

Name _____

Cracking the Code: The Basics of Hitting in Baseball

Open-Ended Response Answer Key

1. (Answers will vary. Some may find pitch recognition challenging due to the variety of pitches and their movement, while others may find maintaining good plate discipline difficult when tempted by pitches outside the strike zone.)
2. (Answers may include drills like tee work, soft toss, or front toss, which focus on building proper swing mechanics and hand-eye coordination.)
3. Pitch recognition allows batters to anticipate the pitch's type and location, enabling them to adjust their swing accordingly. This advantage can lead to better contact and a higher chance of success.
4. Mental focus and concentration are crucial in baseball hitting because they help batters stay calm, make quick decisions, and maintain good plate discipline. Hitters must keep their minds sharp to succeed in a game where split-second decisions matter.

