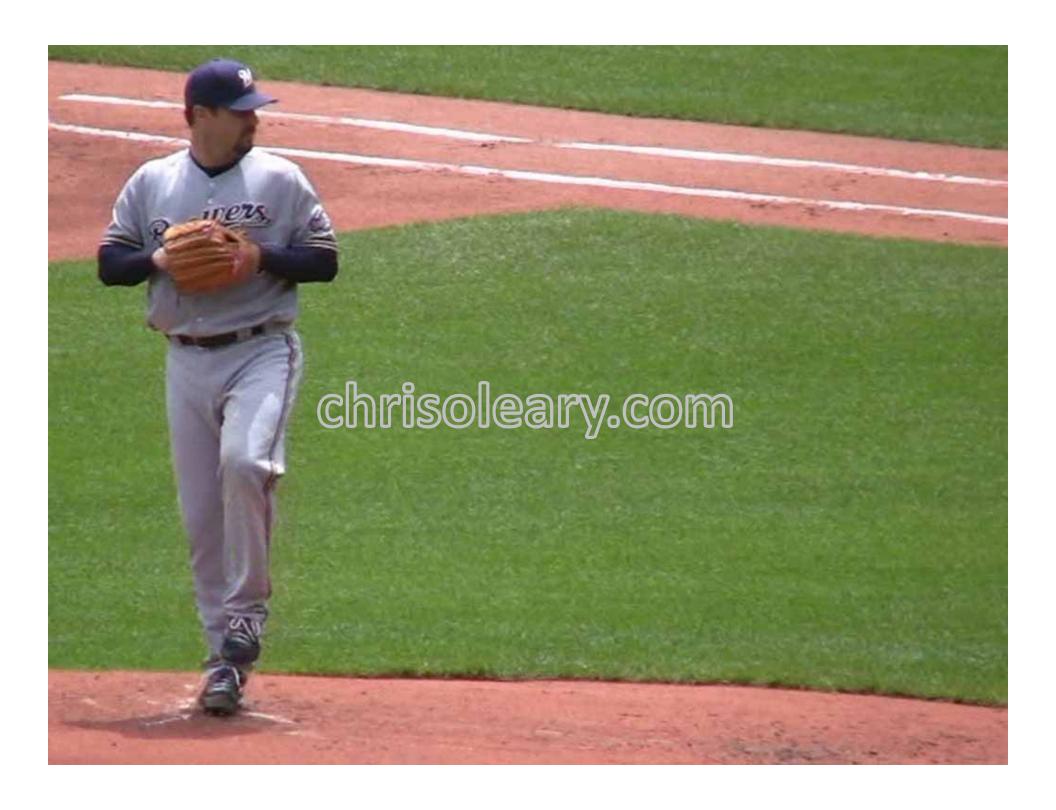




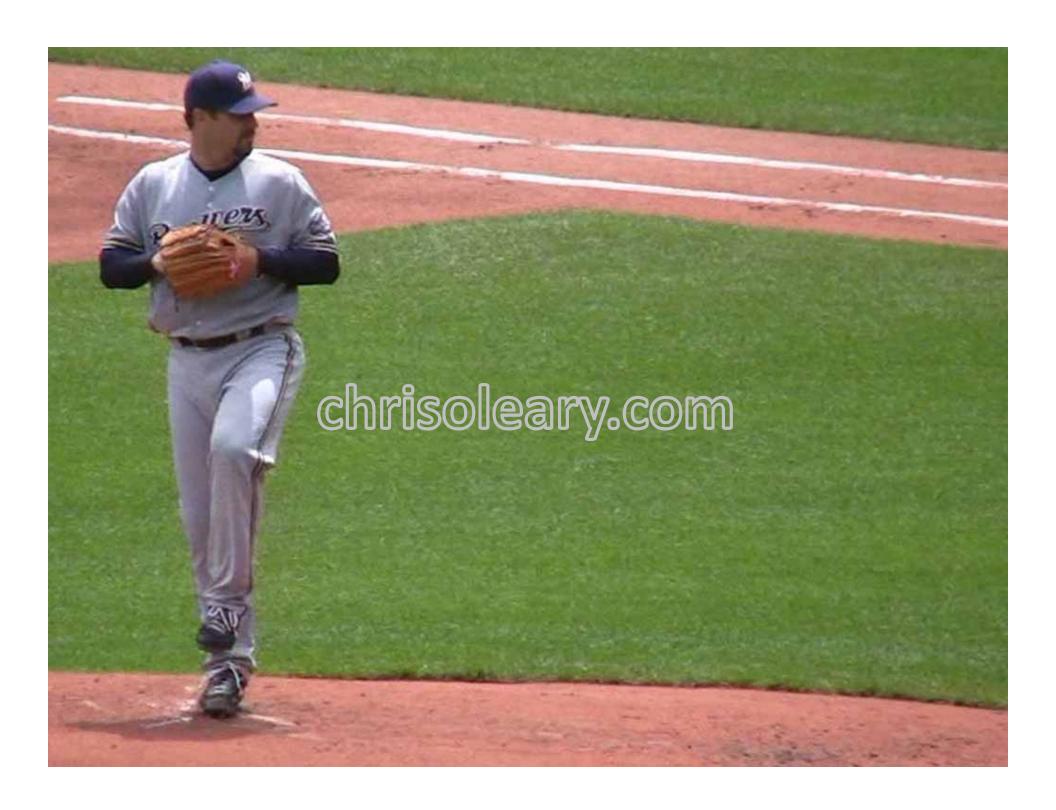


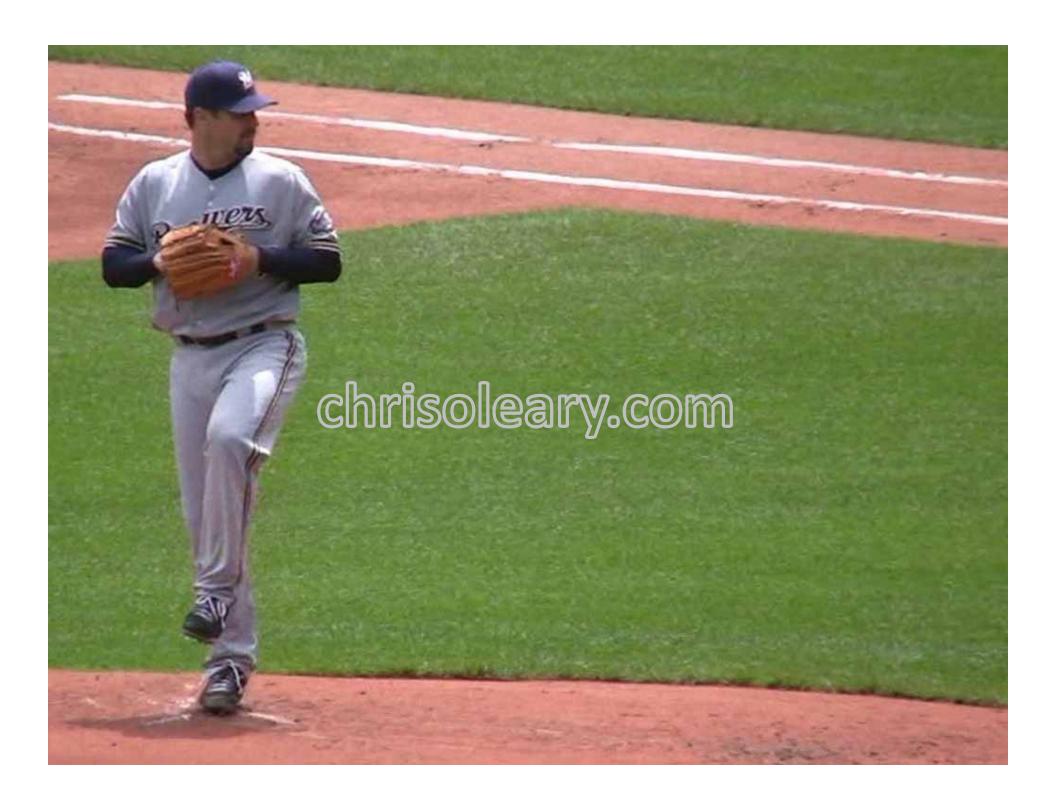


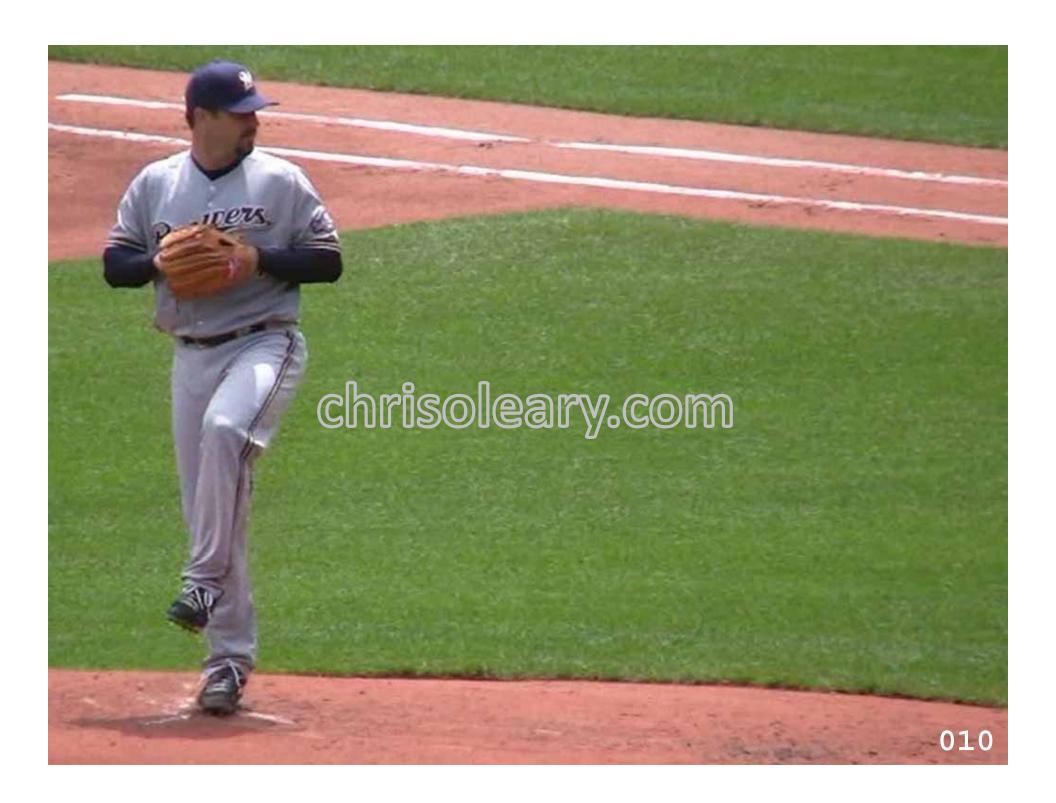




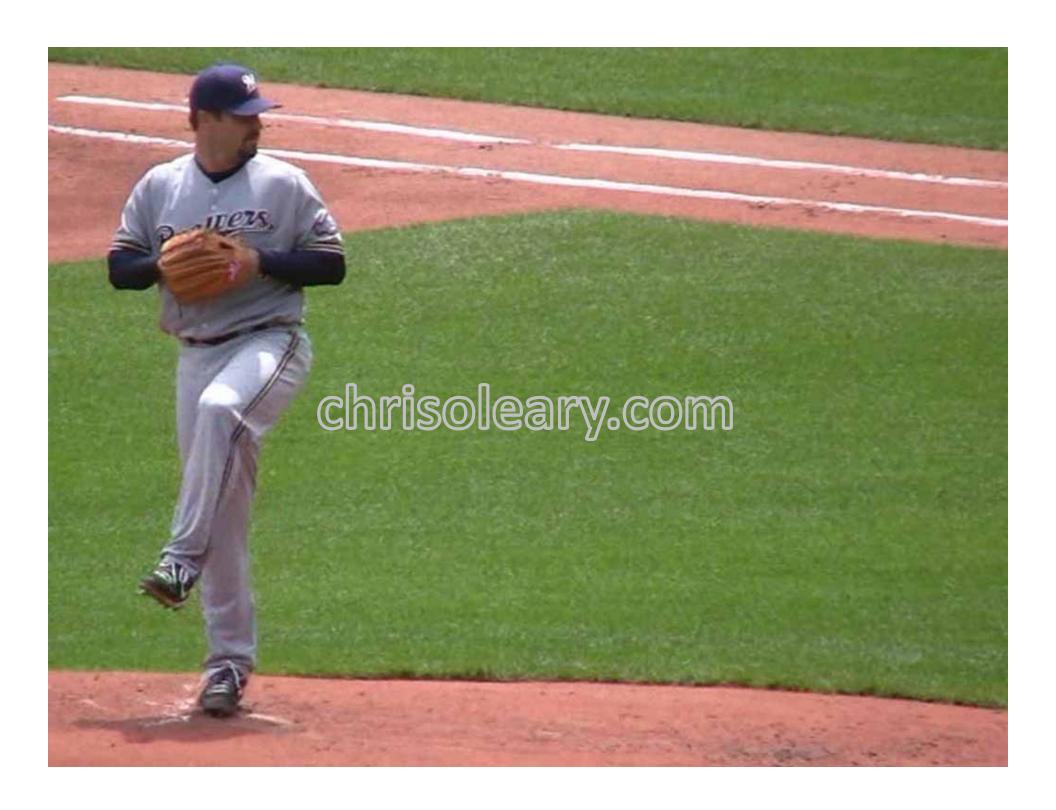


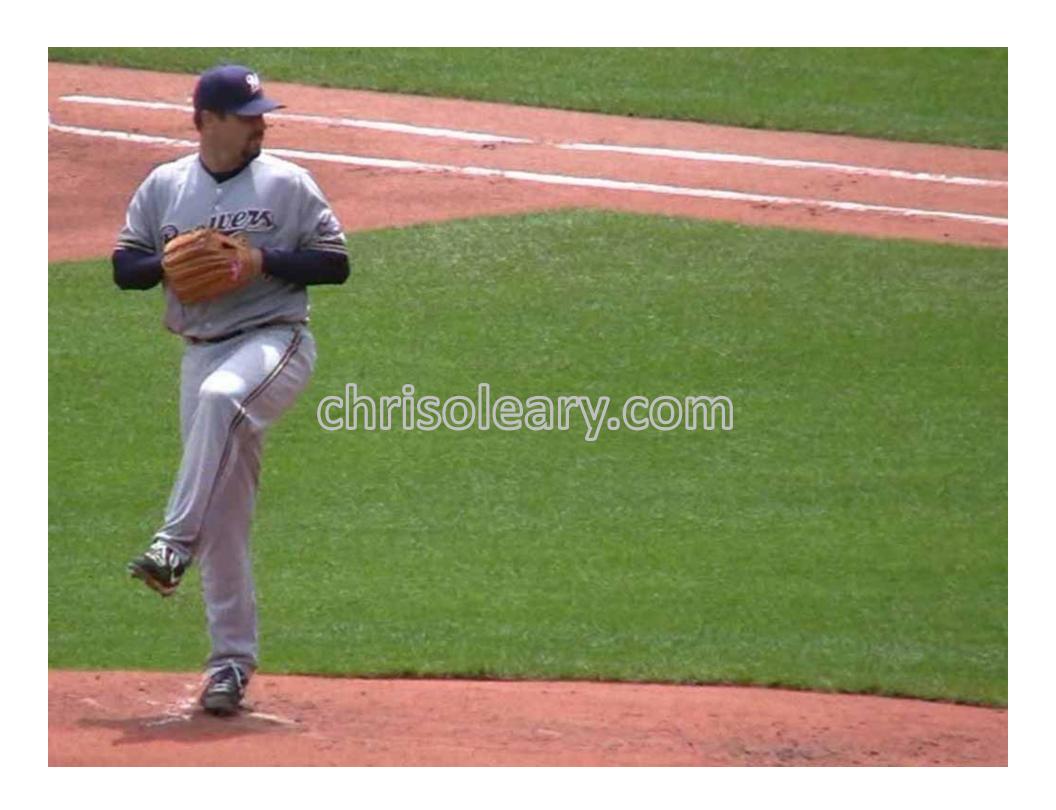




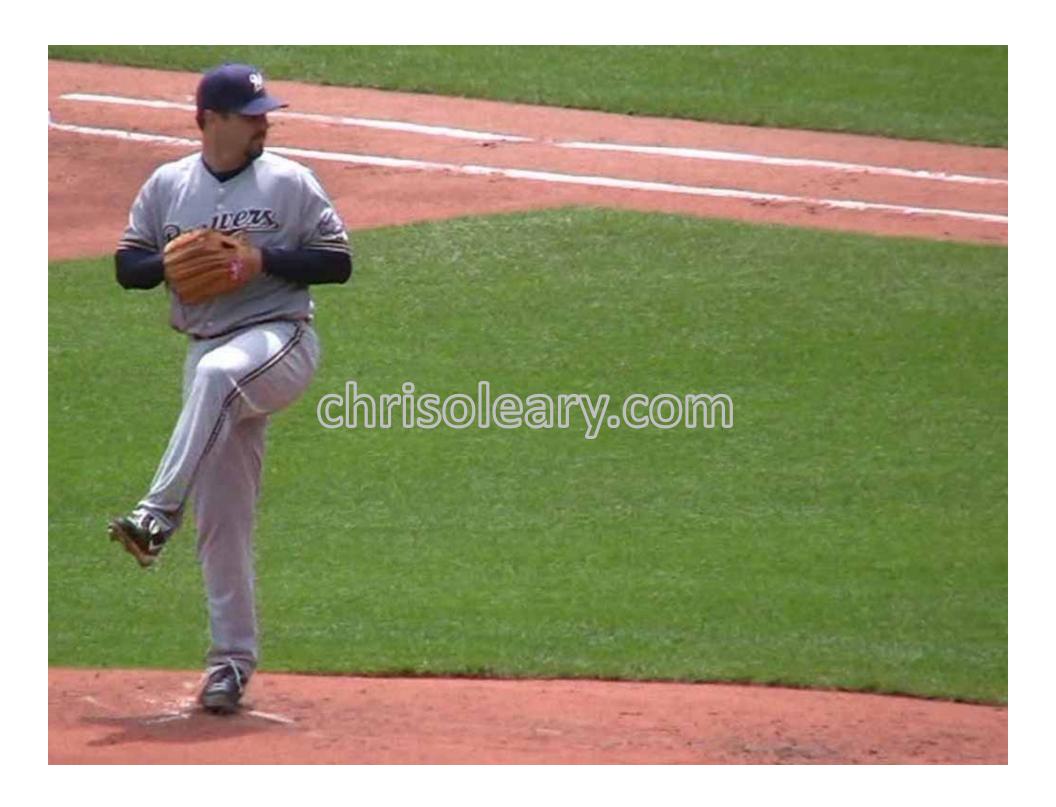


