

Minneapolis Millers Baseball

Sample Indoor hitting/fielding practice

April 2025

Philosophy

- Focus on fundamentals! It's what successful ballplayers rely on when things get tough
- Scaffolding: Design drills to be a progression that build on each other to eventual in-game skills; they should be easily repeatable and worked on consistently throughout the season
- Reps: Quality over quantity! Players should be performing drills correctly, if not they will learn bad habits.
- Adjustments: Our core roles include instruction, correction, and attention to detail. However, pick your moments to 'tutor'. During a team practice, if a coach gets carried away instructing one player, they will wind up shortchanging everyone else.

Set-up

- 90 minutes
- 3 tunnels at an indoor batting cage, e.g. Minneapolis Sports Academy (MSA)
- Things to gather BEFORE practice starts: 1 bucket per tunnel, 1 tee per player (if possible)
- Warmups, throw, fielding = open space (all curtains pulled back)
- Hitting = 3 tunnels (all curtains closed)

Warm-up (10 minutes)

- [Dynamic Warmup](#)
- [Stretch](#)

Warm-up Descriptions

- Dynamics (examples)

Jog	Butt kick	Frankenstein	Side lunges
High knees	Cherry pickers one way	Lunge and Twist one way	Knee to chest Walks

- Stretch List (examples)

1. Big arm circles forward	3. Arms straight out to the side palms forward, small pulses back and forth (feel the scap pinch)	5. Stretch arm across chest
2. Big arm circles backwards (palms up)	4. Arms straight out to the side, palms up, small pulse up and down	6. Palm on back, tricep stretch

Throwing (10 minutes)

1. [Setup](#)
2. [Wrist Flips](#)
3. [Stuck in the Mud](#)
4. [Rockers](#)
5. [Infield Shuffle Throws](#)

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6. [Following Through and Glove Hand Action](#)

Infielding (30 minutes)

1. Daily Glove Work (“Dailies”) - Straight on, Forehand, Backhand
 - a. [Bare Hand](#)
 - b. [Standing Stationary with Glove](#)
 - c. [Step On The Gas](#)
2. 4-Cone Fundamentals
 - a. [Stationary](#)
 - b. [Coaches Roll Forehand & Backhand](#)
 - c. [Coaches Roll Forehand & Backhand Picks](#)
3. 1-Cone Fundamentals [Partners Roll Forehand & Backhand](#)
4. [2 Cone Footwork Race](#)
5. [Max Rep Ground Balls](#)

Infielding Descriptions

- Daily Glove Work (“Dailies”)
 - On knees with bare hand: Straight on, Backhand, Forehand
 - Standing stationary with glove: Straight on, Backhand, Forehand
 - Standing with glove toe up (“Step on the Gas”): Straight on, Backhand, Forehand
- 4-Cone Fundamentals
 - Stationary ball: Straight on, Backhand, Forehand Picks, Backhand Picks
 - Ground balls: Straight on, Backhand,
 - One-hoppers: Forehand Picks, Backhand Picks
- Single Cone Footwork
 - Partners roll ground balls straight on
 - Partners roll ground balls backhand
- Two Cone Footwork Race
 - Coaches roll ground balls straight on
 - Coaches roll ground balls to backhand
- Max rep ground balls
 - Put players in 2 lines. Coaches hit ground balls and players throw to target (straight on, backhand, picks)

Hitting (30 minutes)

1. [Gripping your bat](#)
2. [Launch Position](#)
3. [Bat Path and Barrel Depth](#)
4. [Tee Setup](#)

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5. [Cage Setup](#)
6. Tee work and Front Toss
 - a. [Split Grip to Extension](#)
 - b. [Half Bat](#)
 - c. [Open 45 Degrees to Extension](#)
 - d. [Flamingo](#)
 - e. [Big Papi \(Knob to Knee\)](#)

Hitting Descriptions

- How to grip a bat: Line up knocking knuckles as close as possible
- Launch position: Stride front foot, front foot and hand stretch apart, knob of bat faces catcher
- Bat path and barrel depth: Stay on plane with the pitched ball and maximize the amount of time the barrel is in the hitting zone
- Tee Drills - 5-8 swings each
 - Split Grip to Extension - start from launch position
 - Half Bat - start from launch position
 - Open 45 degrees to Extension - ball should go opposite field
 - Flamingo
 - Knob to Knee aka "Big Papi"
 - Regular swings
- Front Toss - 5-8 swings each
 - Split Grip to Extension - start from launch position
 - Half Bat - start from launch position; focus on maintaining good posture and tilt
 - Open 45 degrees to Extension - ball should go opposite field
 - Flamingo
 - Big Papi
 - Regular swings

Game (10 minutes) - Have fun

CREDITS:

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Drills and Ideas: MegRem Softball, Hitting Done Right, Dominate The Diamond