



**BASEBALLWRISTBANDSIGNS.COM**



# **Complete Wristband System Tutorial**

## **OFFENSE**

# Type Of Wristband



## Brands

- Cutter
- Nike
- Under Armour
- Neumann
- ChampPro Adult
- Adidas

## Specifications:

- 5 inch by 3 inch window
- Youth - Durable 2.25 x 4.50 Vinyl Windows
- X100 Youth
- X200 Adult



# How To Care For The wristband

- Have players keep their own band.
- Put player # on the wristband so players cannot take band from others.
  - Fabric Paint Pen
  - Fabric Marker
  - Puffy Paint
  - Embroider



# Why Use the Wristband System

The wristband allows you to use a pick proof numbering system to make your offensive & pitching calls. Your players will be able to look at the number on their wristband grid & get the call.

## NOTE:

- The wristband system is not Error Proof!
- The ability to use Microsoft Excel is helpful.



# How the Offense wristband Works

The Excel program is designed so that all worksheets in the Excel spreadsheet are connected.

There are **3 EDITABLE sheets** that you will use to alter the offense wristband.

- **O-Bank** = Offense Play Bank
  - This is where you will store all of your calls & code names.
- **O-Player Master** = Offense Player Card Master
  - This is where you will input all of the calls you want to show up on the player wristband card.
- **O-Coach Master** = Offensive Coach Master
  - This is where you will create your coaching card in the manner that best allows you to find your calls & easily relay them to players.





# How the O-Bank Sheet Works

- O-Bank = Offense Play Bank 
- This is where you will store all of your calls & code names.

A	B	C	D	E	F	G
Name Of Play	Code Name					
OFFENSE CALLS	Code Name					
Bunt	BT	<p>This sheet is your play bank. The play bank is where you will place and store your calls and code names. You can put any call you want in Column A labeled "name of play" and type the code name directly next to it in column B labeled "Code Name". The shortest code name you can use is best (3 digits at the most) or you can use the already named Codes.</p> <p><b>Directions:</b></p> <ol style="list-style-type: none"><li>1. To place the call onto the player card, you will copy the name of the play only. Do not copy the code name. The code name will be autogenerated on the Master sheet.</li><li>2. Once you copy the name of the play from the bank, you will paste the play into the grey area of the master sheet as many times as you want it on the card.</li><li>3. Repeat with all calls you would like on the wristband.</li></ol>				
Bunt & Run	BR					
Delay Steal	DS					
Double Squeeze	DSQ					
Drag Bunt	DB					
Fake Bunt	FB					
Fake Bunt & Run	FBR					
Get Picked	GP					
Hit & Run	HR					
Leave Early	LE					
Nothing	NO					
Run & Hit	RH					
Squeeze	SQ					
Steal	ST					
Take Pitch	TK					



# How the O-Bank Sheet Works

## Step 1

Enter the names of the offensive calls into column A. Use the Grey Colored Cells.

- Example 1= Just play name – “Hit & Run”
- Example 2= Play name with code – “Hit & Run– HR”

A	B
Name Of Play	Code Name
OFFENSE CALLS	Code Name
Bunt	BT
Bunt & Run	BR
Delay Steal	DS
Double Squeeze	DSQ
Drag Bunt	DB
Fake Bunt	FB
Fake Bunt & Run	FBR
Get Picked	GP
Hit & Run	HR
Leave Early	LE
Nothing	NO
Run & Hit	RH
Squeeze	SQ
Steal	ST
Take Pitch	TK

## Step 2

Enter the “code name” in the cell adjacent (next to) “play name” in Column B.

- Example 1- “BT” = Bunt
- Example 2- “B” = Bunt
- Example 3- “BNT”= Bunt

Use the minimum amount of letters to describe the call. 3 letters maximum.

**O-Bank Video  
Tutorial**



# How the O-Player Master Sheet Works

- O-Player Master = Offense Player Master Sheet O-Player Master
  - This is where you will add the calls you want on the wristband, the number of times you want them on the wristband.