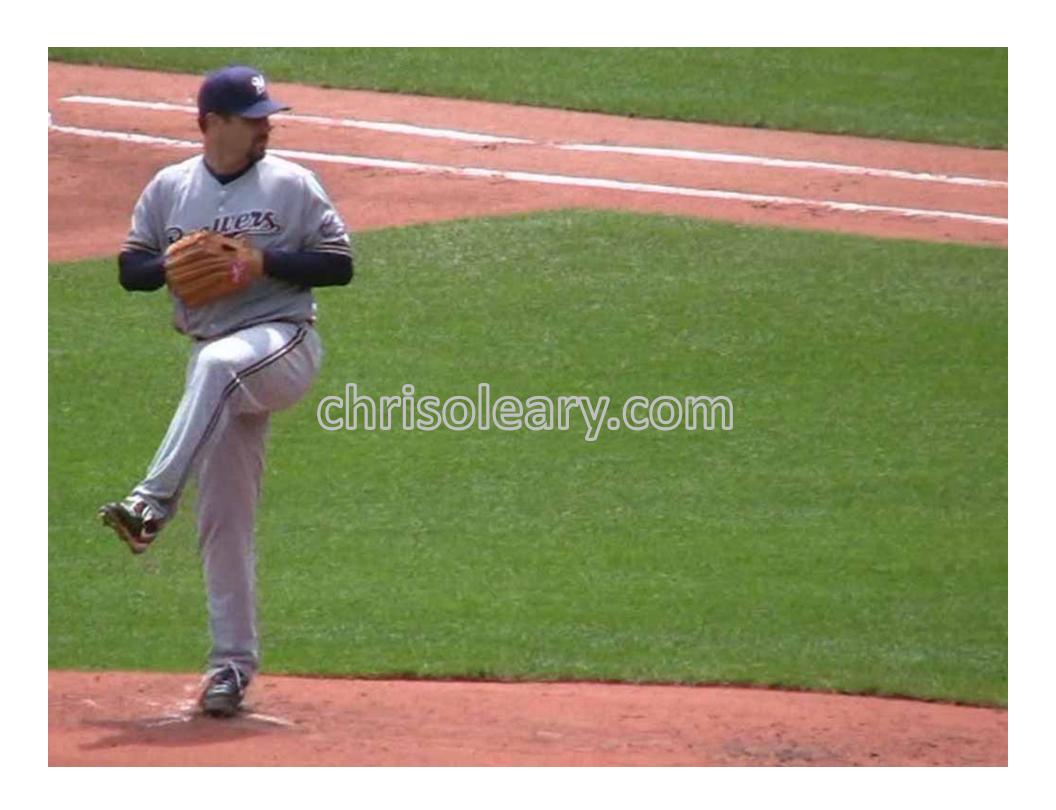












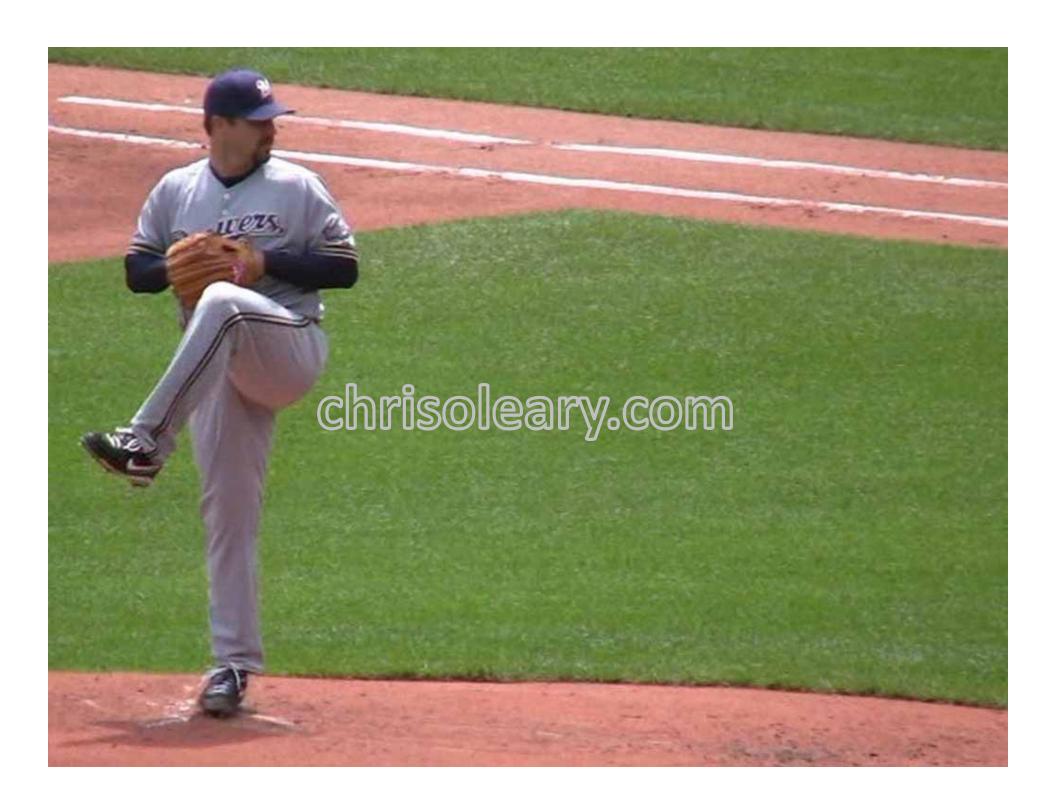


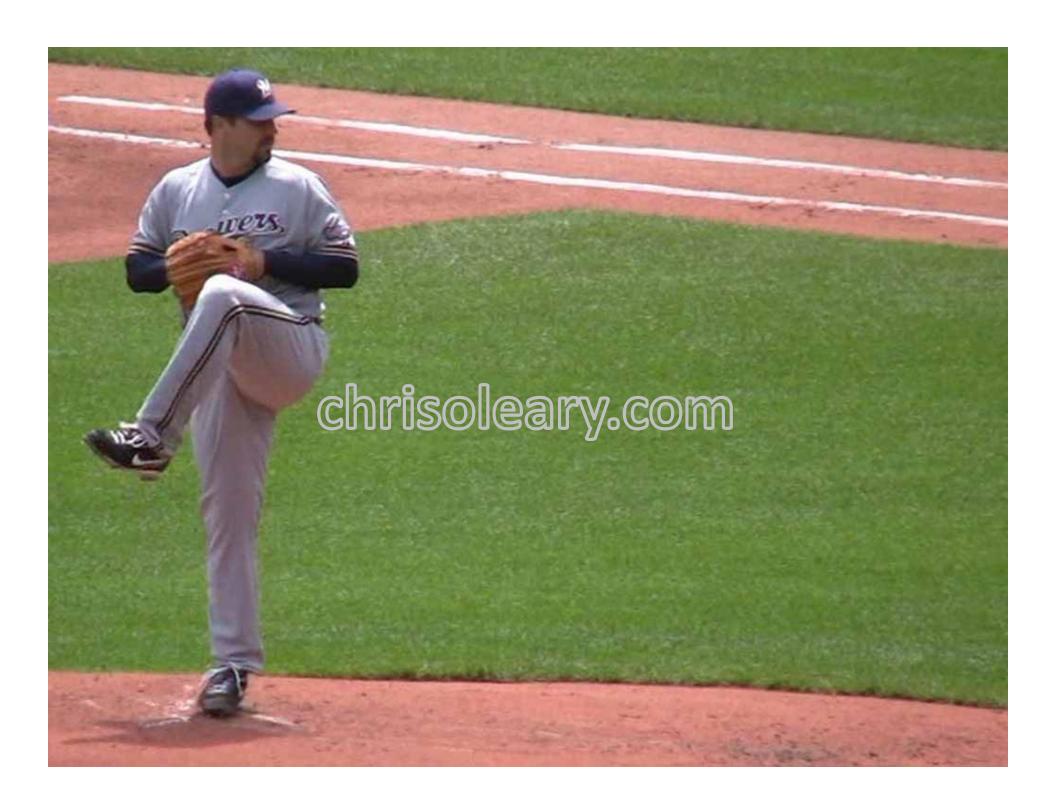




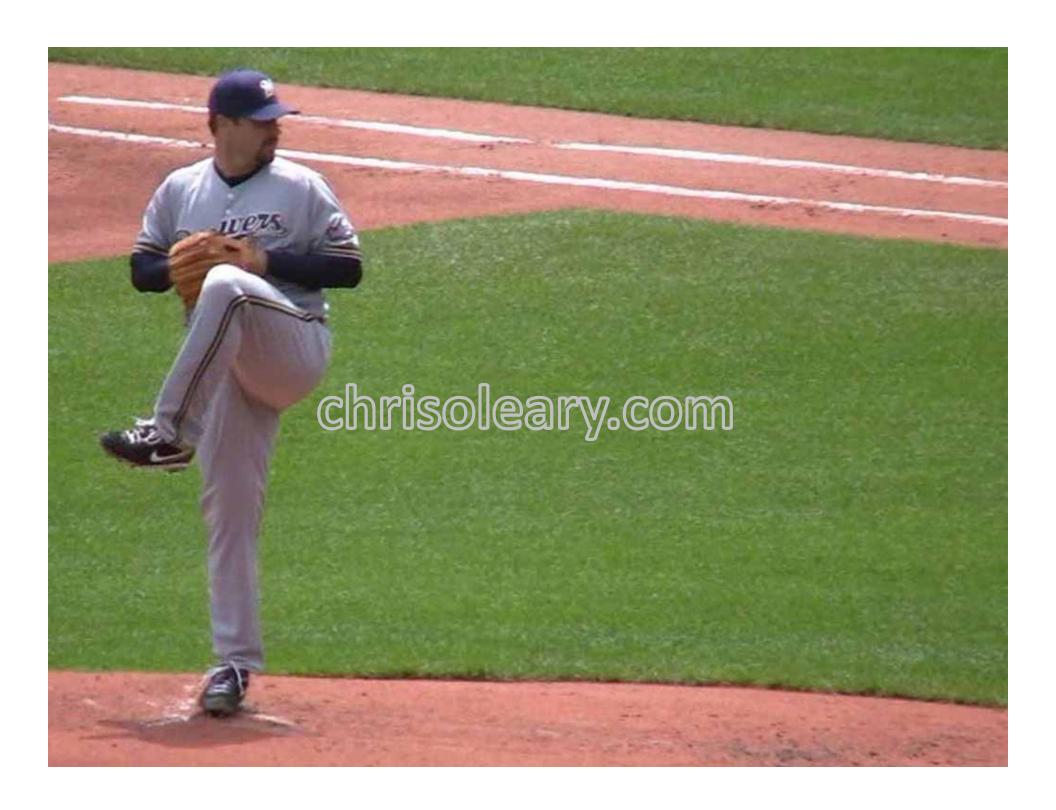


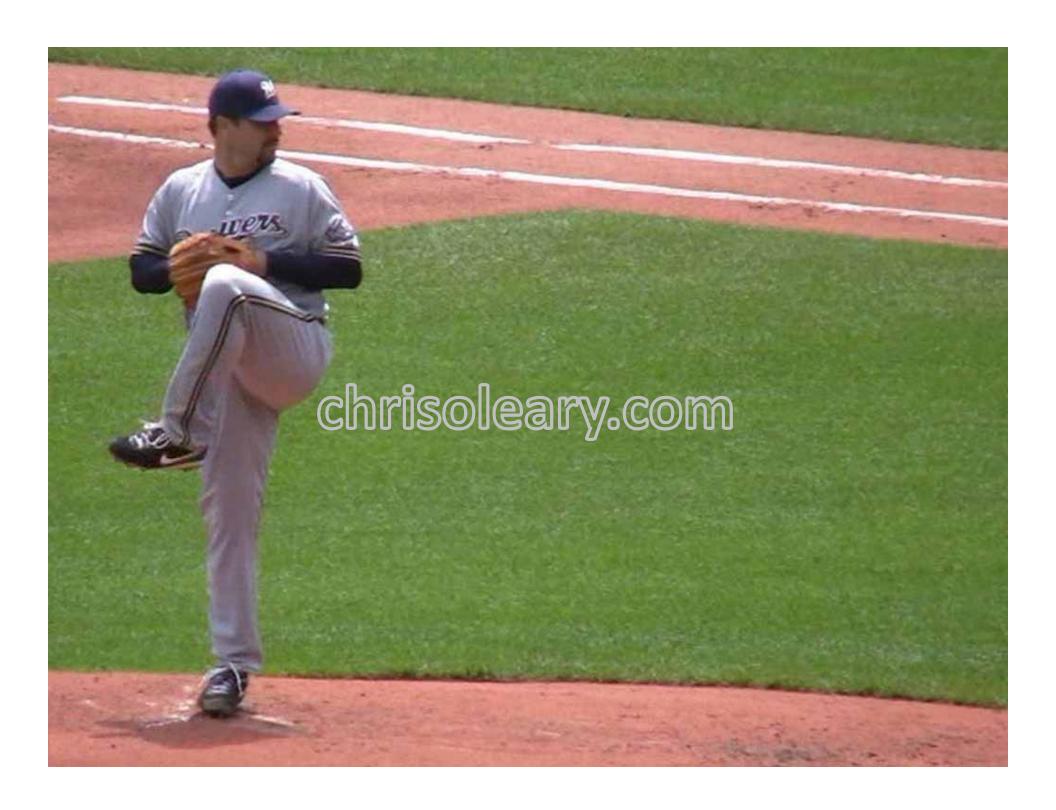




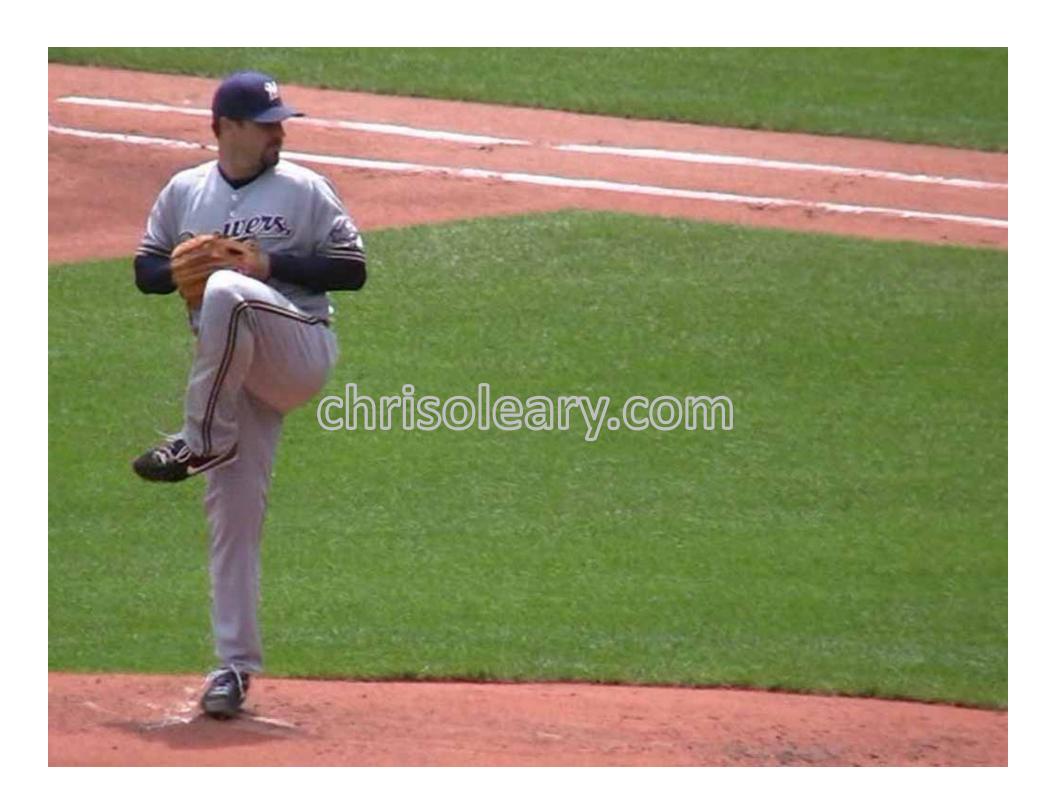






