



NAME:

GRADE:

SCHOOL:

PROFESSOR
SPIKES
ASSIGNMENT
APRIL 8, 2020

SCIENCE OF HITTING

DIRECTIONS: Just how hard is it to hit a Major League fastball? Watch the video below on the science behind hitting a fastball and then answer the questions below. [WATCH VIDEO](#)

Who said you can't think and hit at the same time?

What is the distance between the pitcher's mound and home plate?

How long does it take a 95 MPH fastball to reach home plate?

How many milliseconds is the average Major League swing?

What takes more time: a human to blink or a baseball player to decide whether or not they want to swing at a 95 MPH fastball?

How does the human brain help in hitting a fastball?

Is eyesight important to hitting?