#	Call	Code	#	Call	Code	#	Call	Code	#	Call	Code	#	Call	Code
1	Steal	ST	1	Fake Bunt	FB	1	Hit & Run	HR	1	Steal	ST	1	Nothing	NO
2	Steal	ST	2	Fake Bunt	FB	2	Hit & Run	HR	2	Take Pitch	TK	2	Nothing	NO
3	Steal	ST	3	Fake Bunt	FB	3	Hit & Run	HR	3	Take Pitch	TK	3	Nothing	NO
4	Steal	ST	4	Hit & Run	HR	4	Hit & Run	HR	4	Take Pitch	TK	4	Nothing	NO
5	Steal	ST	5	Fake Bunt	FB	5	Hit & Run	HR	5	Take Pitch	TK	5	Nothing	NO
6	Steal	ST	6	Fake Bunt	FB	6	Hit & Run	HR	6	Take Pitch	TK	6	Nothing	NO
7	Steal	ST	7	Fake Bunt	FB	7	Hit & Run	HR	7	Take Pitch	TK	7	Nothing	NO
8	Bunt	BT	8	Fake Bunt	FB	8	Hit & Run	HR	8	Take Pitch	TK	8	Nothing	NO
9	Bunt	BT	9	Fake Bunt	FB	9	Hit & Run	HR	9	Take Pitch	TK	9	Nothing	NO
10	Bunt	BT	10	Fake Bunt	FB	10	Hit & Run	HR	10	Take Pitch	TK	10	Nothing	NO
11	Bunt	BT	11	Fake Bunt & Run	FBR	11	Drag Bunt	DB	11	Delay Steal	DS	11	Nothing	NO
12	Bunt	BT	12	Fake Bunt & Run	FBR	12	Drag Bunt	DB	12	Delay Steal	DS	12	Nothing	NO
13	Get Picked	GP	13	Fake Bunt & Run	FBR	13	Drag Bunt	DB	13	Delay Steal	DS	13	Nothing	NO
14	Get Picked	GP	14	Fake Bunt & Run	FBR	14	Drag Bunt	DB	14	Delay Steal	DS	14	Nothing	NO
15	Get Picked	GP	15	Fake Bunt & Run	FBR	15	Drag Bunt	DB	15	Delay Steal	DS	15	Nothing	NO
16	Get Picked	GP	16	Fake Bunt & Run	FBR	16	Drag Bunt	DB	16	Delay Steal	DS	16	Nothing	NO
17	Get Picked	GP	17	Steal	ST	17	Drag Bunt	DB	17	Delay Steal	DS			
18	Get Picked	GP	18	Fake Bunt & Run	FBR	18	Drag Bunt	DB	18	Delay Steal	DS			
19	Get Picked	GP	19	Fake Bunt & Run	FBR	19	Drag Bunt	DB	19	Delay Steal	DS			
20	Get Picked	GP	20	Fake Bunt & Run	FBR	20	Drag Bunt	DB	20	Delay Steal	DS			

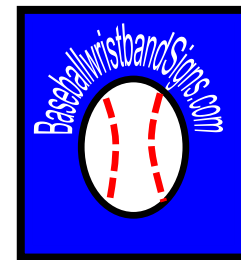
Some coaches like to use percentages of the wristband for certain calls they make based up the percent of the time they make that call. The chart below is for your convenience and shows the approximate number of times you would need to put a call on the wristband to meet a certain percentage.

Percentage Charts -	50% = 48 Times	45% = 43 Times	40% = 38 Times	35% = 34 Times
30% = 29 Times	33% = 32 Times	25% = 24 Times	20% = 19 Times	15% = 14 Times
10% = 10 Times	05% = 5 Times	01% = 1 Times		

1. You will copy the play name from the O-Bank and paste them into the grey cells.  
 2. The Code name that defines the play name in the O-Bank will automatically appear in the adjacent cell.  
 \*The only cells you can alter in the O-Player Master sheet are the grey cells in columns B, E, H, K, and N.



# How the O-Player Master Sheet Works



There are 2 ways to add play names to the O-Player Master Sheet.

**1. Copy & Paste** the play name from the “O-Bank” Sheet into the “O-Player Master” Sheet **\*\*\*THIS IS THE BEST WAY\*\*\***

[Learn How To Copy & Paste in Excel](#)

- The Code name will *automatically* appear in the code name column of the master sheet.