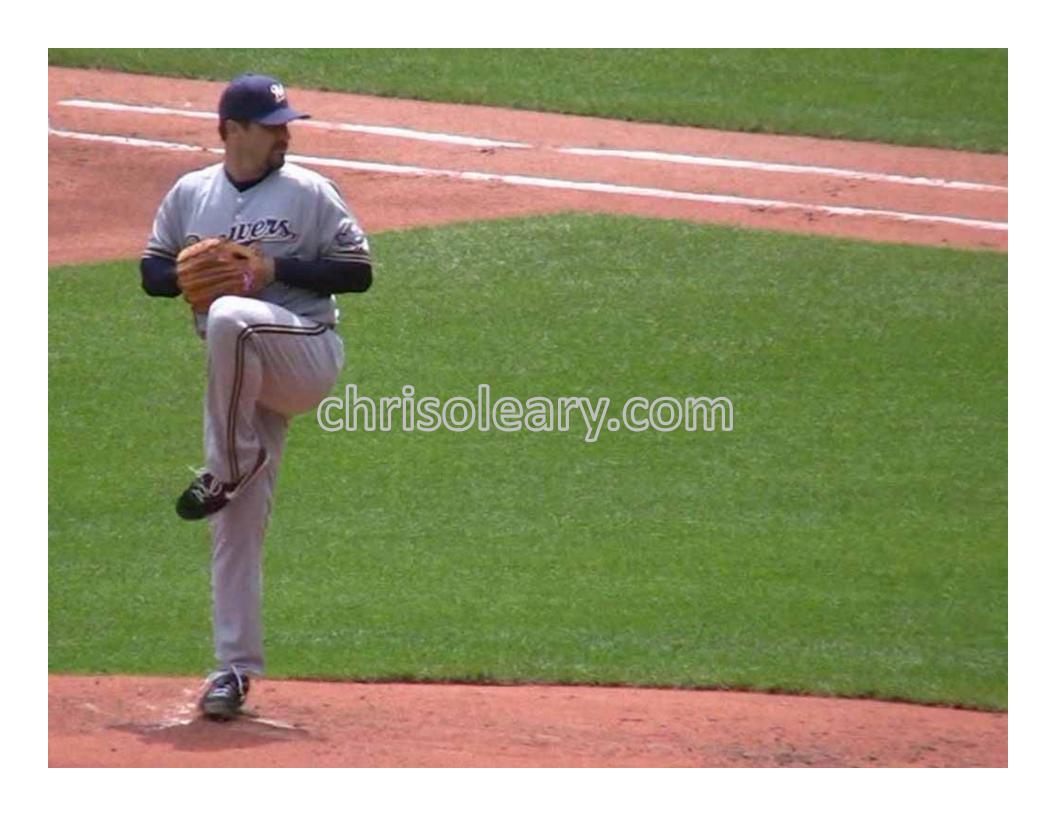


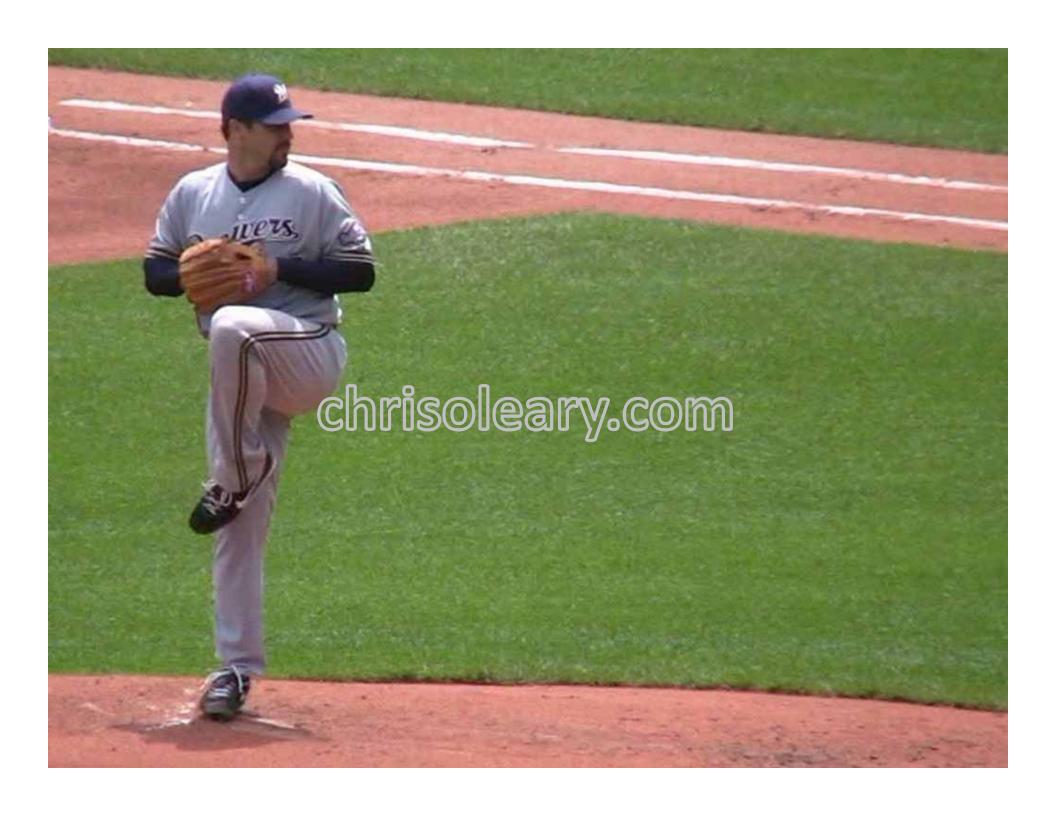




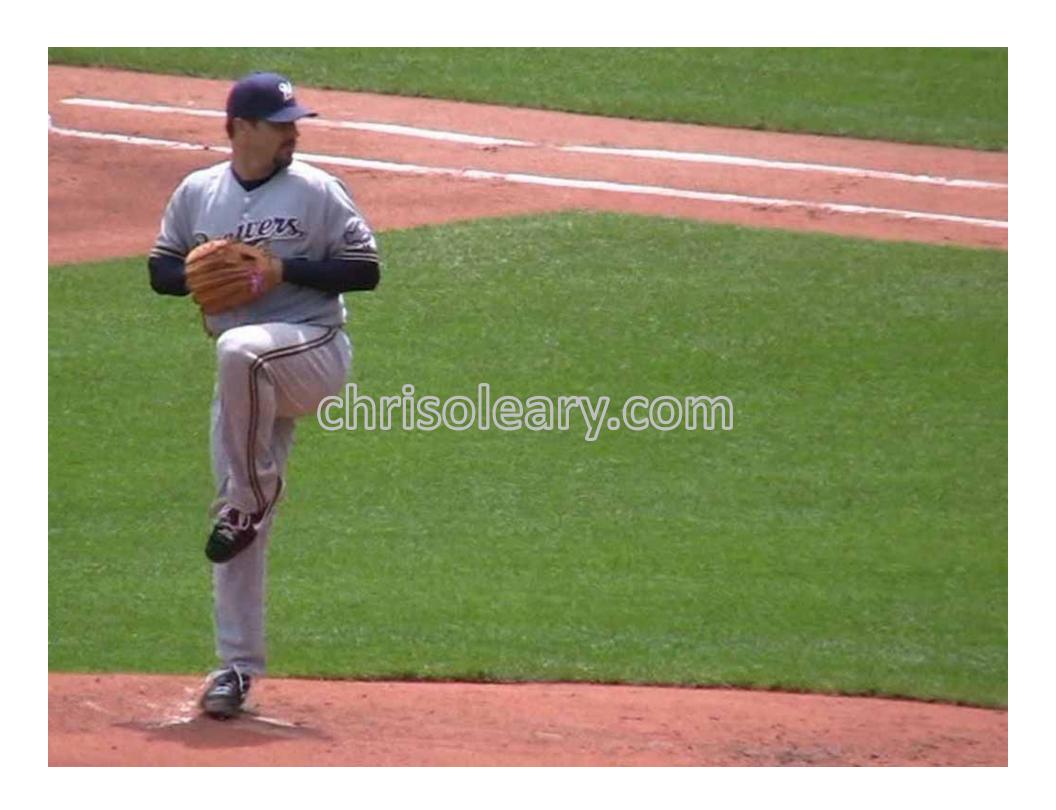


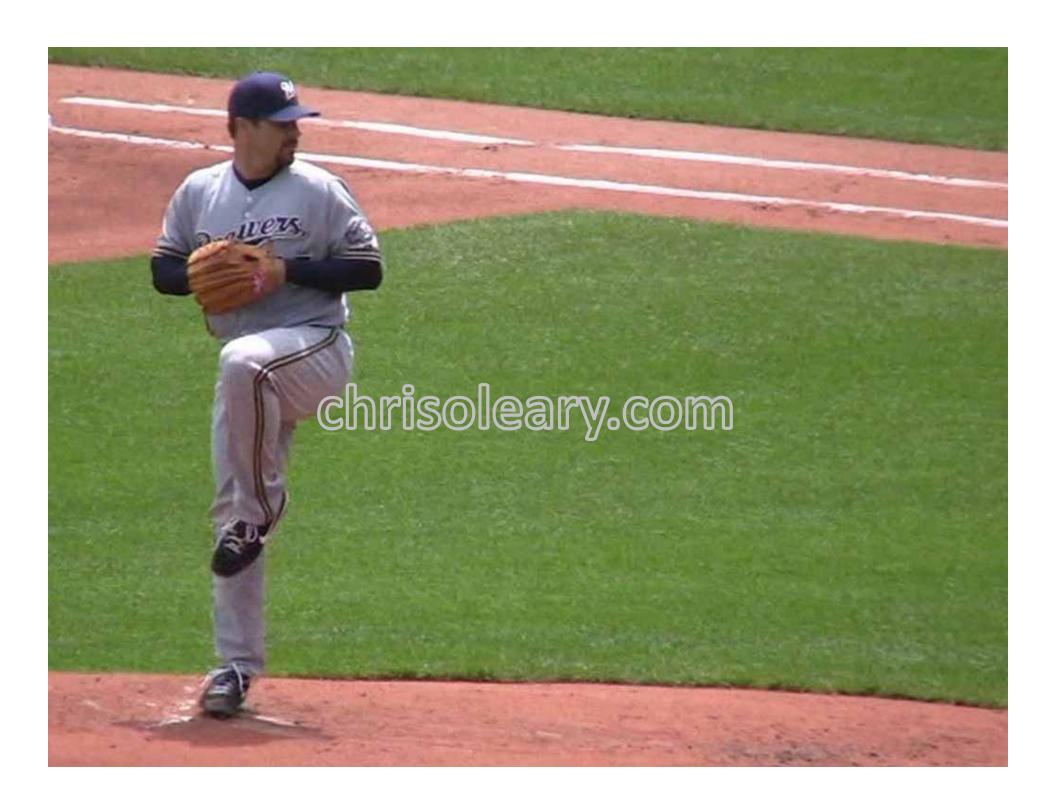




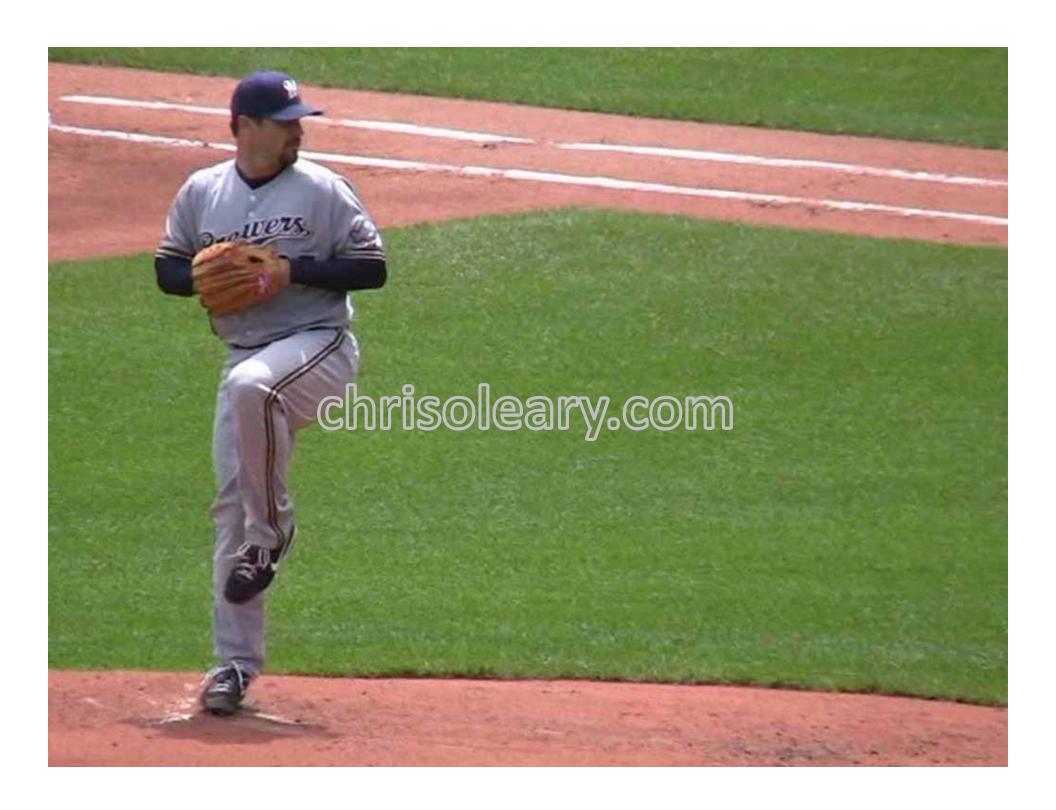




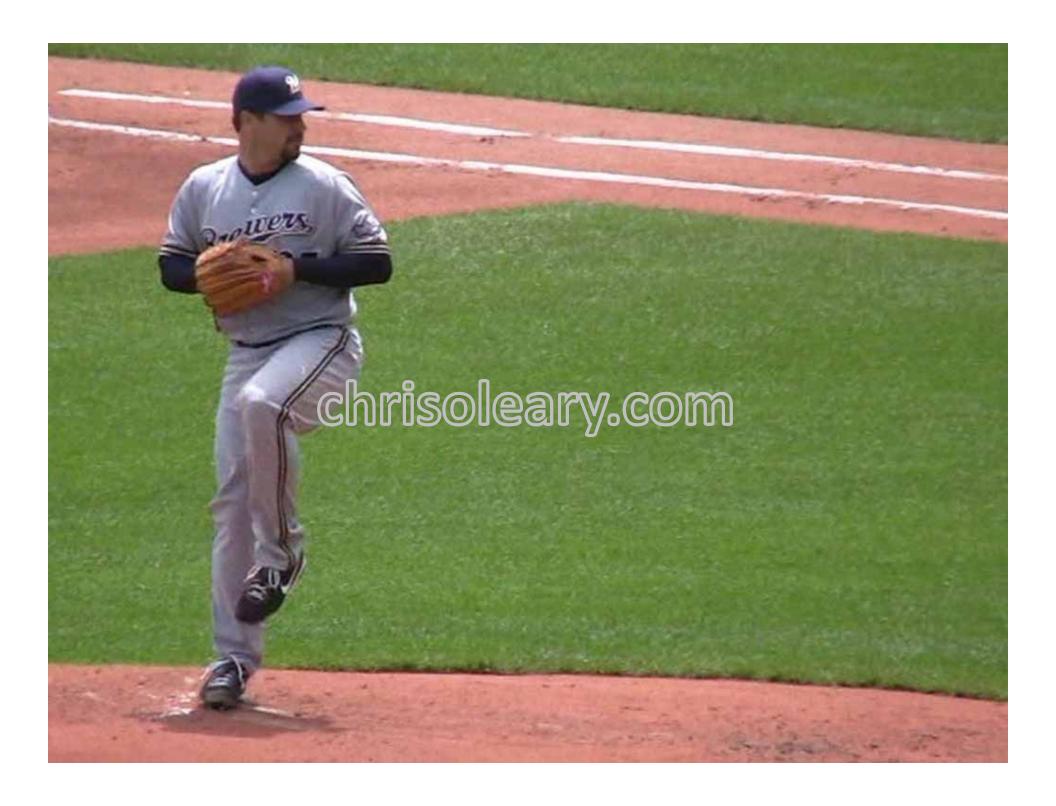


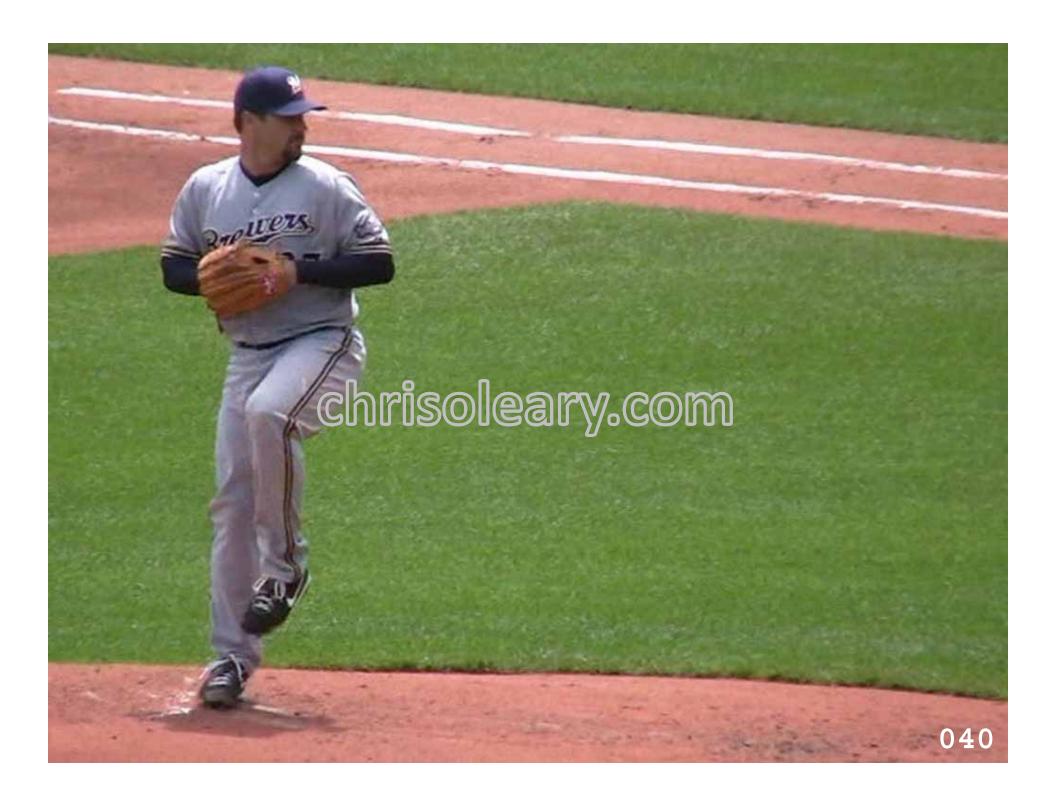




