

Name _____

Cracking the Code: The Basics of Hitting in Baseball

Multiple Choice Questions

1. What is the purpose of a batter's stance in baseball?
 - a) To catch the ball
 - b) To position themselves in the field
 - c) To prepare for hitting
 - d) To communicate with the pitcher

2. How should a batter grip the bat?
 - a) With both hands together and touching
 - b) With both hands separated and fingers apart
 - c) With both hands close together but not touching
 - d) With one hand on top of the other

3. What is the "load" in a batter's swing?
 - a) The step forward with the front foot
 - b) The position of the hands on the bat
 - c) The small step back with the front foot before the pitch
 - d) The follow-through after making contact

4. What is the goal of pitch recognition in hitting?
 - a) To determine the pitch's speed
 - b) To anticipate the pitch's location and adjust the swing
 - c) To hit every pitch thrown
 - d) To confuse the pitcher

5. What is plate discipline in baseball hitting?
 - a) Swinging at every pitch
 - b) Waiting for a perfect pitch to hit
 - c) Avoiding strikes and balls altogether
 - d) Recognizing strikes from balls and swinging at any pitch