**Copy** the “play name” only from the O-Bank.

**Paste** it into the “Call” column of the O-Player Master sheet.

A	B
Name Of Play	Code Name
<b>OFFENSE CALLS</b>	
Bunt	BT
Bunt & Run	BR
Delay Steal	DS
Double Squeeze	DSQ

#	Call	Code #	Call	Code #	Call	Code #	Call	Code #	Call	Code				
1	Steal	ST	1	Fake Bunt	FB	1	Hit & Run	HR	1	Steal	ST	1	Nothing	NO
2	Steal	ST	2	Fake Bunt	FB	2	Hit & Run	HR	2	Take Pitch	TK	2	Nothing	NO
3	Steal	ST	3	Fake Bunt	FB	3	Hit & Run	HR	3	Take Pitch	TK	3	Nothing	NO
4	Steal	ST	4	Hit & Run	HR	4	Hit & Run	HR	4	Take Pitch	TK	4	Nothing	NO
5	Steal	ST	5	Fake Bunt	FB	5	Hit & Run	HR	5	Take Pitch	TK	5	Nothing	NO
6	Steal	ST	6	Fake Bunt	FB	6	Hit & Run	HR	6	Take Pitch	TK	6	Nothing	NO
7	Steal	ST	7	Fake Bunt	FB	7	Hit & Run	HR	7	Take Pitch	TK	7	Nothing	NO
8	Bunt	BT	8	Fake Bunt	FB	8	Hit & Run	HR	8	Take Pitch	TK	8	Nothing	NO
9	Bunt	BT	9	Fake Bunt	FB	9	Hit & Run	HR	9	Take Pitch	TK	9	Nothing	NO
10	Bunt	BT	10	Fake Bunt	FB	10	Hit & Run	HR	10	Take Pitch	TK	10	Nothing	NO
11	Bunt	BT	11	Fake Bunt & Run	FBR	11	Drag Bunt	DB	11	Delay Steal	DS	11	Nothing	NO



# How the O-Player Master Sheet Works

There are 2 ways to add play names to the O-Player Master Sheet.

2. **Type** the **EXACT** name of the play as listed in the O-Bank into the “Call” column of the O-Player Master sheet.

- The Code name will automatically appear in the code name column of the master sheet.
- If you choose this method, you must use **exact spelling & spacing** or the code name will not generate.

The “play name” from the O-Bank must be typed exactly the same way.

Type the play name it into the “Call” column of the O-Player Master sheet.

A	B
Name Of Play	Code Name
<b>OFFENSE CALLS</b>	
	<b>Code Name</b>
Bunt	BT
Bunt & Run	BR
Delay Steal	DS
Double Squeeze	DSQ

#	Call	Code #	Call	Code #	Call	Code #	Call	Code #	Call	Code				
1	Steal	ST	1	Fake Bunt	FB	1	Hit & Run	HR	1	Steal	ST	1	Nothing	NO
2	Steal	ST	2	Fake Bunt	FB	2	Hit & Run	HR	2	Take Pitch	TK	2	Nothing	NO
3	Steal	ST	3	Fake Bunt	FB	3	Hit & Run	HR	3	Take Pitch	TK	3	Nothing	NO
4	Steal	ST	4	Hit & Run	HR	4	Hit & Run	HR	4	Take Pitch	TK	4	Nothing	NO
5	Steal	ST	5	Fake Bunt	FB	5	Hit & Run	HR	5	Take Pitch	TK	5	Nothing	NO
6	Steal	ST	6	Fake Bunt	FB	6	Hit & Run	HR	6	Take Pitch	TK	6	Nothing	NO
7	Steal	ST	7	Fake Bunt	FB	7	Hit & Run	HR	7	Take Pitch	TK	7	Nothing	NO
8	Bunt	BT	8	Fake Bunt	FB	8	Hit & Run	HR	8	Take Pitch	TK	8	Nothing	NO
9	Bunt	BT	9	Fake Bunt	FB	9	Hit & Run	HR	9	Take Pitch	TK	9	Nothing	NO
10	Bunt	BT	10	Fake Bunt	FB	10	Hit & Run	HR	10	Take Pitch	TK	10	Nothing	NO
11	Bunt	BT	11	Fake Bunt & Run	FBR	11	Drag Bunt	DB	11	Delay Steal	DS	11	Nothing	NO



# How the O-Player Master Sheet Works

- You will input the call as many time as you want it on the wristband.
- If you are a percentage person, percentage charts are supplied for your convenience.
- More times than not, you will use a “no call”. You should put more “Nothing” calls than any other.

