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.

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

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.

Directions:
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.
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.
3. Repeat with all calls you would like on the wristband.

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”

O-Bank Video Tutorial

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.

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			

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.

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

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

Learn How To Copy & Paste in Excel

Copy the "play name" only from the O-Bank.

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

Paste it into the "Call" column of the O-Player Master sheet.

#	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.

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

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

#	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.

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

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		

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
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

How the O-Coach Master Sheet Works

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

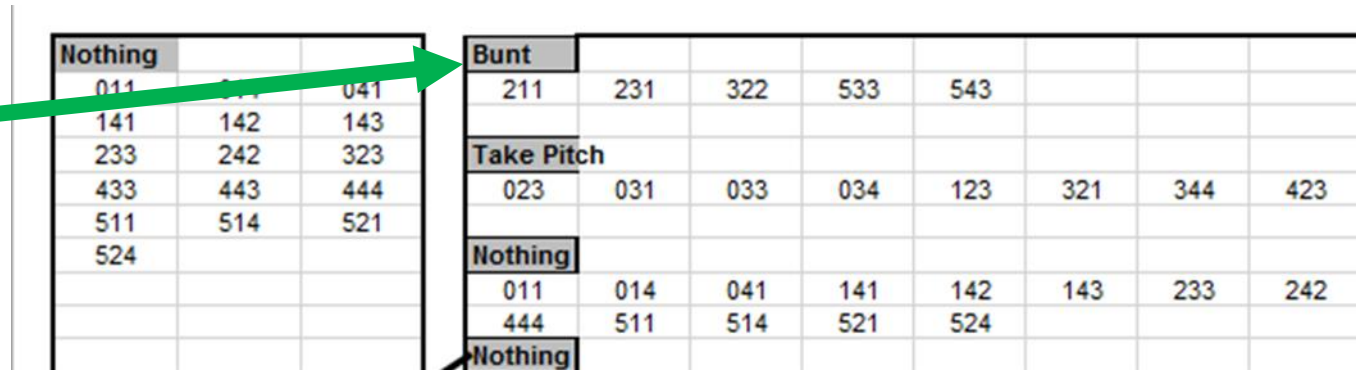
1. Copy & Paste the play name from the “O-Bank” or “O-Player Master” Sheet into the grey cells of the “O-Coach Master” Sheet (THIS IS THE BEST WAY)
   - The corresponding numbers from the player wristband will automatically populate into the cells under the “play name”.

Learn How To Copy & Paste in Excel

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

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

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



How the O-Coach Master Sheet Works

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

2. ***Type*** the ***EXACT*** name of the play as listed in the O-Bank into the grey cells of the column of the O-Coach Master sheet.

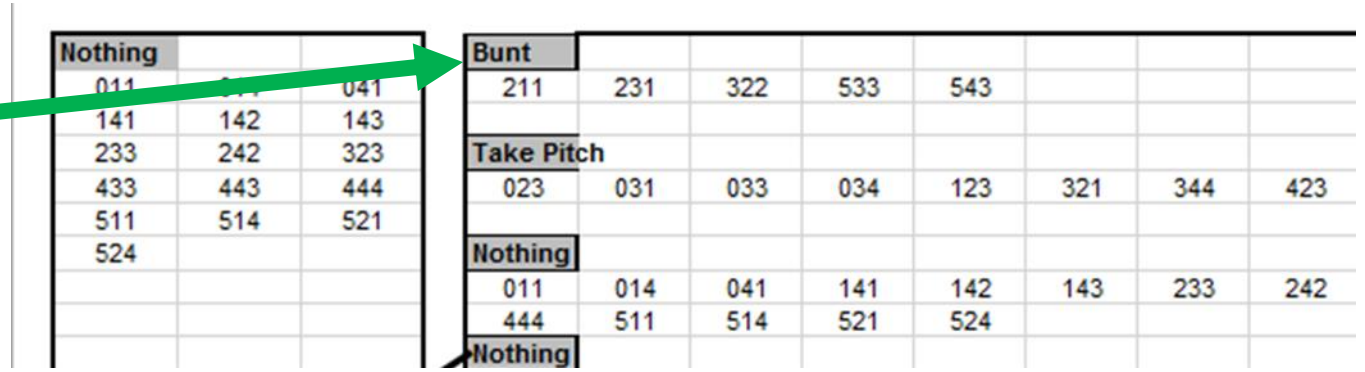
- The corresponding numbers from the player wristband will automatically populate into the cells under the “play name”.
- If you choose this method, you must use **exact spelling** & **spacing** or the code name will not generate.

