



WORKING THE STRIKE ZONE

The actual strike zone is 17 inches wide and stretches from the hitter's armpits to his knees. But you don't want to use all of the zone as this can get you into trouble.

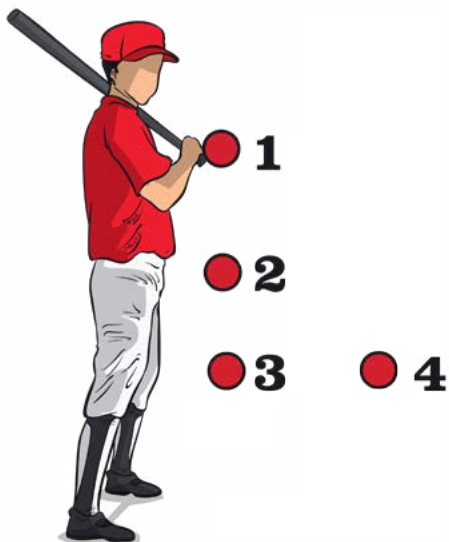
Work the "L":

High and tight
Middle in
Low and in
Low and away

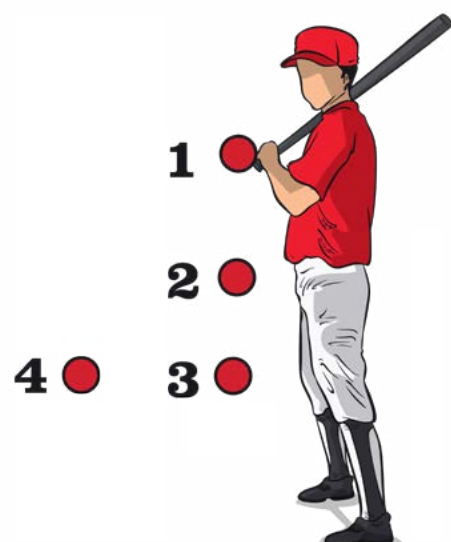
Additional strike zone tips:

Try to extend the strike zone when ahead in the count. Try to get batters to chase balls outside the zone.

ALWAYS avoid throwing the ball down the middle of the plate.



The "L" for Left Handed Hitters



The "L" for Right Handed Hitters