Some coaches like to use percentages of the wristband for certain calls they make based up the percent of the time they make that call. The chart below is for your convenience and shows the approximate number of times you would need to put a call on the wristband to meet a certain percentage.

<b>Percentage Charts -</b>	<b>50% = 48 Times</b>	<b>45% = 43 Times</b>	<b>40% = 38 Times</b>	<b>35% = 34 Times</b>
<b>30% = 29 Times</b>	<b>33% = 32 Times</b>	<b>25% = 24 Times</b>	<b>20% = 19 Times</b>	<b>15% = 14 Times</b>
<b>10% = 10 Times</b>	<b>05% = 5 Times</b>	<b>01% = 1 Times</b>		

**O-Player Master  
Video Tutorial**



# How the O-Coach Master Sheet Works

- O-Coach Master = Offensive Coach Master

O-Coach Master

- This is where you will create your coaching card in the manner that best allows you to find your calls & easily relay them to players.

Nothing		
011	014	041
141	142	143
233	242	323
433	443	444
511	514	521
524		

Bunt											
211	231	322	533	543							
Take Pitch											
023	031	033	034	123	321	344	423	512			
Nothing											
011	014	041	141	142	143	233	242	323	433	443	
444	511	514	521	524							
Nothing											
011	014	041	141	142	143	233	242	323	433	443	
444	511	514	521	524							
Nothing											
011	014	041	141	142	143	233	242	323	433	443	
444	511	514	521	524							
Get Picked											
021	113	133	311	343	413	431	531				
Nothing											
011	014	041	141	142	143	233	242	323	433	443	
Nothing											
011	014	041	141	142	143	233	242	323	433	443	
Nothing											
011	014	041	141	142	143	233	242	323	433	443	
Nothing											
011	014	041	141	142	143	233	242	323	433	443	

Nothing	
011	
014	
041	
141	
142	
143	
233	
242	
323	
433	
443	

Steal	
043	
121	
132	
212	
244	
334	
424	
434	
534	

Steal	
043	
121	
132	
212	
244	
334	
424	
434	
534	

Steal	
043	
121	
132	
212	
244	
334	
424	
434	
534	

1. You will copy the play name from the O-Bank and paste them into the grey cells.  
 2. The corresponding numbers from the "Player Wristband" automatically appear in the cells beneath the grey cell.  
 \*The only cells you can alter in the O-Coach Master sheet are the grey cells.









# Setting up your O-Coach Master Sheet

- You will set up your coach card based upon the *number of times* you put a call on you player's wristband card.
- For the offense card, you will use a "no call" most of the time & put that on your player card the most. It would be best to use the 1<sup>st</sup> area for your no calls because you can generate up to 74 "nothing" calls. See colored box below.
- The top 5 sections you will generate up to 22 calls. See colored boxes below.
- The rest of the sections will generate up to 11 calls. See Colored boxes below.

**O-Coach Master  
Video Tutorial**

Nothing		
011	014	041
141	142	143
233	242	323
433	443	444
511	514	521
524		

1. You will copy the play name from the O-Bank and paste them into the grey cells.  
 2. The corresponding numbers from the "Player Wristband" automatically appear in the cells beneath the grey cell.  
 \*The only cells you can alter in the O-Coach Master sheet are the grey cells.