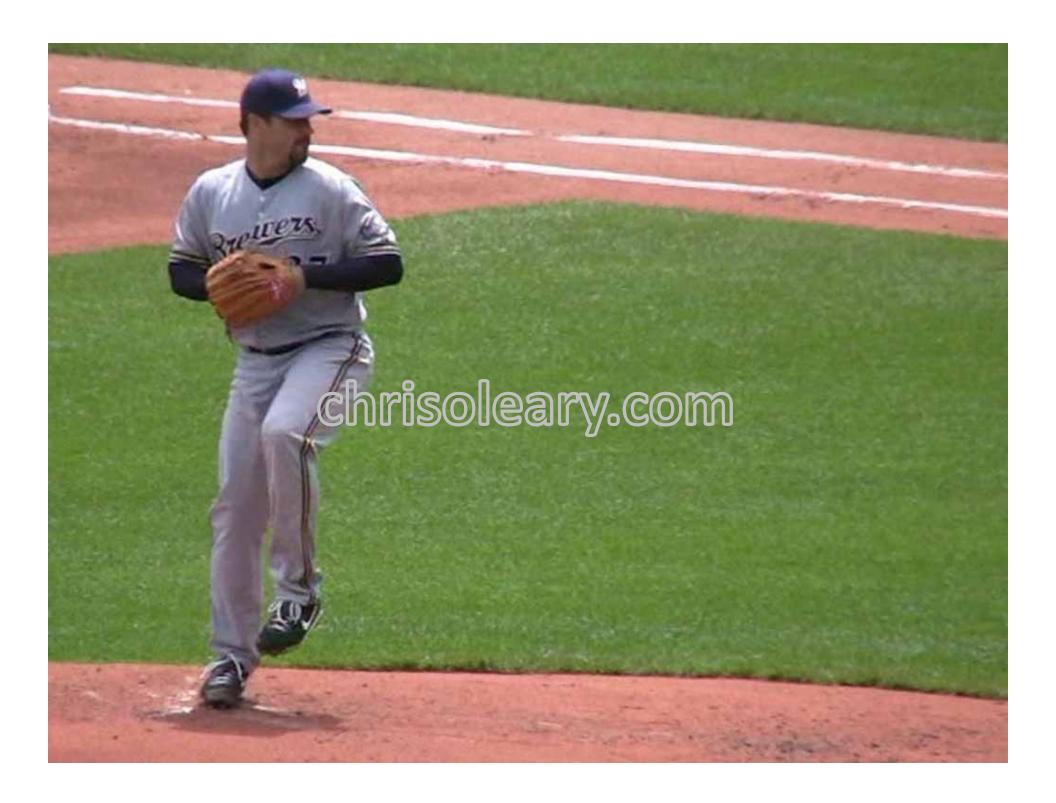


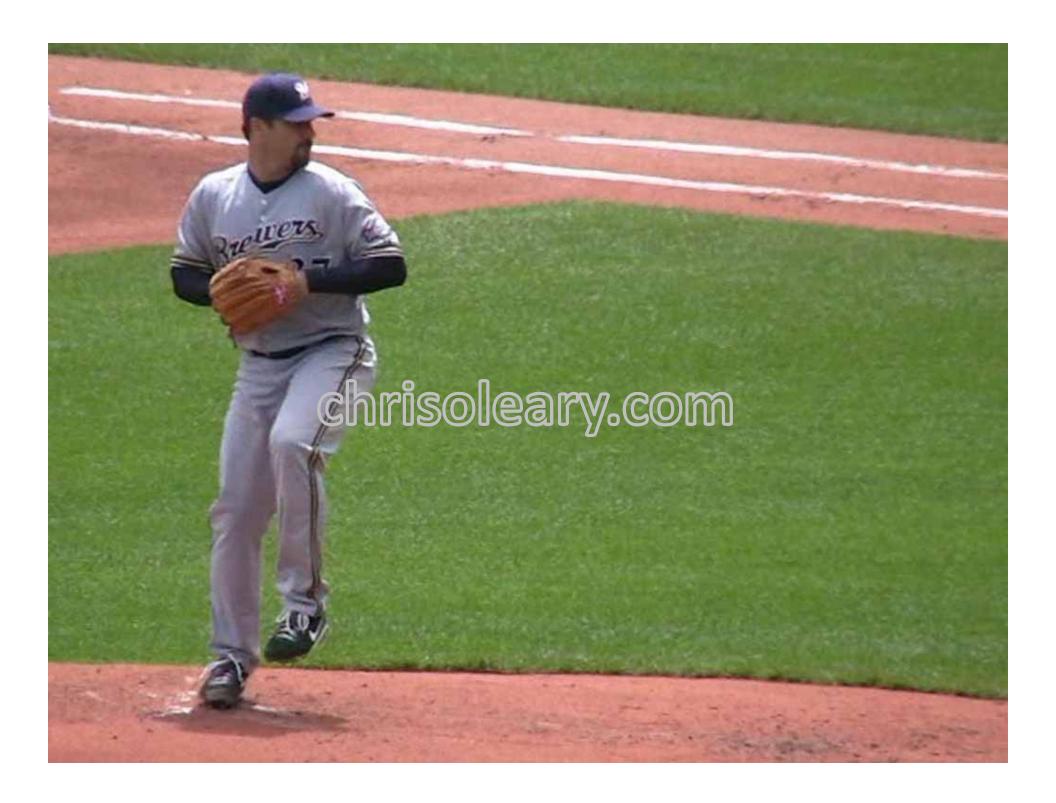


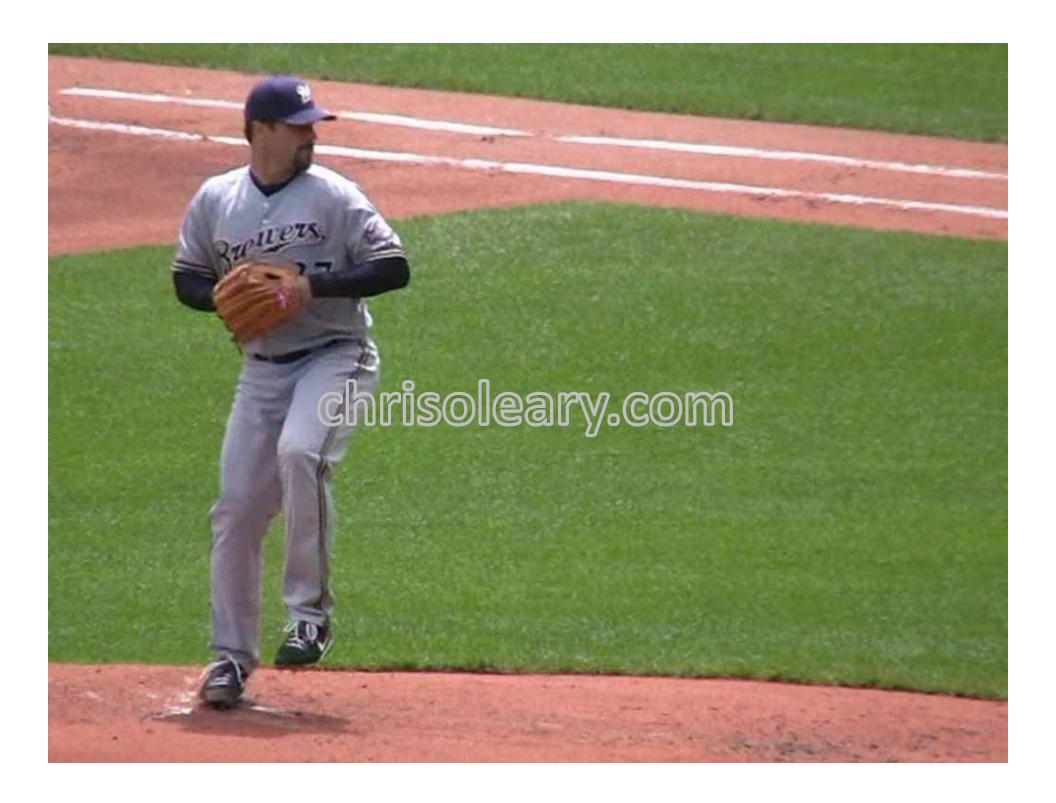


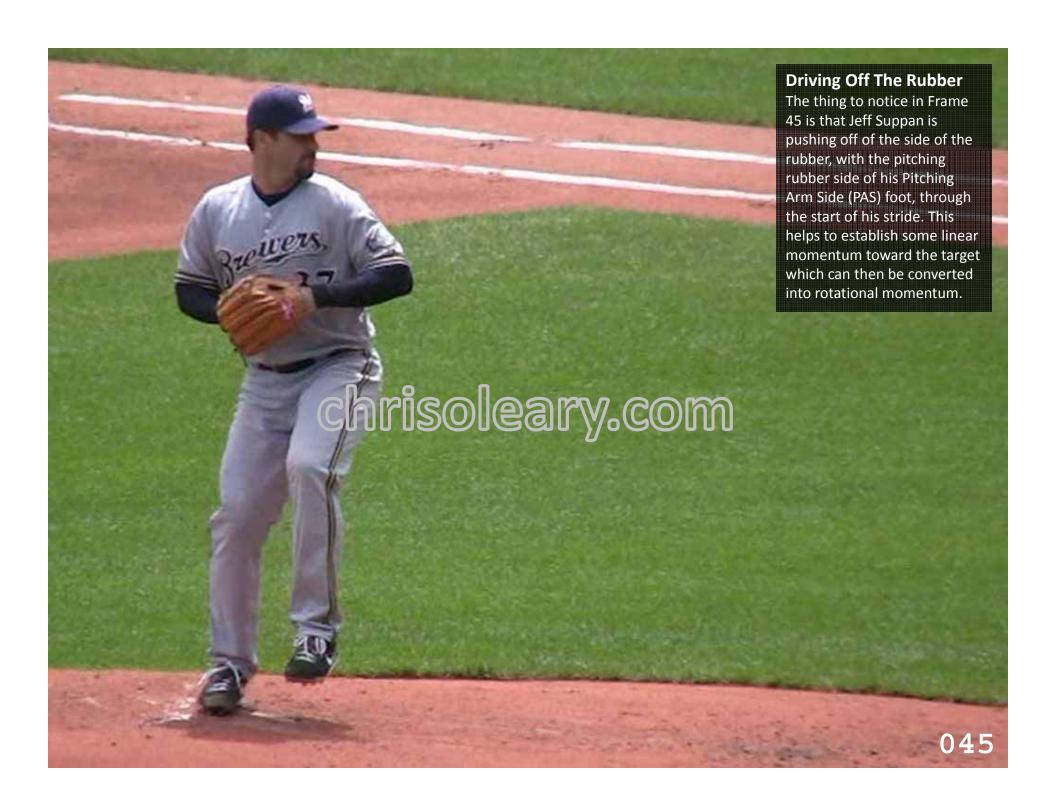


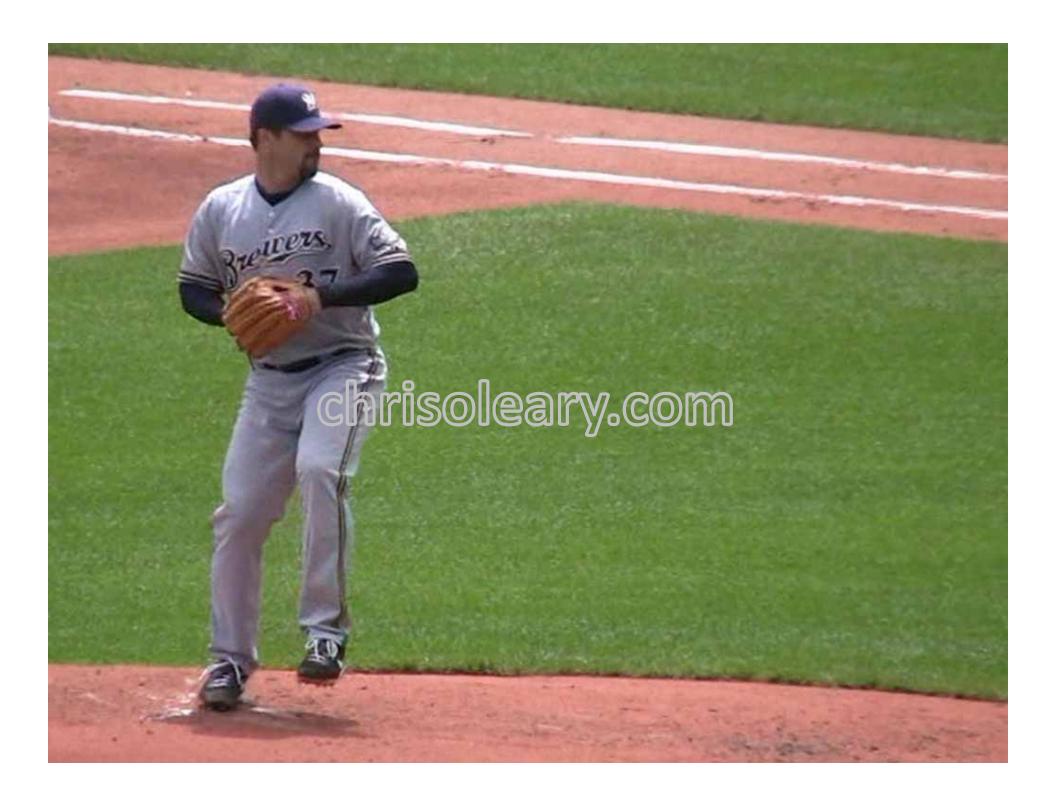










































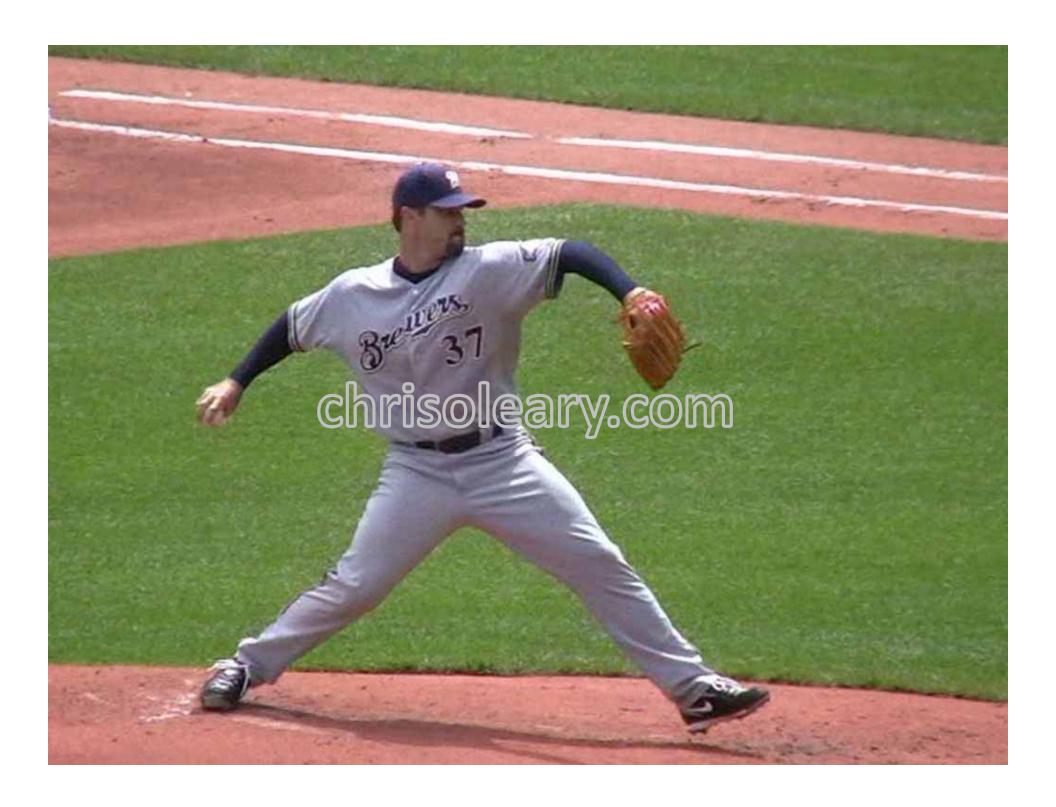


