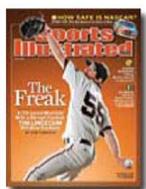


Cy Young Award Mechanics

November 12, 2008

In the wake of [Tim Lincecum's Cy Young Award](#) has come Sports Illustrated [article on Lincecum's mechanics](#):



July 07, 2008

How Tiny Tim Became A Pitching Giant

The mechanics of diminutive Tim Lincecum—looks 18, throws 98—are more than an act of violence, they're a marvel of modern science. Unconventionally honed by his father, that delivery has produced the most fascinating ace of his generation

Tom Verducci

That highlight 3 very important aspects of his pitching motion:

1. His athletic ability

He's a tremendous athlete who is able to get a tremendous stride to the plate:

Where Lincecum truly separates himself from most pitchers is the length of his stride. It is ridiculously long as it relates to his height. And just as his left foot, the landing foot, appears to be nearing the ground at the end of his stride, he lifts it as if stepping over a banana peel—extending his stride even more. The normal stride length for a pitcher is 77% to 87% of his height. Lincecum's stride is 129%, or roughly 7 1/2 feet.

2. His timing

The pitching motion from leg kick to Ball Release lasts ~1.3 seconds. A crucial part is keeping your front side closed as long as possible:

One key to Lincecum's delivery is to keep his left side, especially his left shoulder, aimed toward his target for as long as possible. "Don't open up too soon because then you lose leverage," Tim says. "If you twist a rubber band against itself, the recoil is bigger. The more torque I can come up with, the better."

3. His consistency

Lincecum's consistent motion comes from BEING ATHLETIC and NOT slowing down with a Balance Point!

"The hardest thing to do is slow down, gather yourself, then throw a ball," says the pitching coach. "Greg Maddux, Bob Gibson, Rich Gossage—they all flowed through their delivery. They keep their momentum going. Those flow guys are the ones who can sustain the grind of pitching. I think [Tim's] a longevity guy, I really do."

Having Questions About This Newsletter?

Email (PitchingDoc@msn.com) or Call (631-352-7654) Dr. Arnold!