Learn How To Copy & Paste in Excel

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

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

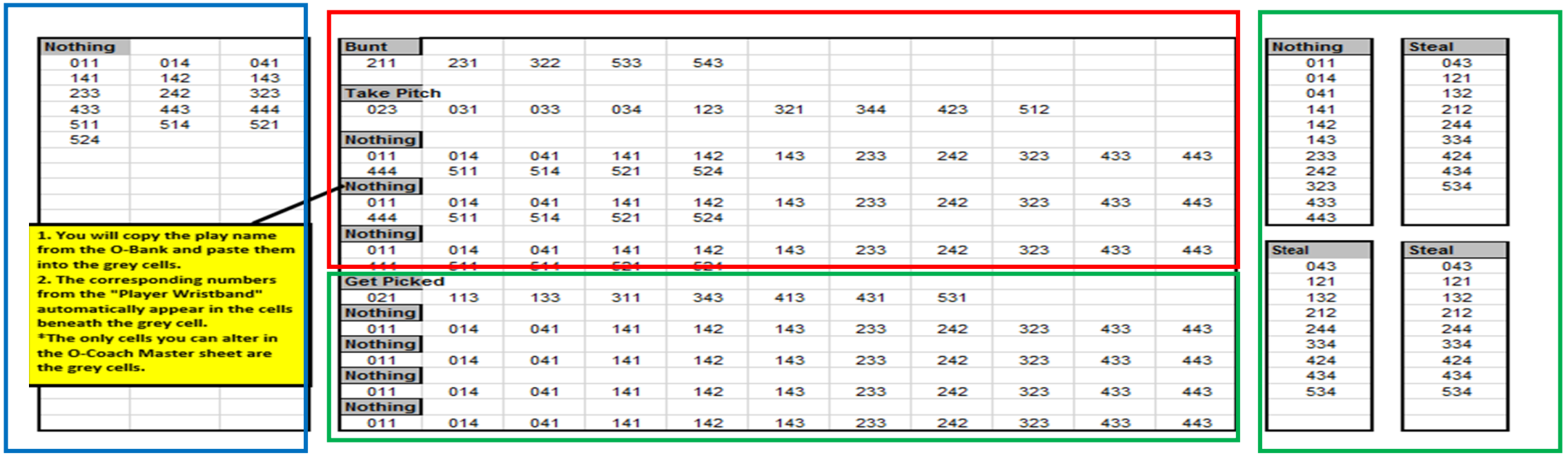
Type the play name it into the “Call” column of the O-Player Master sheet.



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 1st 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
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

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.

O-Card Randomizer Video Tutorial

A	B	C	D	E	F
0.246443	88	Nothing	NO		011
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

Randomizer Details

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.

DIRECTIONS

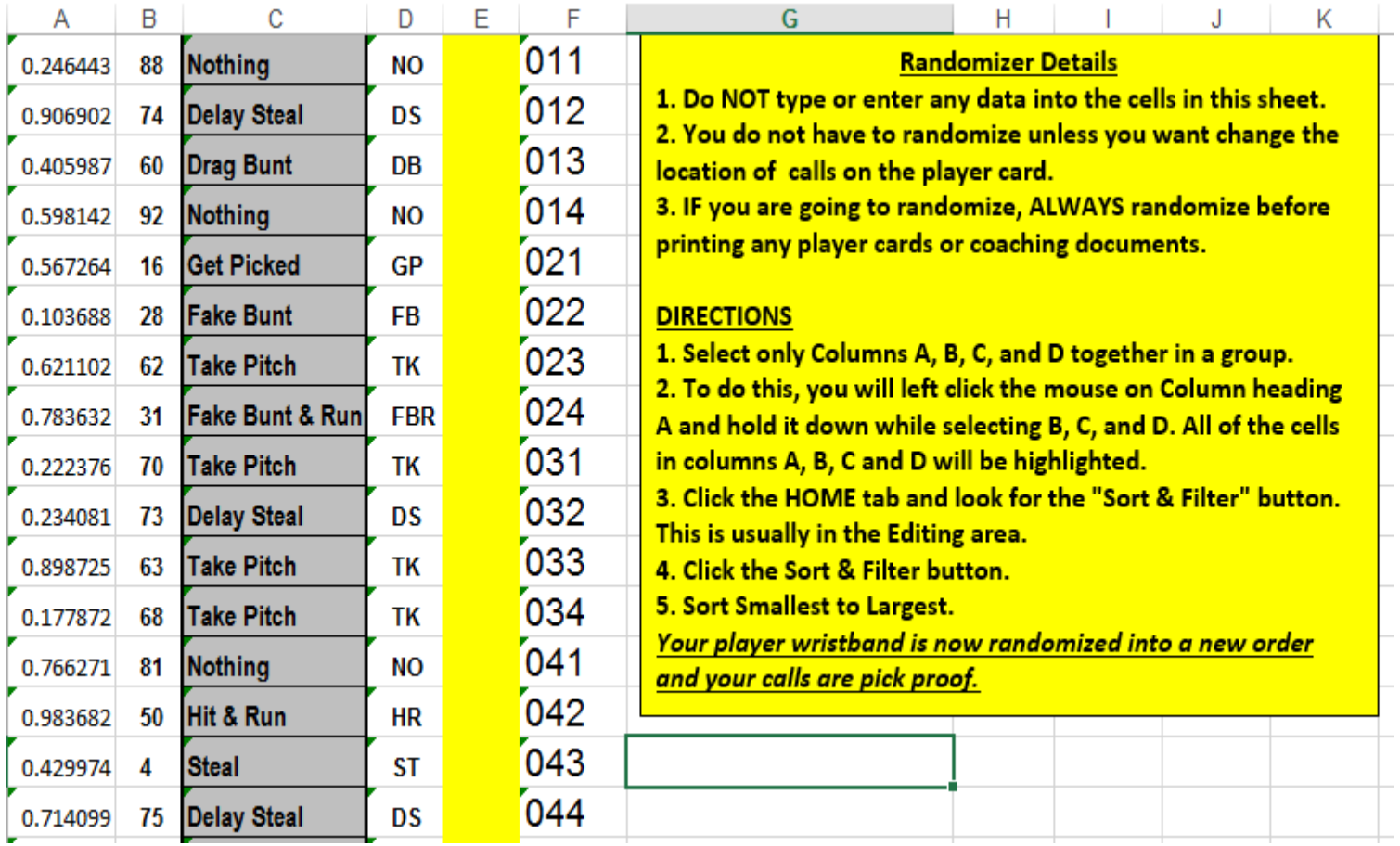
1. Select only Columns A, B, C, and D together in a group.
2. To do this, you will left click the mouse on Column heading A and hold it down while selecting B, C, and D. All of the cells in columns A, B, C and D will be highlighted.
3. Click the HOME tab and look for the "Sort & Filter" button. This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