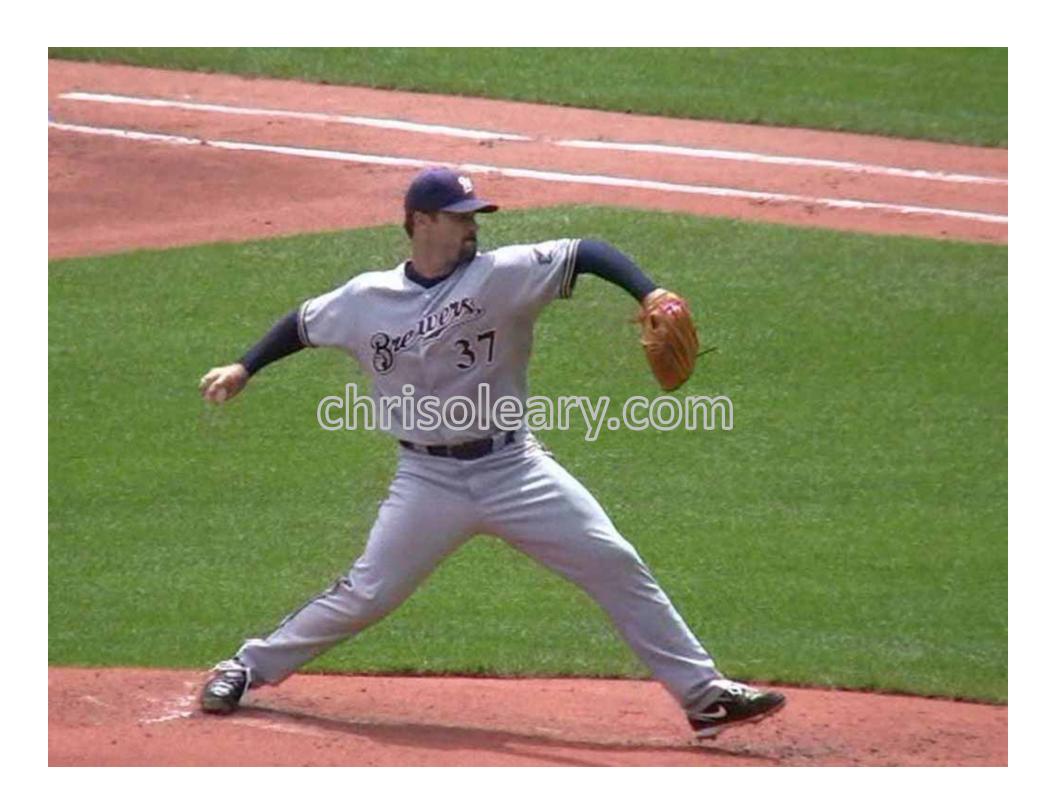


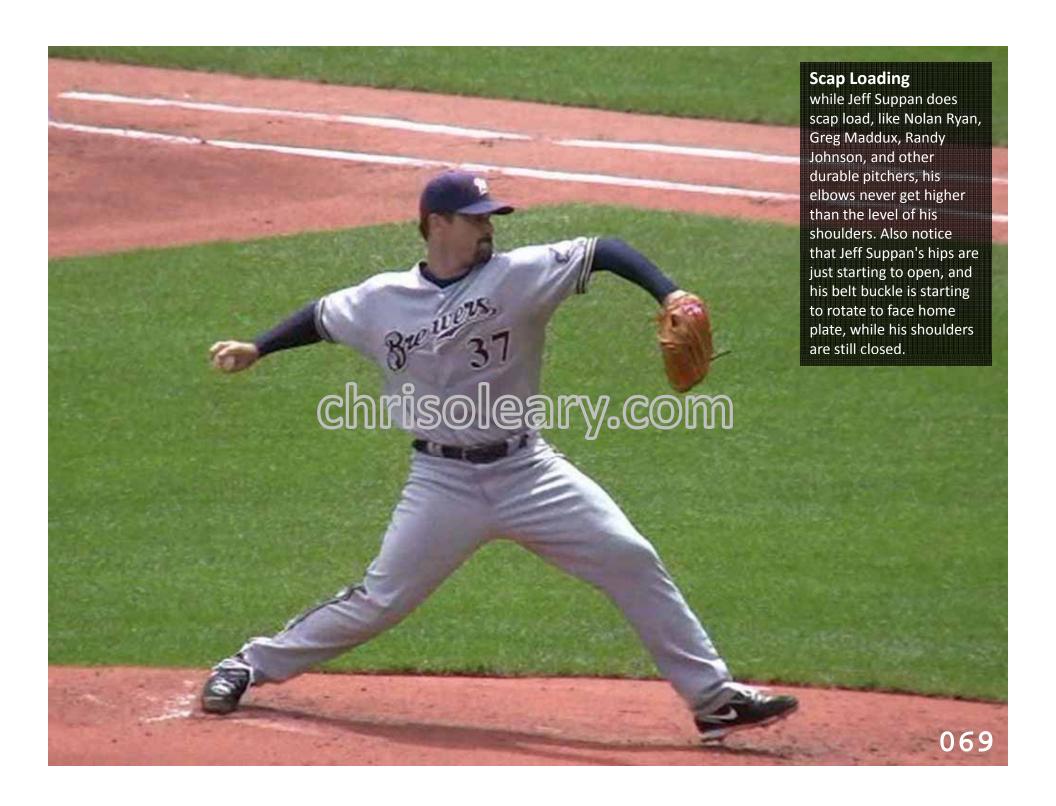


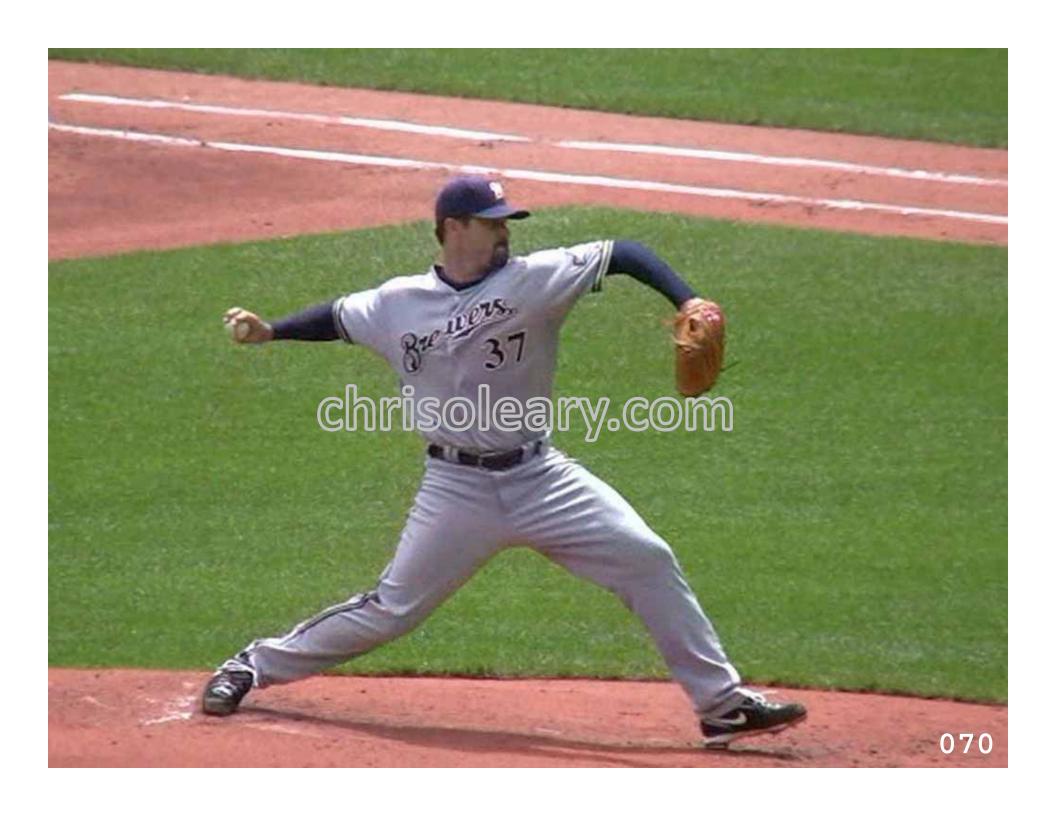


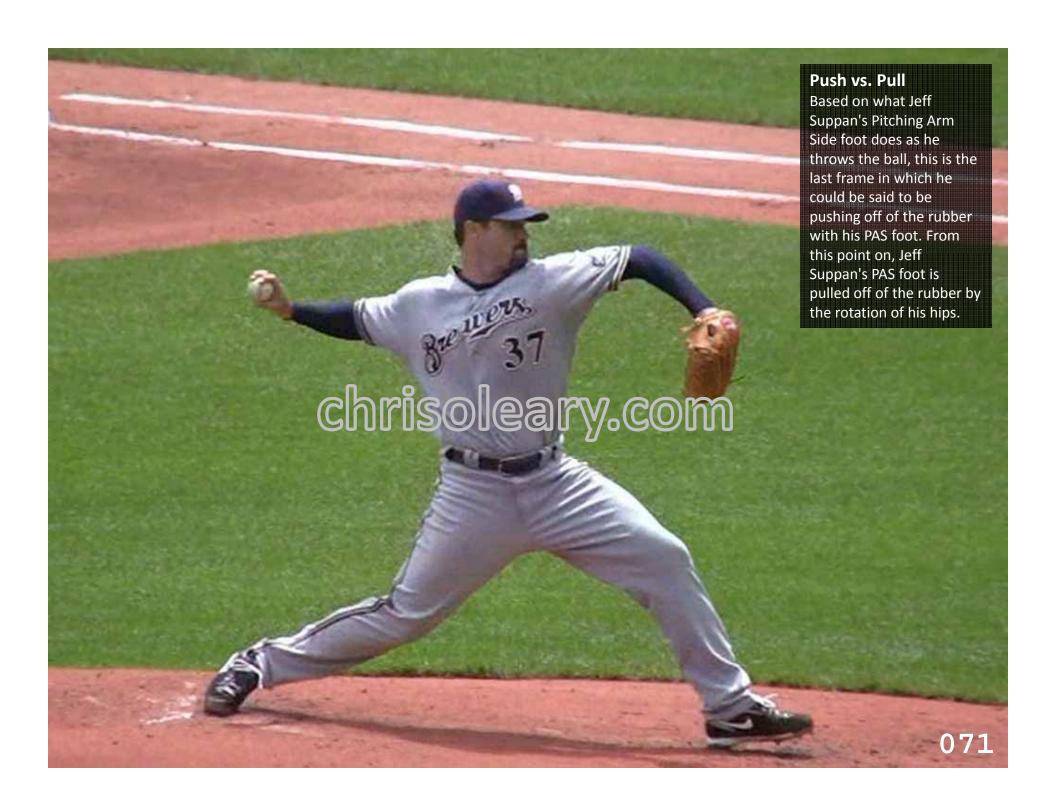


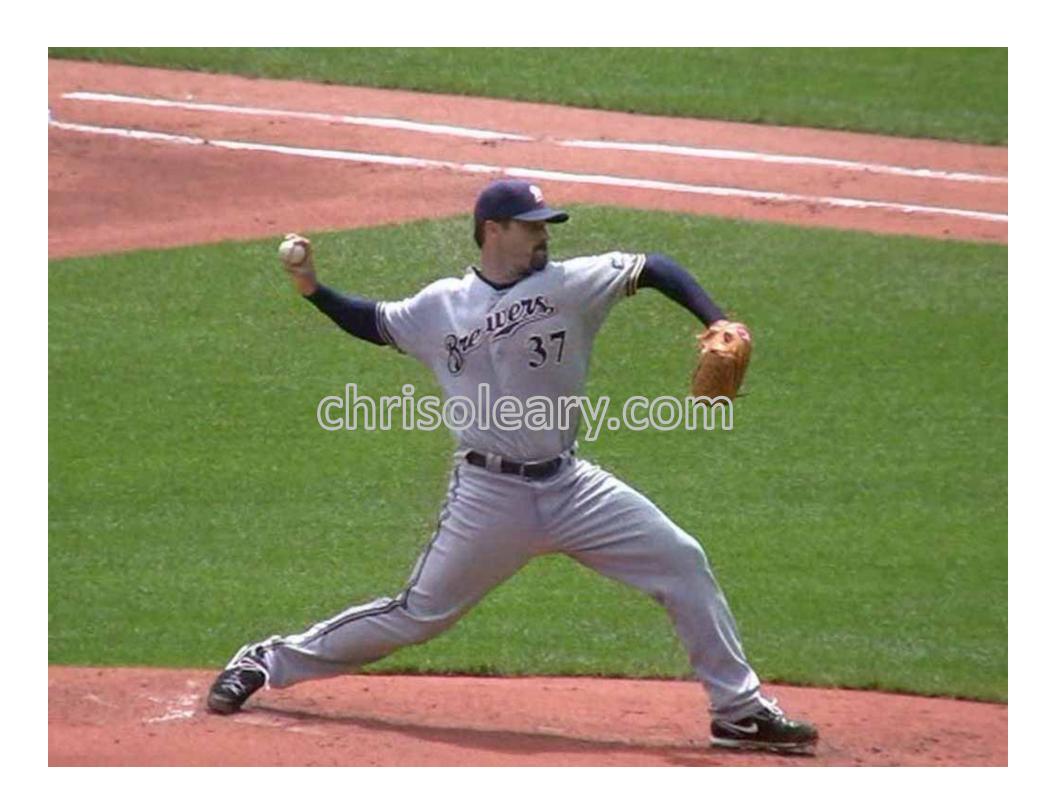




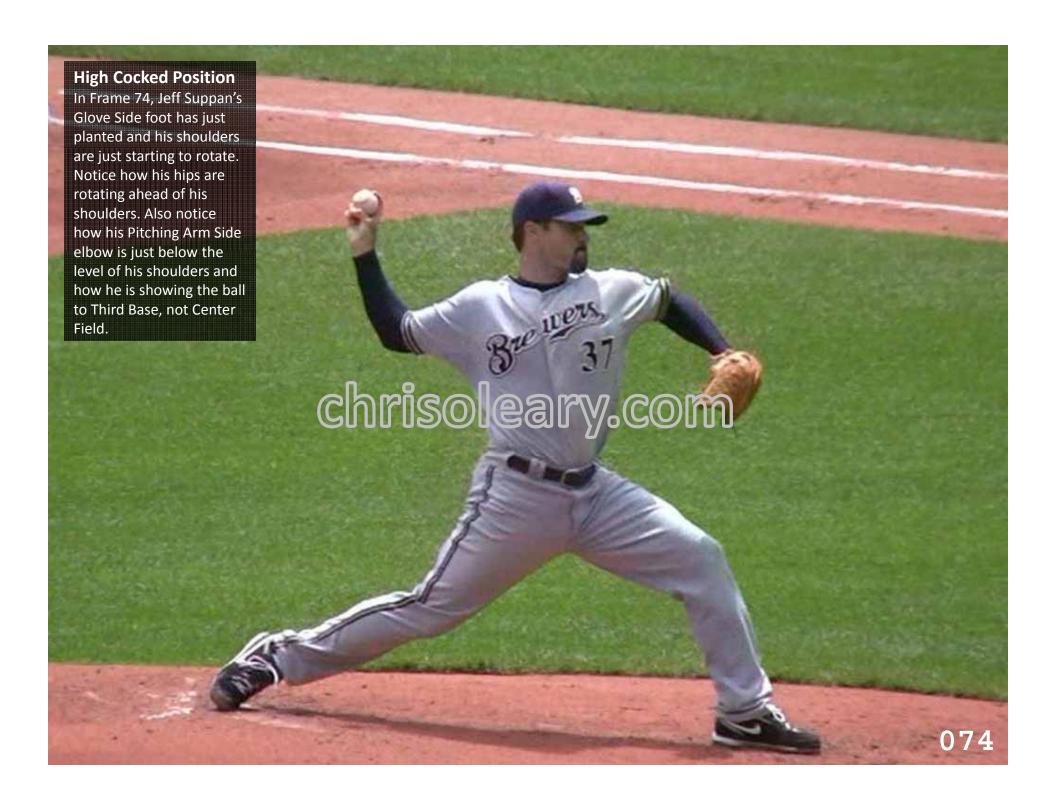








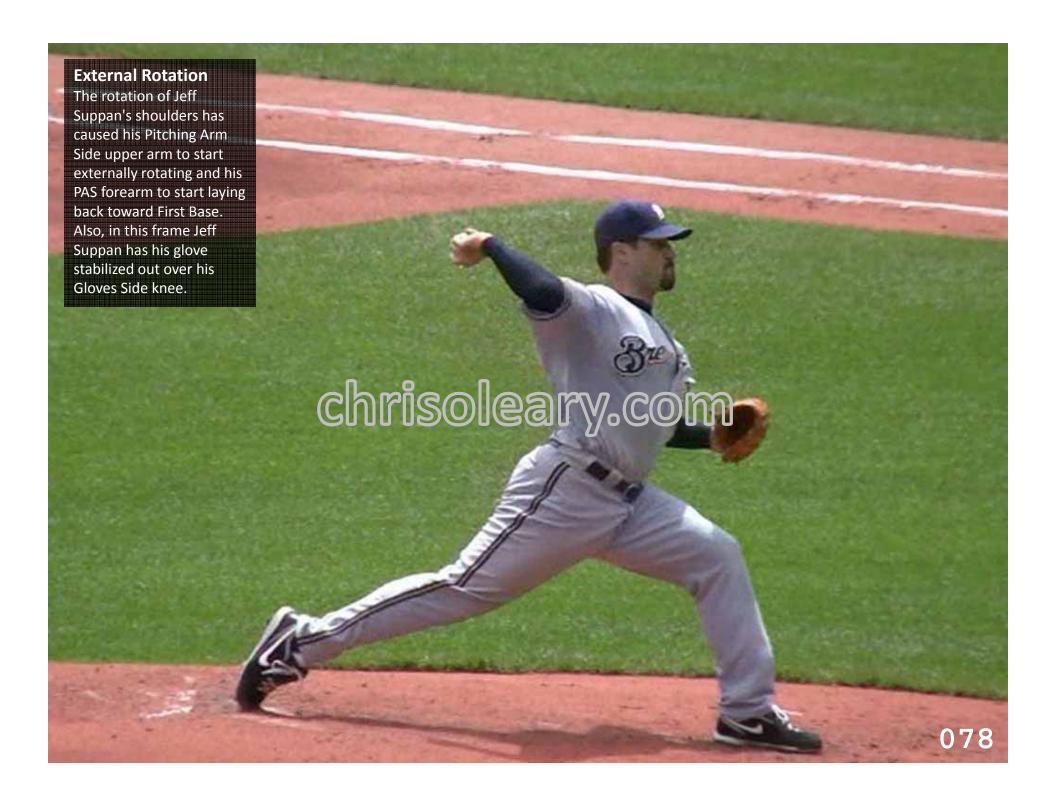


