

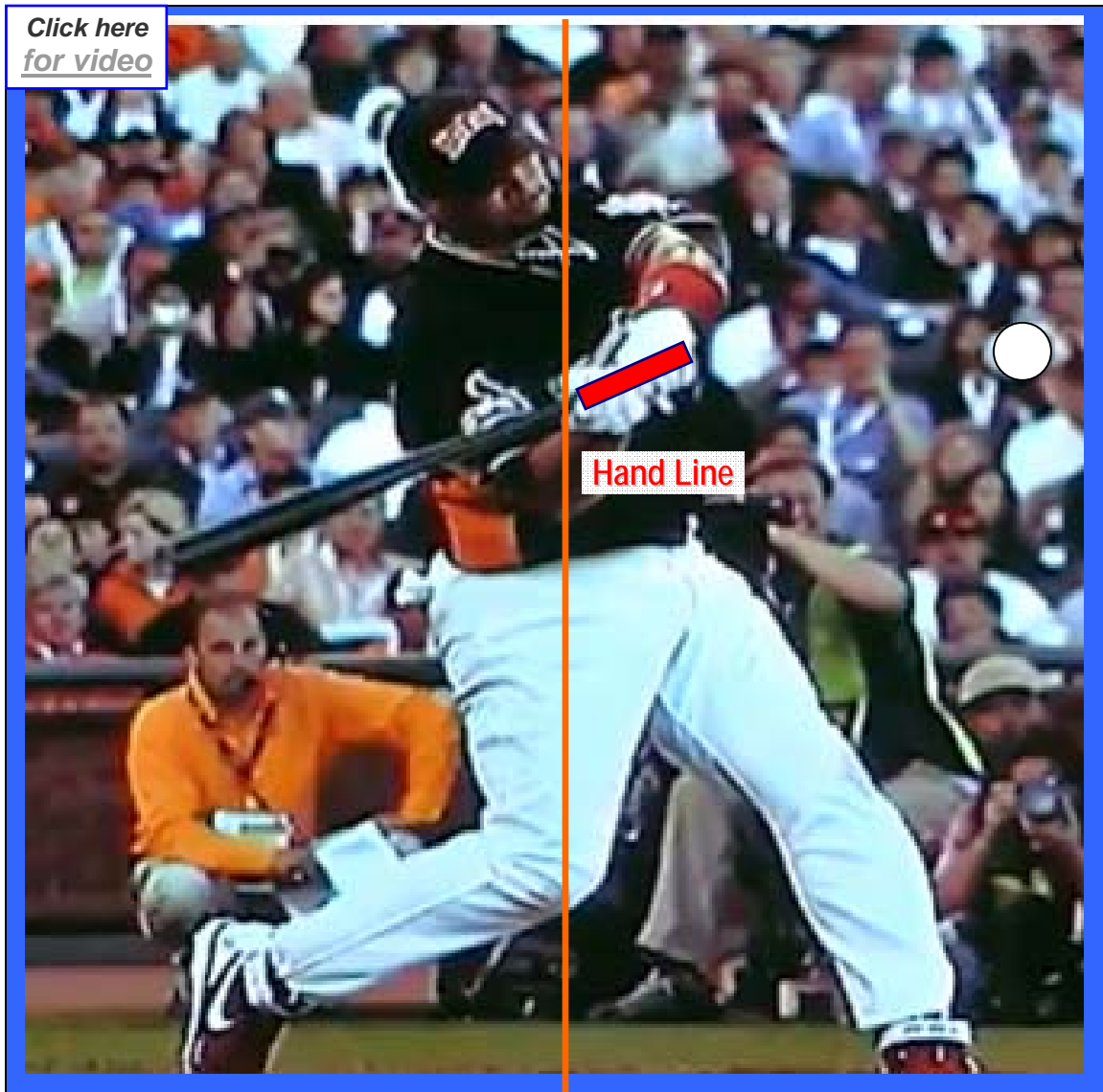
Albert Pujols Baseball Swing

Frame-by-Frame 2007



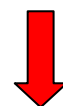
Rotation Line

[Click here
for video](#)



QUIET
EYE
PERIOD
concept

Scroll
down



RL

A Swing of Beauty

I'm trying to slow my body down and slow my swing down, use my hands and trust my hands," he says. I just try to trust my hands and leave it nice and quiet.

