

21 OUTS

COMMUNICATION | TEAMWORK | SITUATIONS

DEFENSE



PRIMARY FOCUS

- To put pressure on the defense and force players to think, communicate, and make accurate decisions.
- To naturally put the defense in all the common situations they will face in a game.

OBJECTIVE

Complete **ALL 21 OUTS** without making *physical* or *mental* errors.

IF ERRORS OCCURS

1. **RECORD** each Error.
2. **START OVER** at Out #1.
3. **REPEAT** until all 21 Outs are completed **without** Errors.
4. **TOTAL** your Errors when finished.
5. Give players a conditioning exercise such as sprints, base running, push-ups, sit-ups, or another of your choosing. **(1 error = 1 sprint)**

It's important to hold players accountable for lack of focus and communication. Many physical and mental errors can be prevented with increased focus and team communication.

GOAL

Complete **ALL** 21 OUTS without starting over.

IDEAL TIMES OF COMPLETION

The times listed below are the ideal times it should to to complete 21 OUT based on the skill level of your team. No Matter the skill level, all teams need to work at decreasing the time of completion.

LEVELS	IDEAL TIME OF COMPLETION	GOAL	ERRORS ALLOWED
NOVICE	45 MIN. - 1 HR.	< 45 MIN.	4
INTERMEDIATE	30 - 45 MIN.	< 30 MIN.	2
ADVANCED	15 - 30 MIN.	< 15 MIN.	0
ELITE	≤ 15 MIN.	< 10 MIN.	0

COMMUNICATION!

SITUATIONS

INN.	OUTS	RUNNERS ON BASE	1	2	3
1	1 - 3	NO RUNNERS	GB or FB (infield or outfield)	BUNT (3B, P, 1B, or C)	YOUR CHOICE
2	4 - 6	1ST BASE	GB (Double-play)	RUNNER STEALING (Pitch-Out)	*If < 2 OUTS* YOUR CHOICE
3	7 - 9	1ST & 2ND BASE	SOFT GB to 1B	LD to OF (Cut-Off 4B)	*If < 2 OUTS* HARD GB (3B/SS Hole, Double-play)
4	10 - 12	1ST & 3RD BASE	GB to 2B	GB or FB	*If < 2 OUTS* YOUR CHOICE
5	13 - 15	2ND & 3RD BASE	*Corner INF. in* HARD GB (1B or 3B)	*Corner INF. in* SLOW GB (SS or 2B)	*Corner INF. in* POP-FLY (Infield)
6	16 - 18	BASES LOADED	*Bottom 6th* *Tying Run on 3B* GROUND BALL (Infield or Outfield)	*Bottom 6th* *Tying Run n 3B* FLY BALL (Infield or Outfield)	*Bottom 6th* *Tying Run on 3B* POP-FLY (Pitchers Mound)
7	19 - 21	BASES LOADED	*Bottom 7th* *Win. Run on 3B* YOUR CHOICE	*Bottom 7th* *Win. Run on 3B* YOUR CHOICE	*Bottom 7th* *Win. Run on 3B* YOUR CHOICE

GB: Ground Ball | FB: Fly Ball | LD: Line Drive | <: Less Than