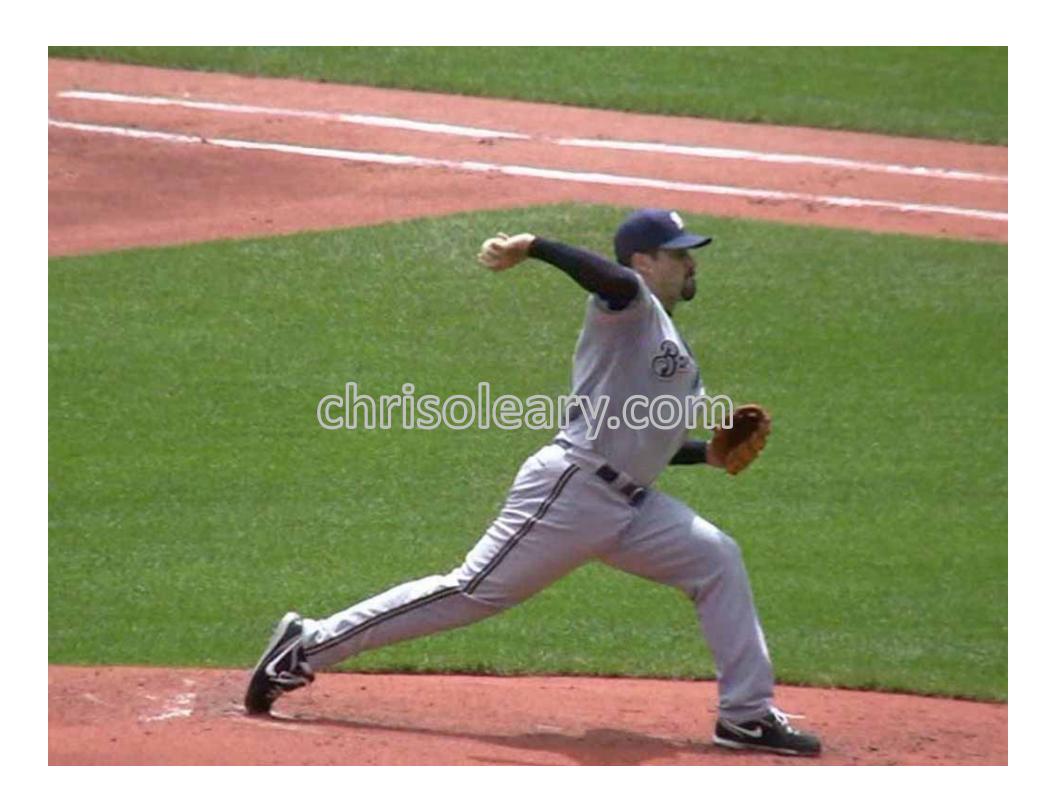


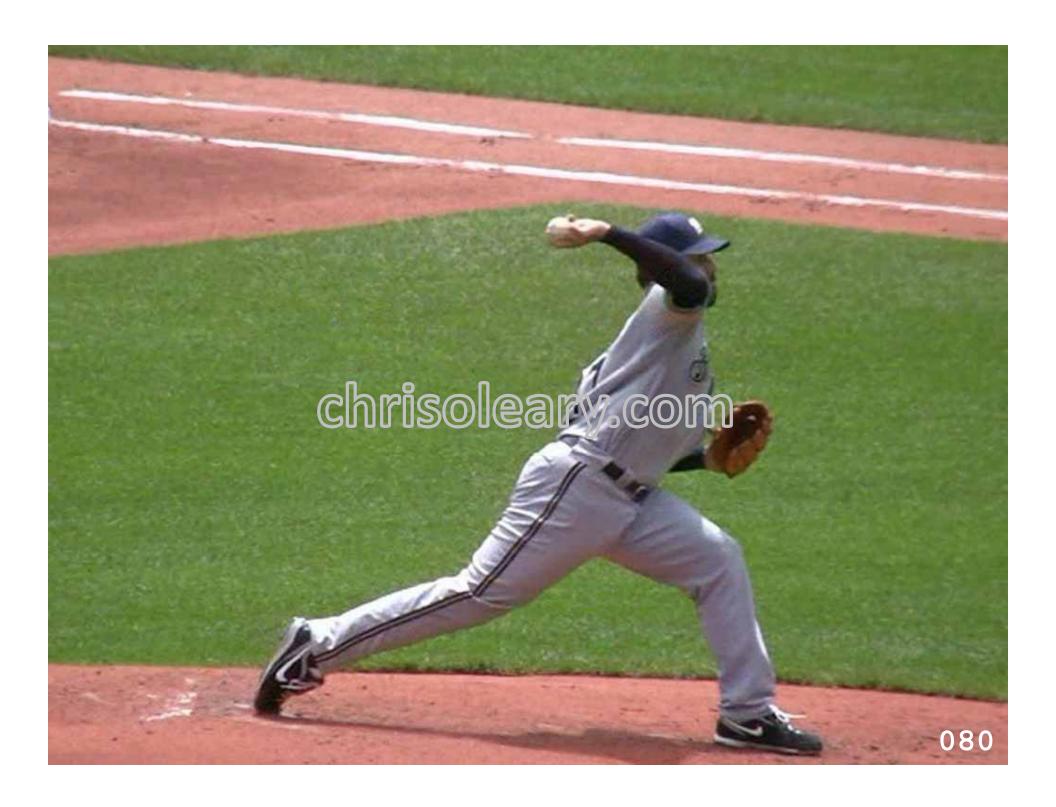




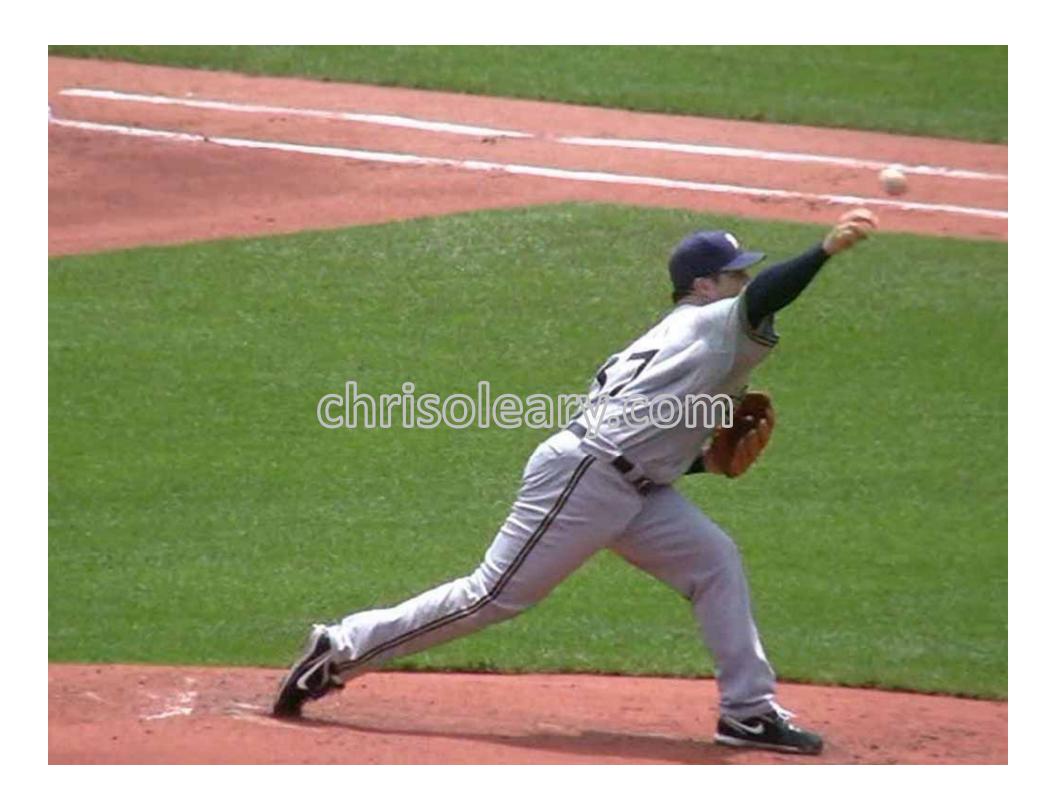














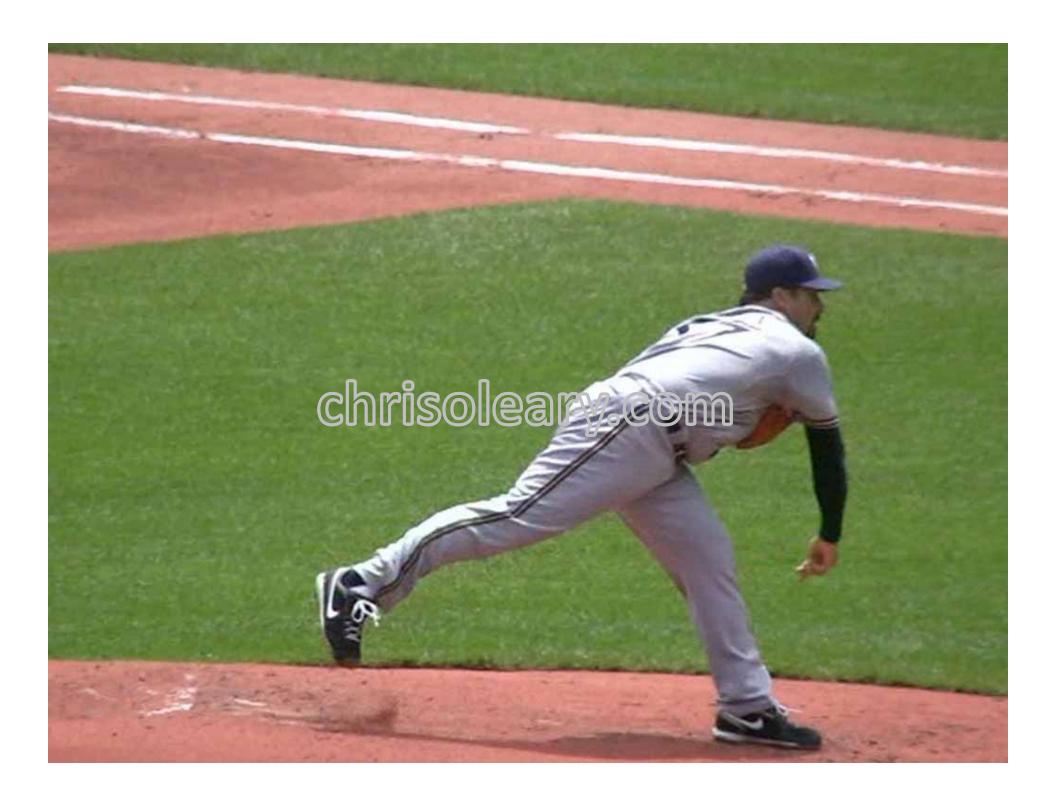


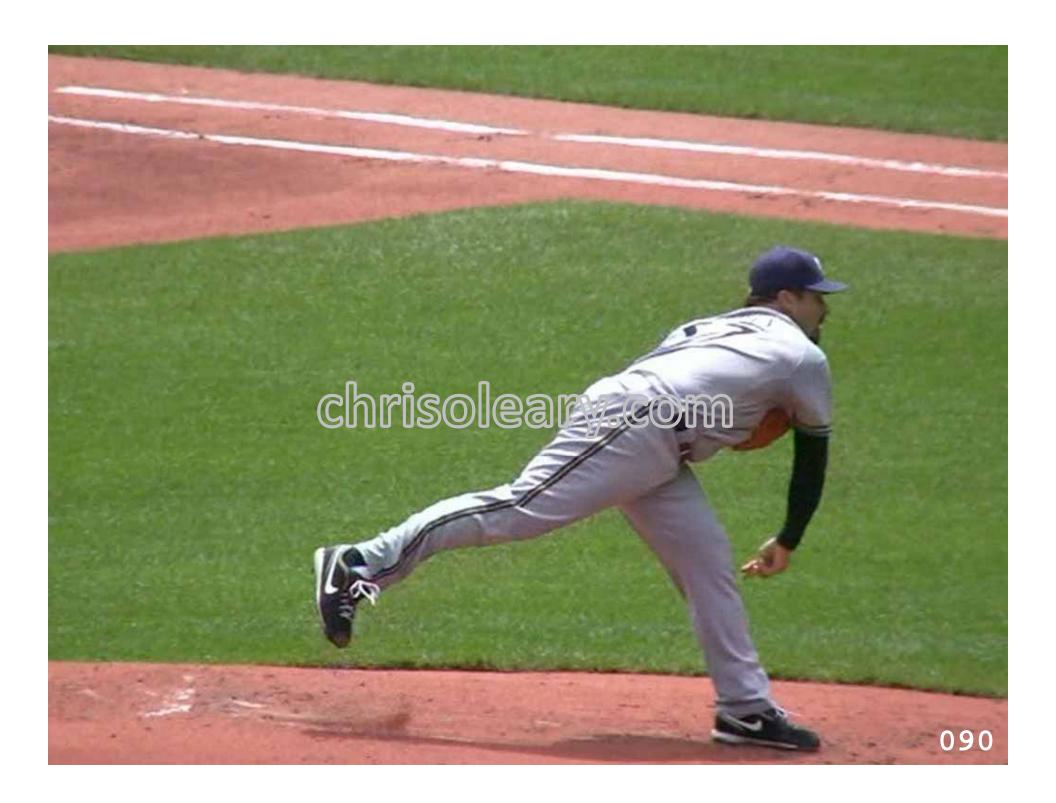


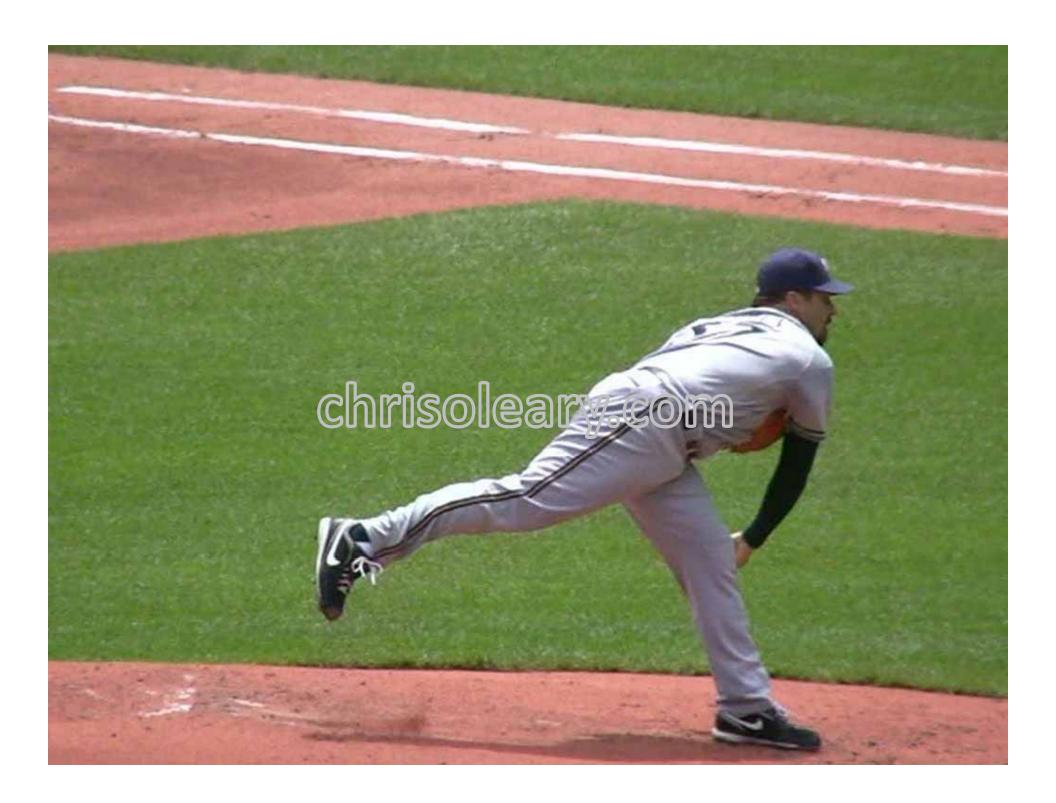


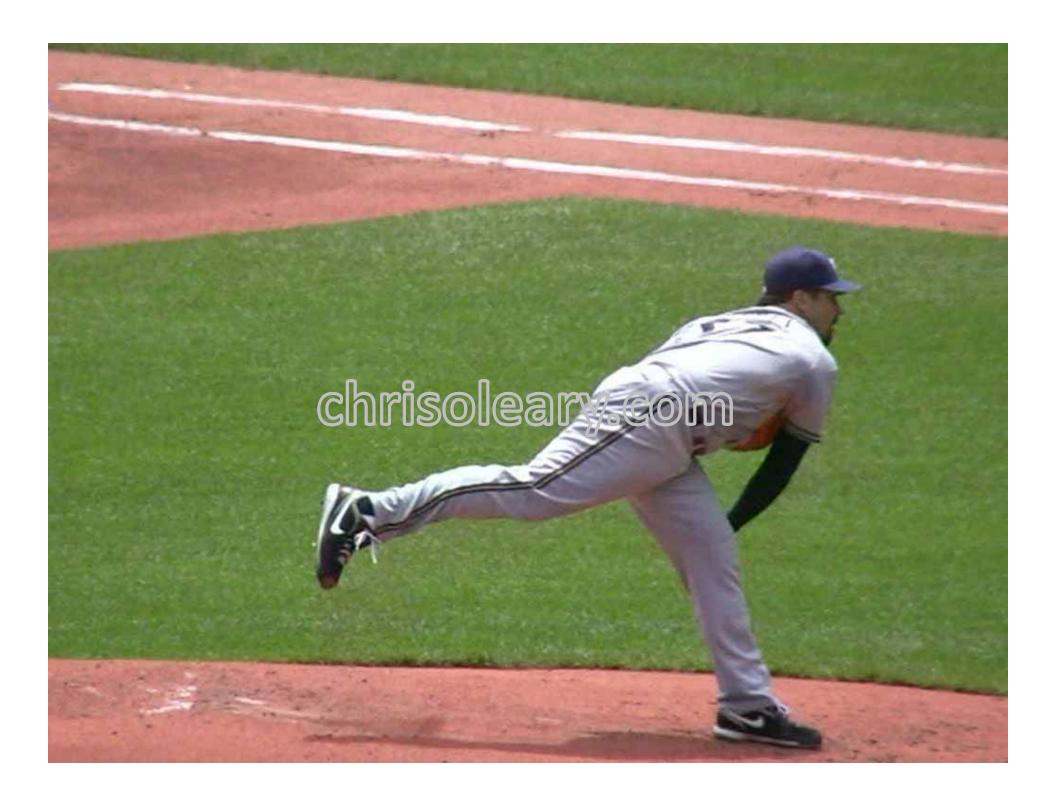


