To effectively describe the distribution of a dataset, focusing on shape, center, and spread, a histogram is typically the best choice. It visually represents the frequency of data points across intervals, making it easier to observe the overall pattern.

In the given options:

- Graph A is a bar chart, but it doesn't display a frequency distribution of numerical values.

- Graph B is a histogram, which shows the distribution of the proportion of hits. It allows us to analyze the shape, center, and spread effectively.

- Graph C is a scatter plot, which is not suitable for showing distribution.

- Graph D is a cumulative frequency plot, which primarily shows cumulative totals rather than distribution characteristics.

Therefore, the best choice is \*\*Graph B\*\*, as it is a histogram providing a clear depiction of the distribution of the proportion of hits.