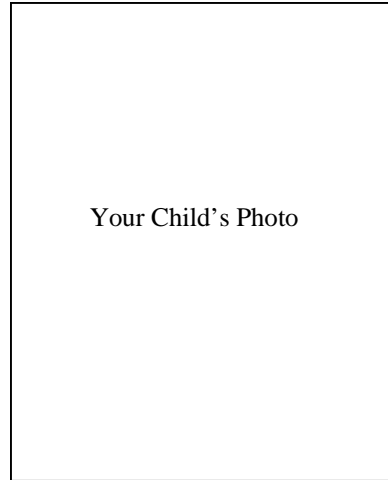


# Baseball Practice—Hitting

By Amy Johnson





I'm a baseball player and I go to Practice!



I will learn how to how to hit the baseball.  
I will hit off of a tee.  
Or when my Coach pitches the baseball.



I need to wait for my turn to bat. I wait on the bench where it is safe. I can cheer for my team mates when I sit on the bench.



I need a bat when it is my turn. I always wear my helmet.



When it is my turn to hit, I find a bat. I stand by home plate.



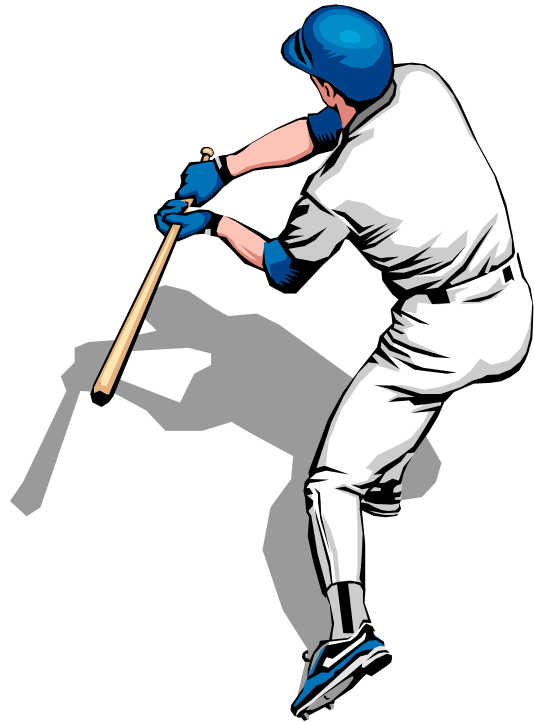
I put the ball on the tee.  
Or wait until the coach is ready to pitch the ball to me.



I have to hold the bat with both hands.



I have to be in my batting stance.  
This tells my coach that I am ready to hit the ball.



I try to swing the bat to hit the ball.



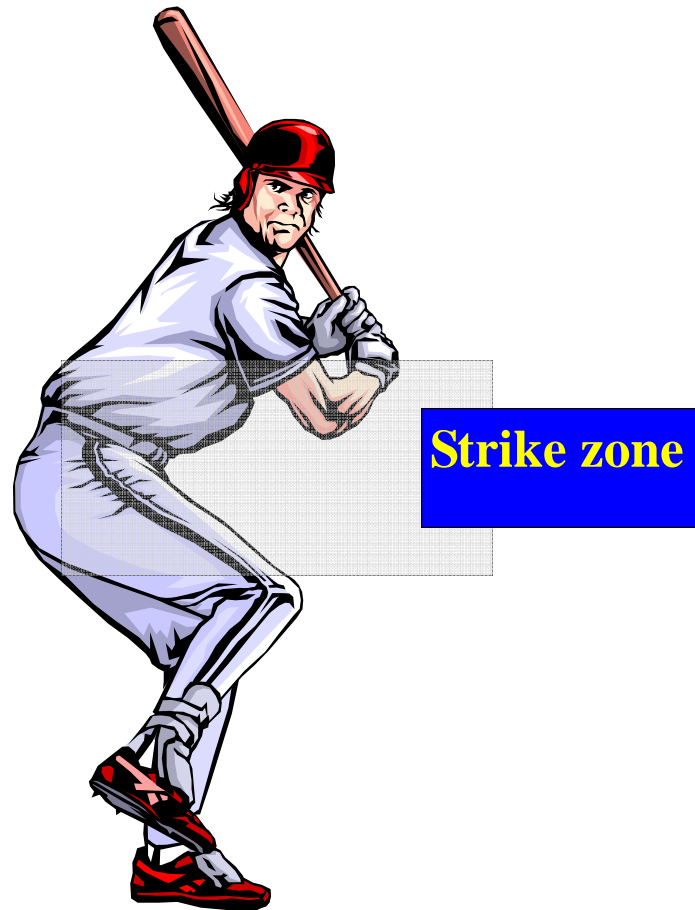
I only hit the ball when nobody is around me. This is the safe way to swing the bat.

I swing the bat and try to hit the ball. I do not hit the tee.

If I miss the ball, it is ok. I get three tries to hit the ball! If I do not hit the ball on 3 tries, I can try again another time.



I can also hit the ball when a coach throws the ball to me.



I try to hit the ball when it is in the strike zone. This is where the ball should be when I swing the bat. It is ok if I do not hit it, I can try again!



When I hit the ball, I always run to first base.

I have to touch the base.

When my coach tells me, I can run to second base.

When my coach tells me, I can run to third base.

When my coach tells me, I can run back to home plate.

My team mates can cheer when I hit the ball!



I run the bases on the diamond.



When I go to practice I learn how to hit a baseball.