

Name \_\_\_\_\_

## Cracking the Code: The Basics of Hitting in Baseball

### Short Answer

1. Describe the proper stance for a batter in baseball.
2. Explain what the "follow-through" is in a baseball swing.
3. What is the strike zone, and why is it important for hitters to understand it?
4. How can plate discipline help a batter in baseball?
5. What is one way hitters practice and improve their hitting skills?