Your player wristband is now randomized into a new order and your calls are pick proof.

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
0.246443	88	Nothing	NO		011
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

Randomizer Details

1. Do NOT type or enter any data into the cells in this sheet.
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DIRECTIONS

1. Select only Columns A, B, C, and D together in a group.
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.
3. Click the HOME tab and look for the "Sort & Filter" button. This is usually in the Editing area.
4. Click the Sort & Filter button.
5. Sort Smallest to Largest.

Your player wristband is now randomized into a new order and your calls are pick proof.

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.

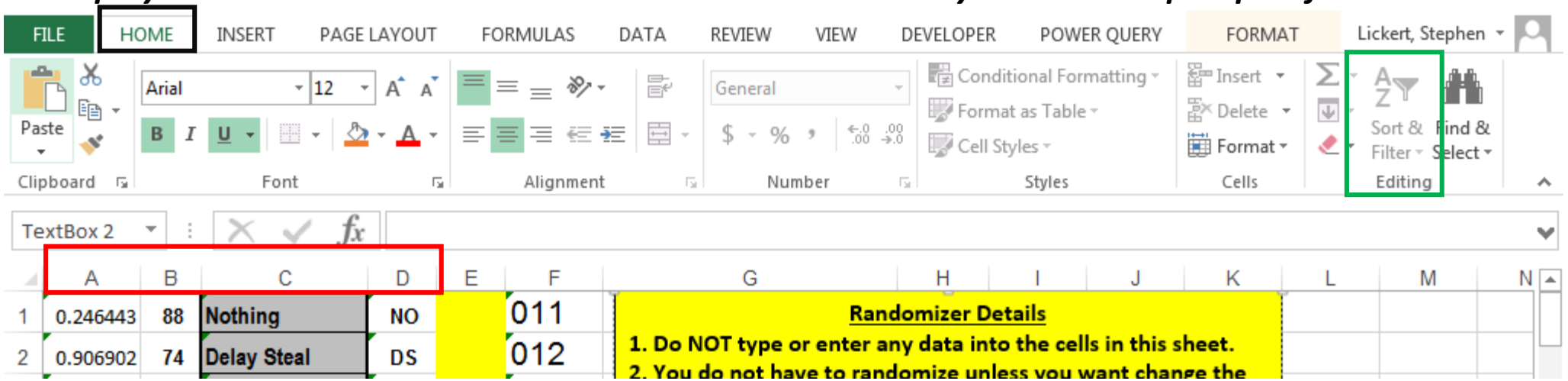
3. Click the HOME tab (**BLACK BOX BELOW**) & look for the "Sort & Filter" button (**GREEN BOX BELOW**). This is usually in the Editing area.