Albert Pujols Baseball Swing

Rotation Line



[Click here
for video](#)

QUIET
EYE
PERIOD
[video](#)

it's all in
the [wrist](#)

Hand Line

**Scroll
down**



R L

[click](#)

STAYS IN BALANCED

FRAME 2

Albert Pujols Baseball Swing

Rotation Line



RL

STAYS IN BALANCED

FRAME 3

Albert Pujols Baseball Swing

Rotation Line



Click
HL is the bat

Scroll
down



R L

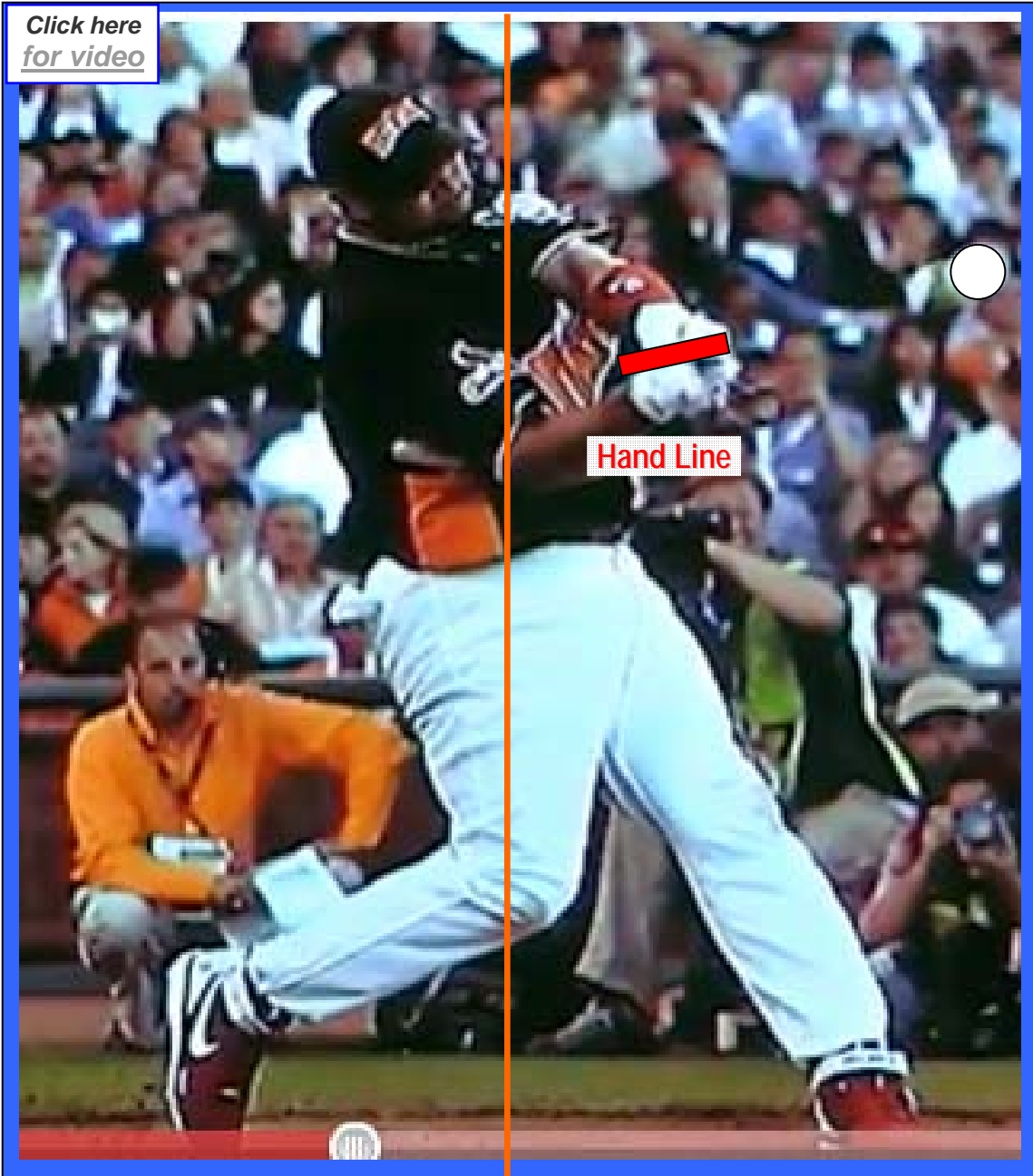
click

STAYS IN BALANCED

FRAME 4

Albert Pujols Baseball Swing

Rotation Line



[Click here
for video](#)

QUIET
EYE
PERIOD
[video](#)