Bunt										
211	231	322	533	543						
Take Pitch										
023	031	033	034	123	321	344	423	512		
Nothing										
011	014	041	141	142	143	233	242	323	433	443
444	511	514	521	524						
Nothing										
011	014	041	141	142	143	233	242	323	433	443
444	511	514	521	524						
Nothing										
011	014	041	141	142	143	233	242	323	433	443
444	511	514	521	524						
Get Picked										
021	113	133	311	343	413	431	531			
Nothing										
011	014	041	141	142	143	233	242	323	433	443
Nothing										
011	014	041	141	142	143	233	242	323	433	443
Nothing										
011	014	041	141	142	143	233	242	323	433	443
Nothing										
011	014	041	141	142	143	233	242	323	433	443

Nothing		Steal	
011	043	043	
014	121	121	
041	132	132	
141	212	212	
142	244	244	
143	334	334	
233	424	424	
242	434	434	
323	534	534	
433			
443			

Steal		Steal	
043	043	043	
121	121	121	
132	132	132	
212	212	212	
244	244	244	
334	334	334	
424	424	424	
434	434	434	
534	534	534	

# How do I use the O-Card Randomizer?



- The O-Card Randomizer is used to sort your card into random order on the player wristband.
- This is how you pick proof your calls.

A	B	C	D	E	F	G	H	I	J	K
0.246443	88	Nothing	NO		011	<p style="text-align: center;"><b>Randomizer Details</b></p> <p>1. Do NOT type or enter any data into the cells in this sheet.</p> <p>2. You do not have to randomize unless you want change the location of calls on the player card.</p> <p>3. IF you are going to randomize, ALWAYS randomize before printing any player cards or coaching documents.</p> <p><b>DIRECTIONS</b></p> <p>1. Select only Columns A, B, C, and D together in a group.</p> <p>2. To do this, you will left click the mouse on Column heading A and hold it down while selecting B, C, and D. All of the cells in columns A, B, C and D will be highlighted.</p> <p>3. Click the HOME tab and look for the "Sort &amp; Filter" button. This is usually in the Editing area.</p> <p>4. Click the Sort &amp; Filter button.</p> <p>5. Sort Smallest to Largest.</p> <p><i><u>Your player wristband is now randomized into a new order and your calls are pick proof.</u></i></p>				
0.906902	74	Delay Steal	DS		012					
0.405987	60	Drag Bunt	DB		013					
0.598142	92	Nothing	NO		014					
0.567264	16	Get Picked	GP		021					
0.103688	28	Fake Bunt	FB		022					
0.621102	62	Take Pitch	TK		023					
0.783632	31	Fake Bunt & Run	FBR		024					
0.222376	70	Take Pitch	TK		031					
0.234081	73	Delay Steal	DS		032					
0.898725	63	Take Pitch	TK		033					
0.177872	68	Take Pitch	TK		034					
0.766271	81	Nothing	NO		041					
0.983682	50	Hit & Run	HR		042					
0.429974	4	Steal	ST		043					
0.714099	75	Delay Steal	DS		044					

**O-Card Randomizer  
Video Tutorial**



# How do I use the O-Card Randomizer?



## FIRST THINGS FIRST

1. Do **NOT** type or enter any data into the cells in this sheet.
2. You do **NOT** have to Randomize unless you want **change the location** of calls on the player card.
3. IF you are going to Randomize, **ALWAYS** Randomize **before printing** any player cards or coaching documents.

A	B	C	D	E	F	G	H	I	J	K
0.246443	88	Nothing	NO		011	<p style="text-align: center;"><u>Randomizer Details</u></p> <p>1. Do NOT type or enter any data into the cells in this sheet.</p> <p>2. You do not have to randomize unless you want change the location of calls on the player card.</p> <p>3. IF you are going to randomize, ALWAYS randomize before printing any player cards or coaching documents.</p> <p><b>DIRECTIONS</b></p> <p>1. Select only Columns A, B, C, and D together in a group.</p> <p>2. To do this, you will left click the mouse on Column heading A and hold it down while selecting B, C, and D. All of the cells in columns A, B, C and D will be highlighted.</p> <p>3. Click the HOME tab and look for the "Sort &amp; Filter" button. This is usually in the Editing area.</p> <p>4. Click the Sort &amp; Filter button.</p> <p>5. Sort Smallest to Largest.</p> <p><i><u>Your player wristband is now randomized into a new order and your calls are pick proof.</u></i></p>				
0.906902	74	Delay Steal	DS		012					
0.405987	60	Drag Bunt	DB		013					
0.598142	92	Nothing	NO		014					
0.567264	16	Get Picked	GP		021					
0.103688	28	Fake Bunt	FB		022					
0.621102	62	Take Pitch	TK		023					
0.783632	31	Fake Bunt & Run	FBR		024					
0.222376	70	Take Pitch	TK		031					
0.234081	73	Delay Steal	DS		032					
0.898725	63	Take Pitch	TK		033					
0.177872	68	Take Pitch	TK		034					
0.766271	81	Nothing	NO		041					
0.983682	50	Hit & Run	HR		042					
0.429974	4	Steal	ST		043					
0.714099	75	Delay Steal	DS		044					