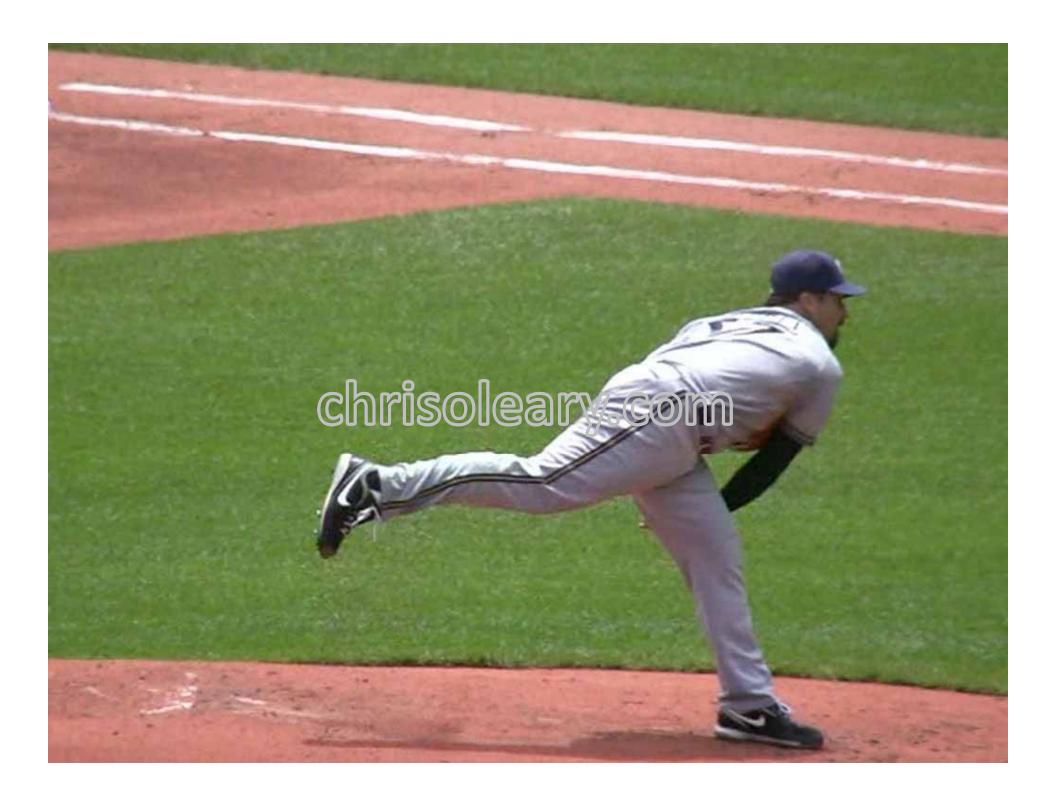


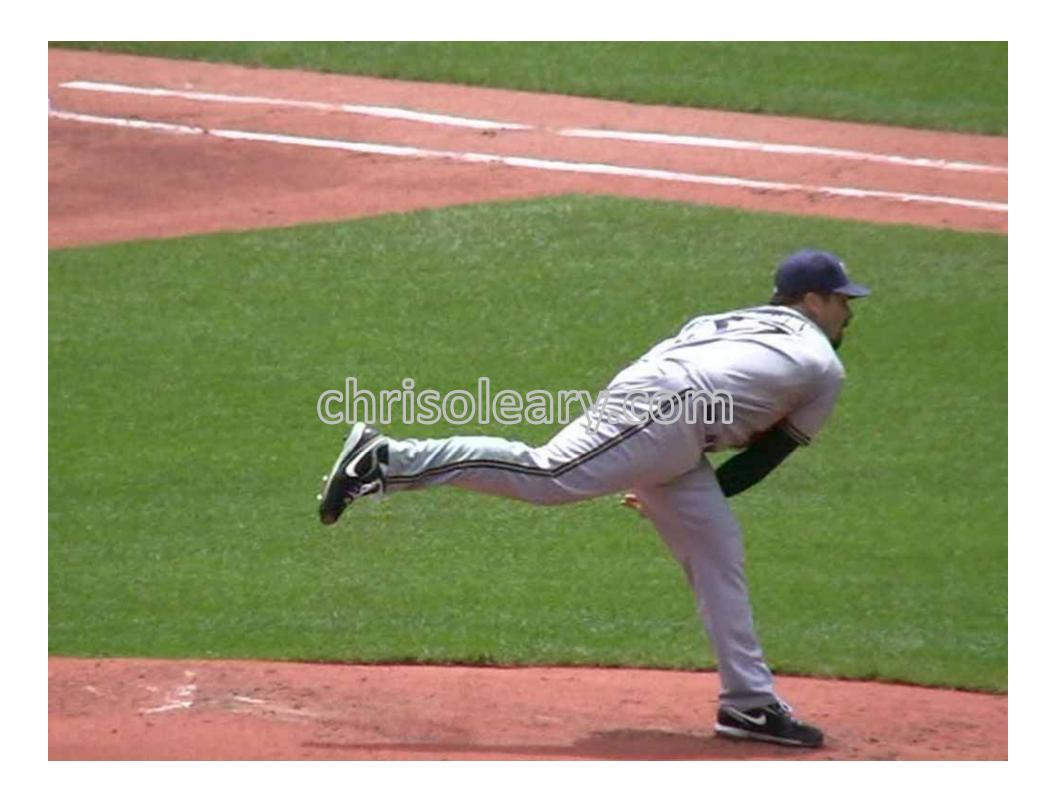


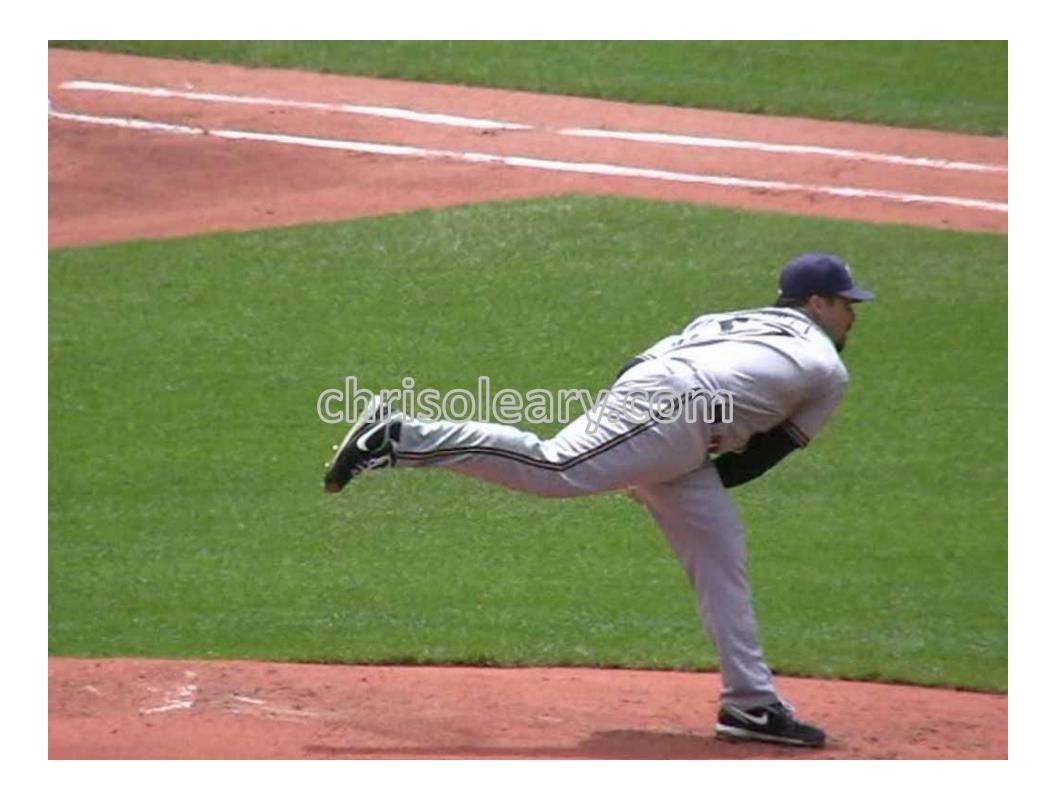




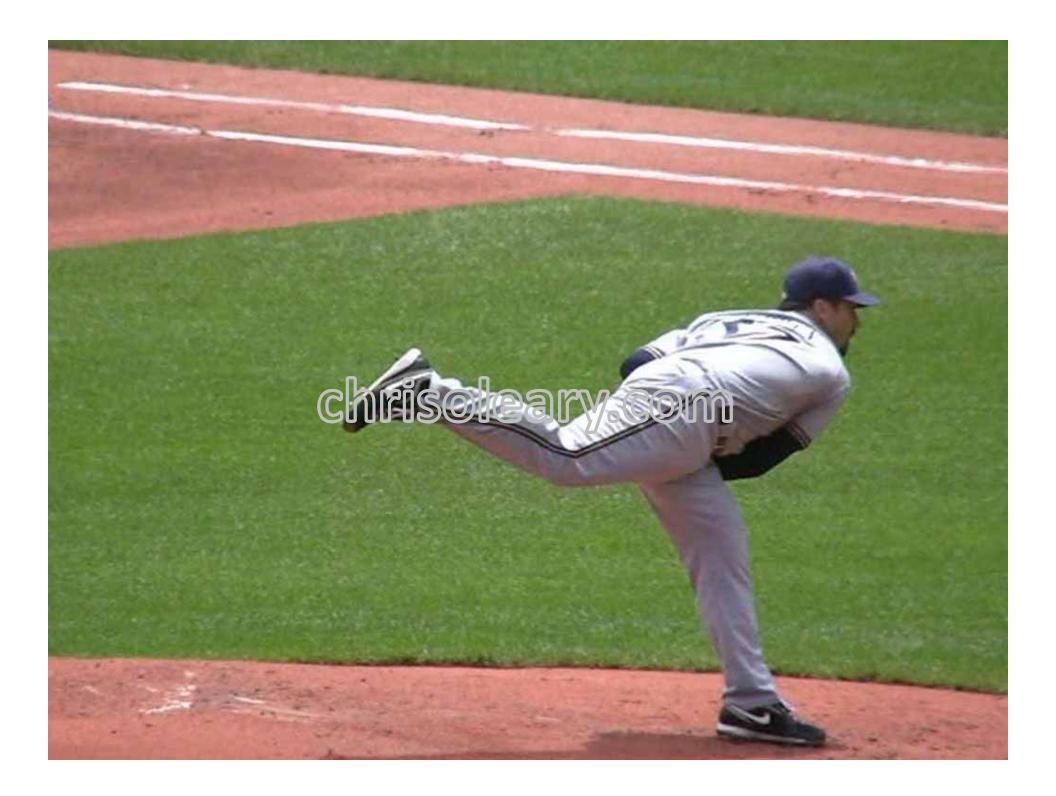


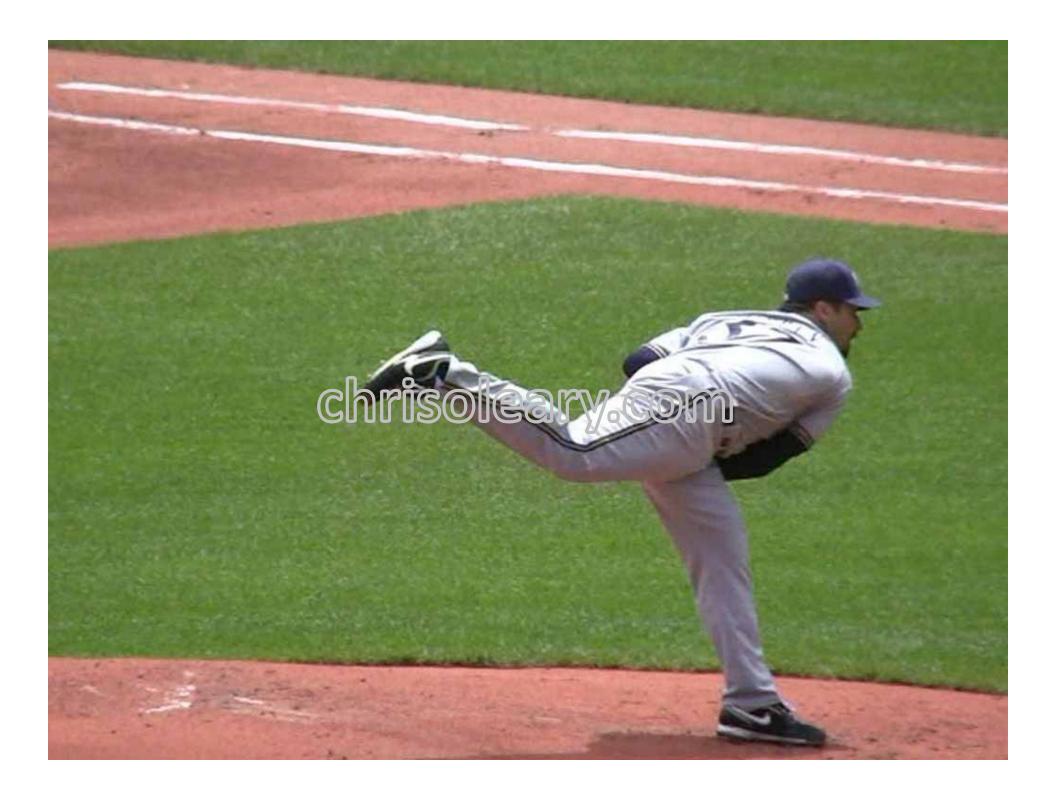


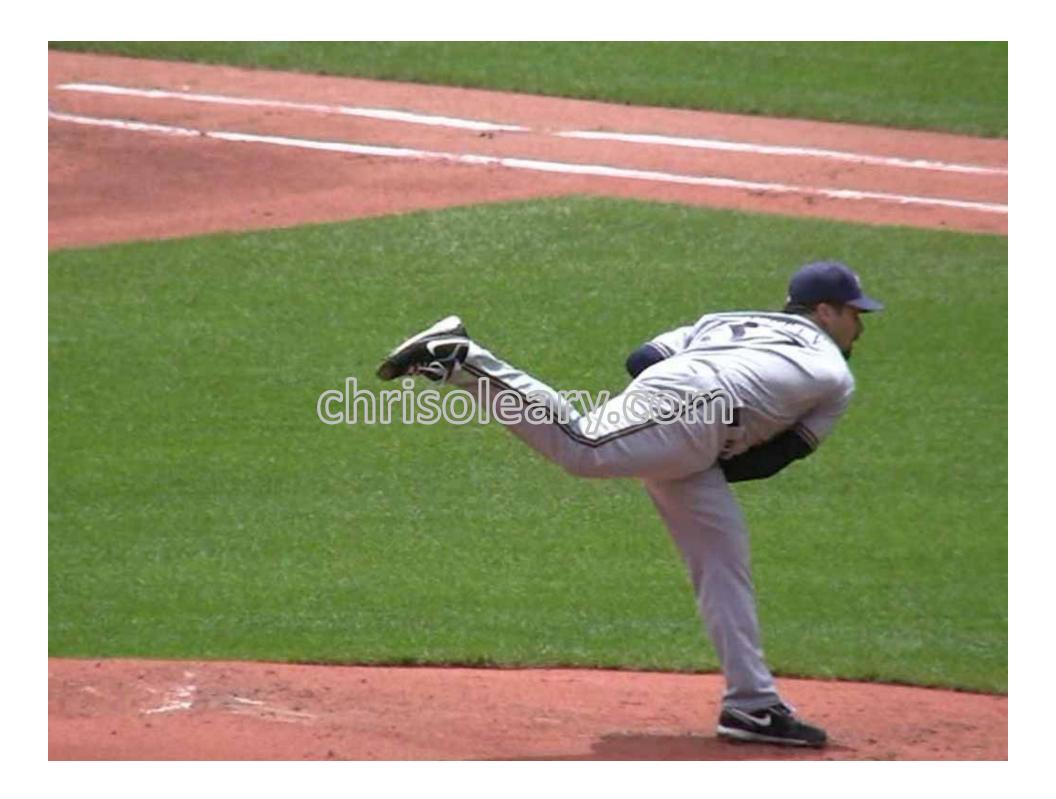