**Scroll
down**



R L

← click

STAYS IN BALANCED

FRAME 5

Albert Pujols Baseball Swing

Rotation Line



R L

STAYS IN BALANCED

FRAME 6

Albert Pujols Baseball Swing

Rotation Line



Scroll
down
↓

R L

STAYS IN BALANCED

FRAME 7

Albert Pujols Baseball Swing

Rotation Line



Scroll
down



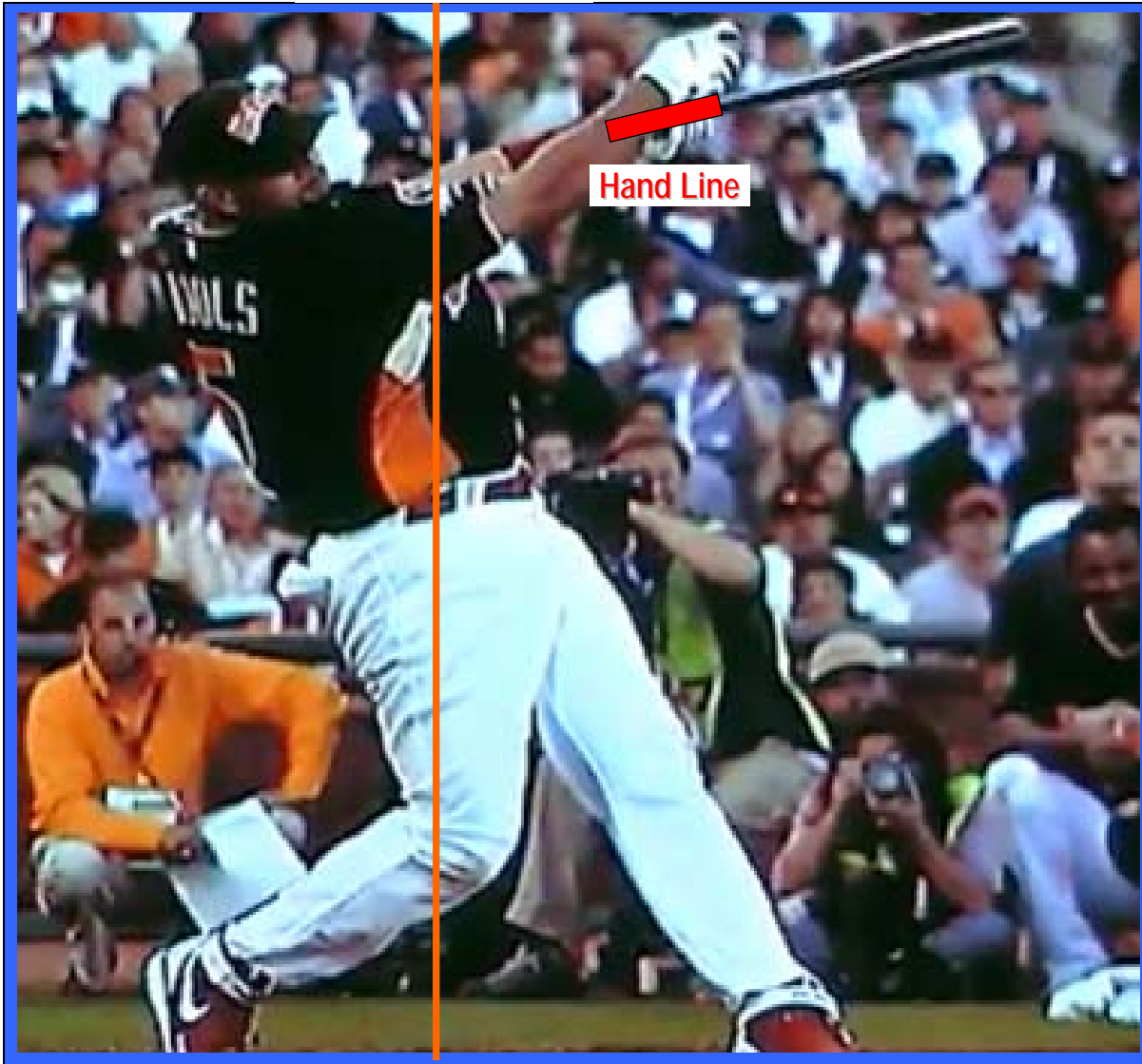
R L

STAYS IN BALANCED

FRAME 8

Albert Pujols Baseball Swing

Rotation Line



Scroll
down



R L

← click

STAYS IN BALANCED

FRAME 9

Albert Pujols Baseball Swing

Rotation Line



Scroll
down
↓

RL

← click

STAYS IN BALANCED

FRAME 10

Albert Pujols Baseball Swing

Rotation Line



**Scroll
down**



R L

STAYS IN BALANCED

FRAME 11

Albert Pujols Baseball Swing

Rotation Line



A Swing of Beauty

I'm trying to slow my body down and slow my swing down, **use my hands and trust my hands,**" he says. I just try to trust my hands and leave it nice and quiet.

The END