# How do I use the O-Card Randomizer?



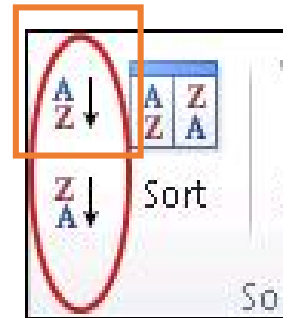
1. Select only Columns A, B, C, & D together in a group. **\*\*SEE RED BOX BELOW\*\***
2. To do this, you will left click the mouse on Column heading A & hold it down while selecting B, C, & D. All of the cells in columns A, B, C & D will be highlighted.
3. Click the HOME tab (**BLACK BOX BELOW**) & look for the "Sort & Filter" button (**GREEN BOX BELOW**). This is usually in the Editing area.
4. Click the Sort & Filter button.
5. Sort Smallest to Largest. (**ORANGE BOX BELOW**)

[Learn How To Select, Sort & Filter in Excel](#)

*Your player wristband is now Randomized into a new order & your calls are pick proof.*

A screenshot of the Microsoft Excel interface. The 'HOME' tab is selected and highlighted with a black box. The 'Sort & Filter' button in the 'Editing' group is highlighted with a green box. In the spreadsheet, columns A, B, C, and D are highlighted with a red box. The spreadsheet data is as follows:

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
1	0.246443	88	Nothing	NO		011	<b>Randomizer Details</b>							
2	0.906902	74	Delay Steal	DS		012	1. Do NOT type or enter any data into the cells in this sheet. 2. You do not have to randomize unless you want change the							





# What do I print for Players?

- Player Cards
  - There are 2 Sheet tabs you can Print & use



**O-Card ADULT** Fits in a wristband with a 3" by 5" Window.

- The actual card is 2.75" by 4.5". Clearer when Printed

	01	02	03	04		11	12	13	14		21	22	23	24
1	NO	GP	TK	NO	1	DB	ST	HR	NO	1	BT	FBR	BT	DS
2	DS	FB	DS	HR	2	HR	HR	ST	NO	2	ST	FB	DS	NO
3	DB	TK	TK	ST	3	GP	TK	GP	NO	3	DB	DB	NO	FBR
4	NO	FBR	TK	DS	4	DS	FB	HR	FB	4	HR	HR	FBR	ST
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	31	32	33	34		41	42	43	44		51	52	53	54
1	GP	TK	FB	FB	1	DS	DB	GP	DB	1	NO	NO	GP	HR
2	FB	BT	FBR	HR	2	FB	HR	DB	FBR	2	TK	DB	DB	HR
3	FBR	NO	FB	GP	3	GP	TK	NO	NO	3	FBR	DS	BT	BT
4	DB	FBR	ST	TK	4	DS	ST	ST	NO	4	NO	NO	ST	DS

**O-Card YOUTH** Fits in a wristband with a 2.25" by 4.5" Window.

- The Actual Card is 1.75" by 3" . Clearer when Printed

	01	02	03	04		11	12	13	14		21	22	23	24
1	NO	GP	TK	NO	1	DB	ST	HR	NO	1	BT	FBR	BT	DS
2	DS	FB	DS	HR	2	HR	HR	ST	NO	2	ST	FB	DS	NO
3	DB	TK	TK	ST	3	GP	TK	GP	NO	3	DB	DB	NO	FBR
4	NO	FBR	TK	DS	4	DS	FB	HR	FB	4	HR	HR	FBR	ST
BASEBALLWRISTBANDSIGNS.COM														
	31	32	33	34		41	42	43	44		51	52	53	54
1	GP	TK	FB	FB	1	DS	DB	GP	DB	1	NO	NO	GP	HR
2	FB	BT	FBR	HR	2	FB	HR	DB	FBR	2	TK	DB	DB	HR
3	FBR	NO	FB	GP	3	GP	TK	NO	NO	3	FBR	DS	BT	BT
4	DB	FBR	ST	TK	4	DS	ST	ST	NO	4	NO	NO	ST	DS



# What do I print for Coaches?

You have four options you can print for calling your plays or pitches.