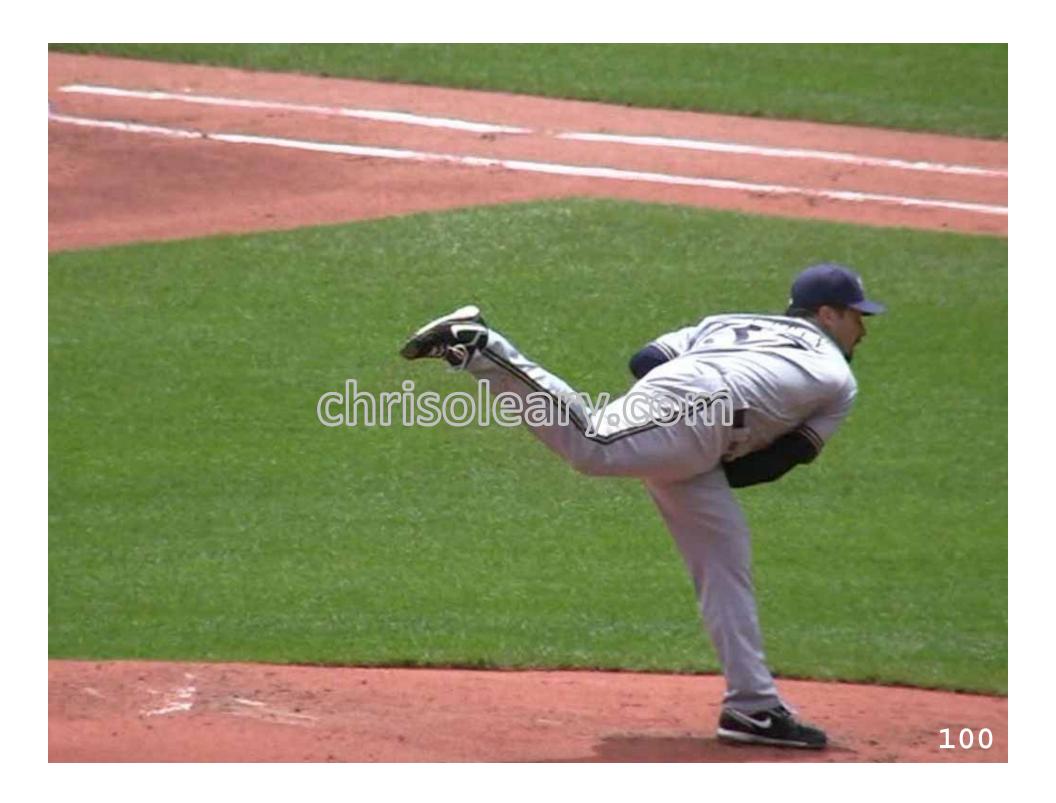


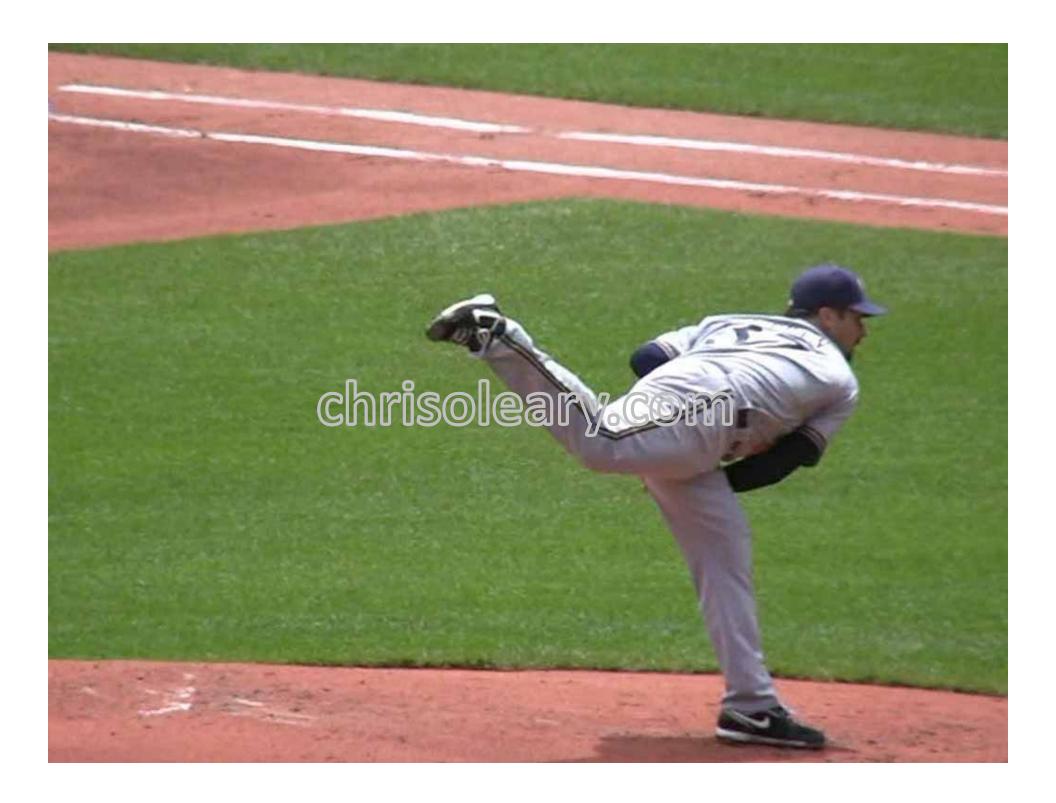








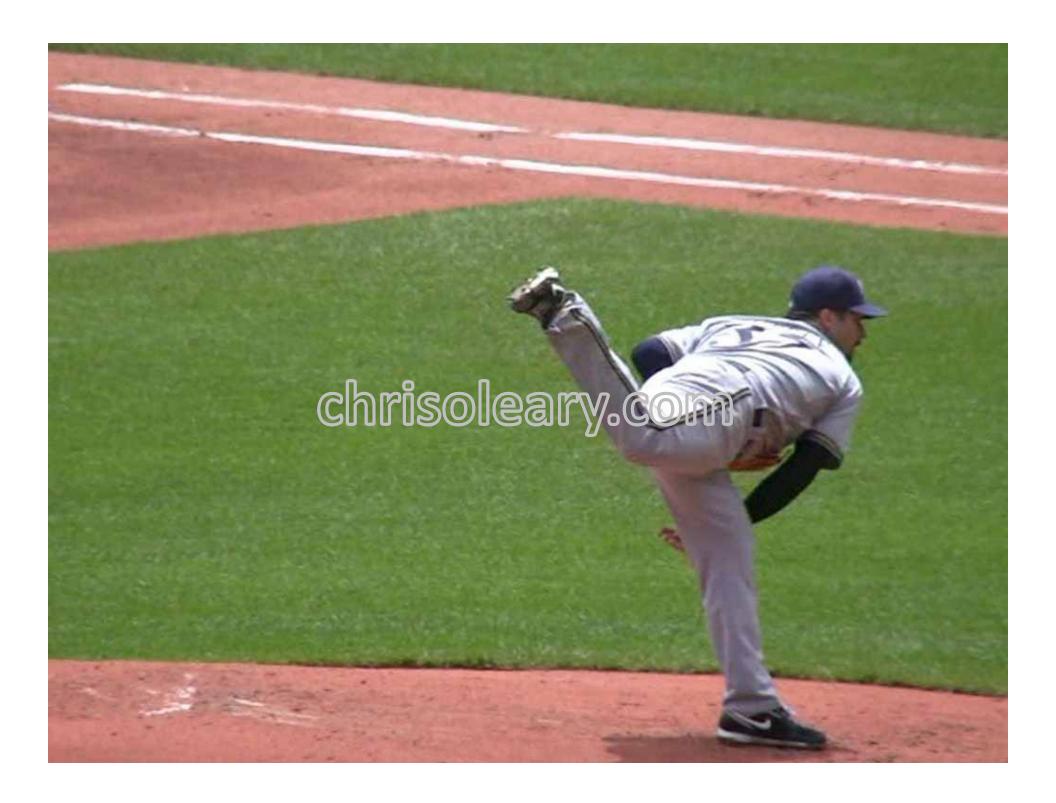




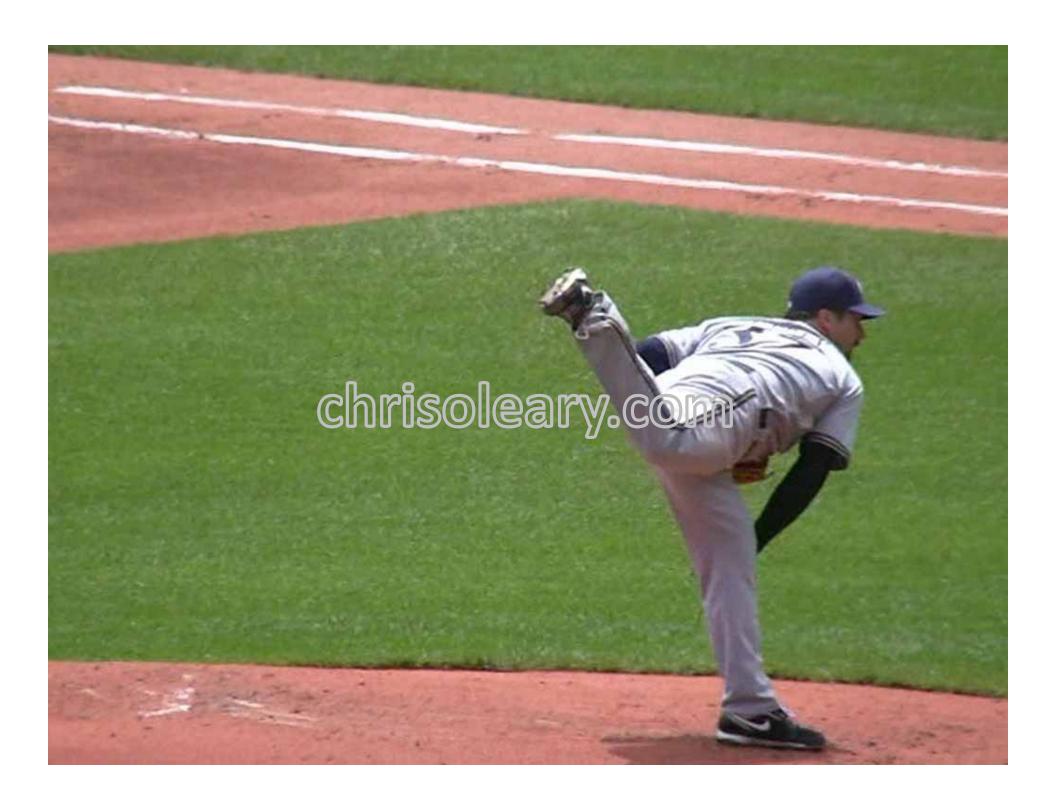


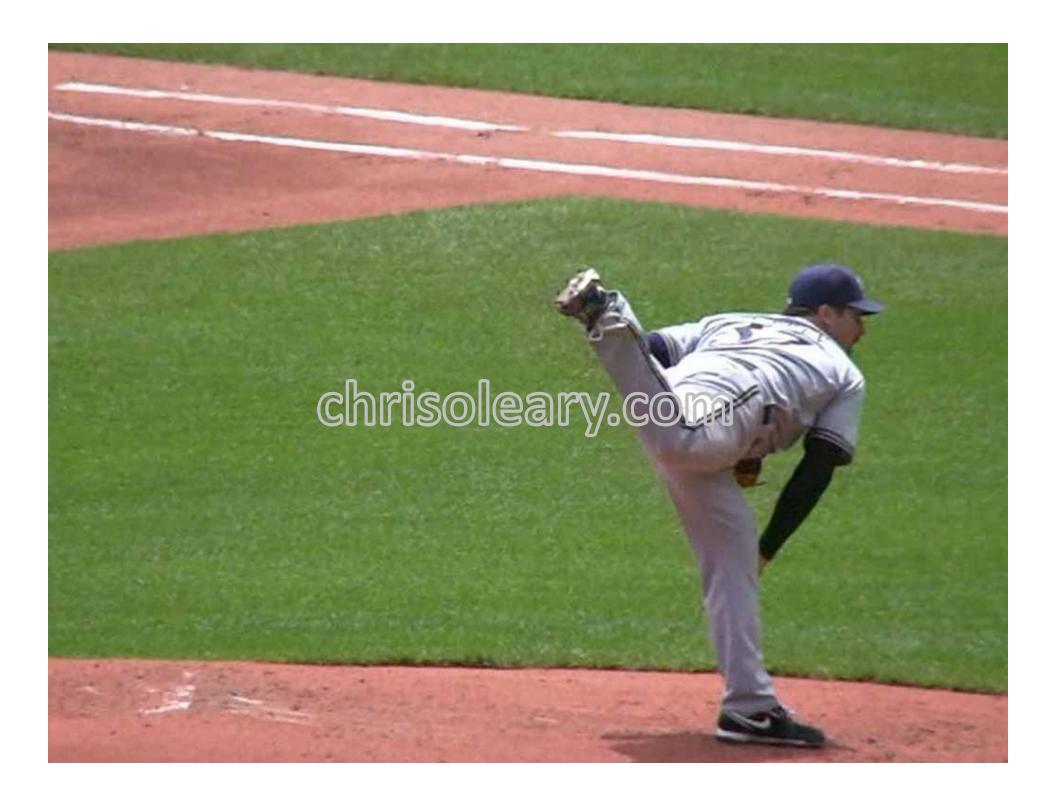
























For More Information

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