

Name _____

Cracking the Code: The Basics of Hitting in Baseball

Short Answer Key

1. The proper stance for a batter in baseball involves having their feet shoulder-width apart, knees slightly bent, facing the pitcher, and holding the bat with both hands, with the top hand higher than the bottom hand.
2. The follow-through in a baseball swing is the continuation of the swing after making contact with the ball. It involves extending the arms, rotating the hips and shoulders, and is important for generating power and accuracy.
3. The strike zone is the area over home plate where a pitch is considered a strike. Hitters need to understand it because it helps them determine which pitches to swing at and which to let go. It's crucial for good plate discipline.
4. Plate discipline helps a batter by allowing them to recognize strikes from balls. It helps batters avoid swinging at bad pitches and wait for the right one, increasing their chances of making solid contact.
5. Hitters practice and improve their hitting skills through repetition, drills, and receiving guidance and feedback from coaches and teammates.