- O-Coach Wrist – This sheet will print the size of a player wrist card & you can wear an adult sized wristband to call plays/pitches.
- O-Coach Pocket Slide – This sheet will print small enough to fit in your back pocket, but will be longer & larger than a wristband.
- O-Coach Print (LS) – This sheet will print the size of a Landscape sheet of paper.
- O-Coach Print (PT) – This sheet will print the size of a Portrait sheet of paper.

O-Coach Wrist

O-Coach Pocket Slide

O-Coach Print (LS)

O-Coach Print (PT)



# What do I print for Coaches?

- O-Coach Wrist – This sheet will print the size of a player wrist card & you can wear an adult sized wristband to call plays/pitches.
- 4 of these will print per sheet.
- You can only format cells in this document. You cannot change & data.

The screenshot shows a document titled "WWW.BASEBALLWRISTBANDSIGNS.COM". It contains a large grid of cells arranged in four identical quadrants. Each quadrant is a 2x4 grid of cells. The top-left cell of each quadrant is labeled "Nothing". The top-right cell is labeled "Call". The bottom-left cell is labeled "Get Picked". The bottom-right cell is labeled "Call". The other cells in the grid contain various baseball-related terms and numbers, such as "Take Pitch", "Nothing", "Pitch", "Batter", "Infield", "Outfield", "First Base", "Second Base", "Third Base", "Shortstop", "Pitcher", "Catcher", "Reliever", "Starting Pitcher", "Starting Infielder", "Starting Outfielder", "Starting First Base", "Starting Second Base", "Starting Third Base", "Starting Shortstop", "Starting Pitcher", "Starting Catcher", "Starting Reliever", "Starting Starting Pitcher", "Starting Starting Infielder", "Starting Starting Outfielder", "Starting Starting First Base", "Starting Starting Second Base", "Starting Starting Third Base", "Starting Starting Shortstop", "Starting Starting Pitcher", "Starting Starting Catcher", "Starting Starting Reliever". The grid is intended to be printed on a single sheet of paper, with four wristbands per sheet.



# What do I print for Coaches?

- O-Coach Pocket Slide – This sheet will print small enough to fit in your back pocket, but will be longer & larger than a wristband.
- Dimensions = 3.5” by 6.5” when cut out
- You can only format cells in this document. You cannot change & data.

WWW.BASEBALLWRISTBANDSIGNS.COM

Nothing	011	014	041	042	043	044	045	046	047	048	049	050	051	052	053	054	055	056	057	058	059	060	061	062	063	064	065	066	067	068	069	070	071	072	073	074	075	076	077	078	079	080	081	082	083	084	085	086	087	088	089	090	091	092	093	094	095	096	097	098	099	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995	996	997	998	999	1000
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# What do I print for Coaches?

- O-Coach Print (LS) – This sheet will print the size of a L&scape sheet of paper.

You can only format cells in this document. You cannot change & data.

<b>Nothing</b>			<b>Bunt</b>					<b>Nothing</b>		<b>Steal</b>											
011	014	041	211	231	322	533	543	011	043												
141	142	143						014	121												
233	242	323	<b>Take Pitch</b>					041	132												
433	443	444	023	031	033	034	123	321	344	423	512	141	212								
511	514	521										142	244								
524			<b>Nothing</b>					143	334												
			011	014	041	141	142	143	233	242	323	433	443	233	424						
			444	511	514	521	524	<b>Nothing</b>					242	434							
								011	014	041	141	142	143	233	242	323	433	443	323	534	
			444	511	514	521	524							433				433			
			<b>Nothing</b>					<b>Nothing</b>					443								
			011	014	041	141	142	143	233	242	323	433	443	<b>Steal</b>	<b>Steal</b>						
			444	511	514	521	524						043	043							
			<b>Get Picked</b>					021	113	133	311	343	413	431	531	121	121				
			<b>Nothing</b>					<b>Nothing</b>					132	132							
			011	014	041	141	142	143	233	242	323	433	443	212	212						
			<b>Nothing</b>					<b>Nothing</b>					244	244							
			011	014	041	141	142	143	233	242	323	433	443	334	334						
			<b>Nothing</b>					<b>Nothing</b>					424	424							
			011	014	041	141	142	143	233	242	323	433	443	434	434						
			<b>Nothing</b>					<b>Nothing</b>					534	534							
			011	014	041	141	142	143	233	242	323	433	443								

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# What do I print for Coaches?

- O-Coach Print (PT) – This sheet will print the size of a Portrait sheet of paper.
- You can only format cells in this document. You cannot change & data.

Nothing			Bunt							Nothing		Steal			
011	014	041	211	231	322	533	543					011	043		
141	142	143										014	121		
Nothing			Take Pitch							Nothing		Steal			
233	242	323	023	031	033	034	123	321	344	423	512	041	132		
433	443	444										141	212		
511	514	521										142	244		
524			Nothing							Nothing		Steal			
			011	014	041	141	142	143	233	242	323	433	443	143	334
			444	511	514	521	524							233	424
			Nothing							Nothing		Steal			
			011	014	041	141	142	143	233	242	323	433	443	242	434
			444	511	514	521	524							323	534
			Nothing							Nothing		Steal			
			011	014	041	141	142	143	233	242	323	433	443	433	534
			444	511	514	521	524							443	
			Get Picked							Steal		Steal			
			021	113	133	311	343	413	431	531				043	043
			Nothing							Steal		Steal			
			011	014	041	141	142	143	233	242	323	433	443	121	121
			Nothing							Steal		Steal			
			011	014	041	141	142	143	233	242	323	433	443	132	132
			Nothing							Steal		Steal			
			011	014	041	141	142	143	233	242	323	433	443	212	212
			Nothing							Steal		Steal			
			011	014	041	141	142	143	233	242	323	433	443	244	244
			Nothing							Steal		Steal			
			011	014	041	141	142	143	233	242	323	433	443	334	334
			Nothing							Steal		Steal			
			011	014	041	141	142	143	233	242	323	433	443	424	424
			Nothing							Steal		Steal			
			011	014	041	141	142	143	233	242	323	433	443	434	434
			Nothing							Steal		Steal			
			011	014	041	141	142	143	233	242	323	433	443	534	534





# Play Calling With The wristband



## Play calling will be done using a 3-Digit Number

- 1) The player will read the wristband across, then down.
  - 1) Read **ACROSS COLUMNS** 1<sup>st</sup> = 01 – 04, 11 – 14, 21 – 24, 31 – 34, 41 – 44, 51 – 54.
  - 2) Read **DOWN ROWS** 2<sup>nd</sup> = 1, 2, 3, or 4
- 2) Coach Call = “433”
  - 1) Player will go to the 43 column in the 4 pod.
  - 2) Player will go down to Row number “3”.
  - 3) “433” = No Call

The first 2 digits of the call are COLUMNS

The last digit is the ROW

	01	02	03	04		11	12	13	14		21	22	23	24
1	NO	GP	TK	NO	1	DB	ST	HR	NO	1	BT	FBR	BT	DS
2	DS	FB	DS	HR	2	HR	HR	ST	NO	2	ST	FB	DS	NO
3	DB	TK	TK	ST	3	GP	TK	GP	NO	3	DB	DB	NO	FBR
4	NO	FBR	TK	DS	4	DS	FB	HR	FB	4	HR	HR	FBR	ST
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	31	32	33	34		41	42	43	44		51	52	53	54
1	GP	TK	FB	FB	1	DS	DB	GP	DB	1	NO	NO	GP	HR
2	FB	BT	FBR	HR	2	FB	HR	DB	FBR	2	TK	DB	DB	HR
3	FBR	NO	FB	GP	3	GP	TK	NO	NO	3	FBR	DS	BT	BT
4	DB	FBR	ST	TK	4	DS	ST	ST	NO	4	NO	NO	ST	DS



# Tutorial & Questions

Please post any Questions in the  
Baseballwristbandsigns.com Forum. Or send email  
to [Stephen@completeheadcoach.com](mailto:Stephen@completeheadcoach.com)