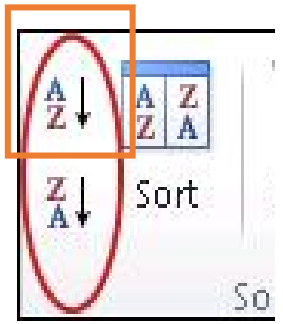
4. Click the Sort & Filter button.

5. Sort Smallest to Largest. (ORANGE BOX BELOW)

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

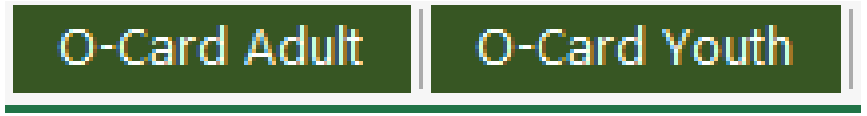
Your player wristband is now Randomized into a new order & your calls are pick proof.





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
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

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
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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

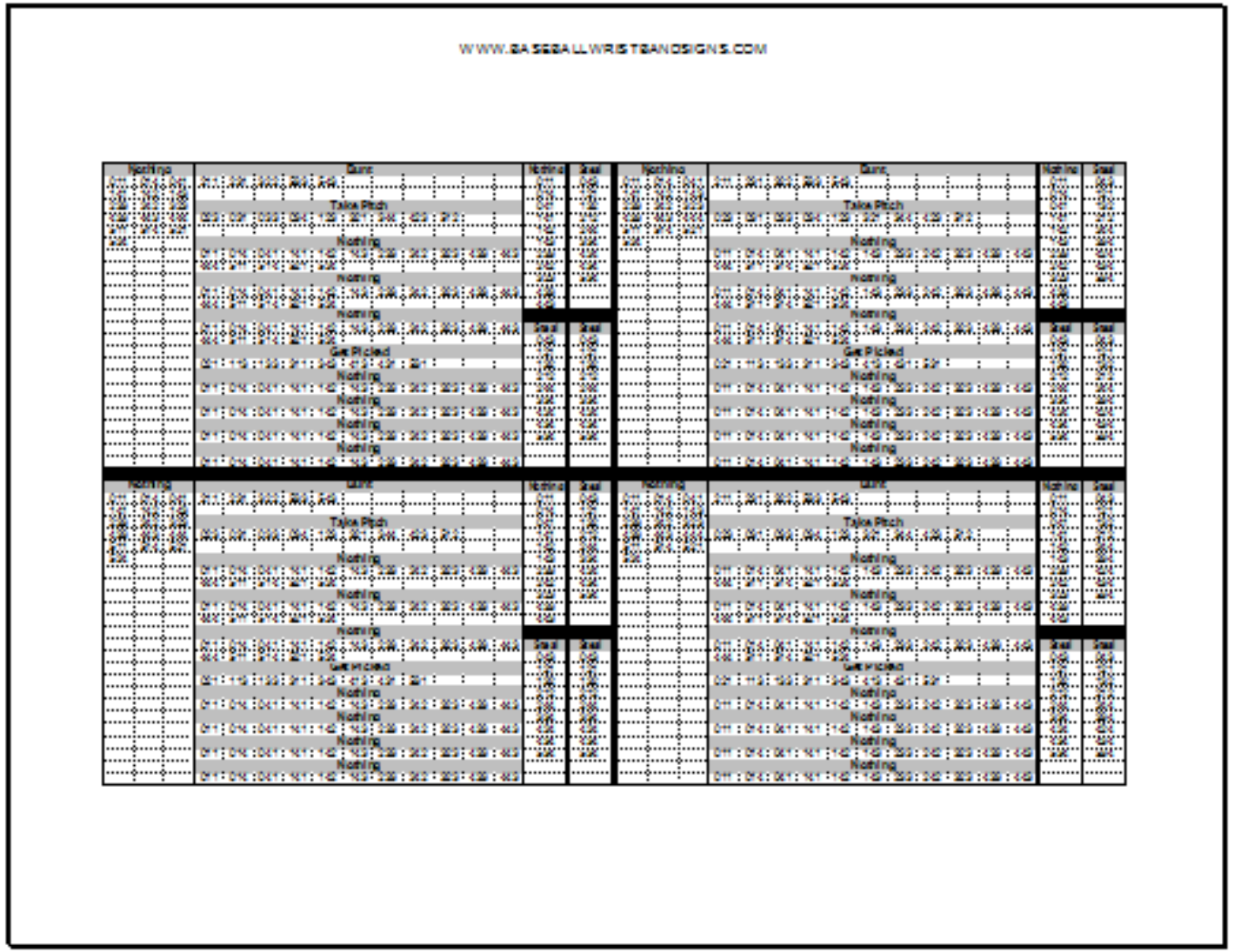
What do I print for Coaches?

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

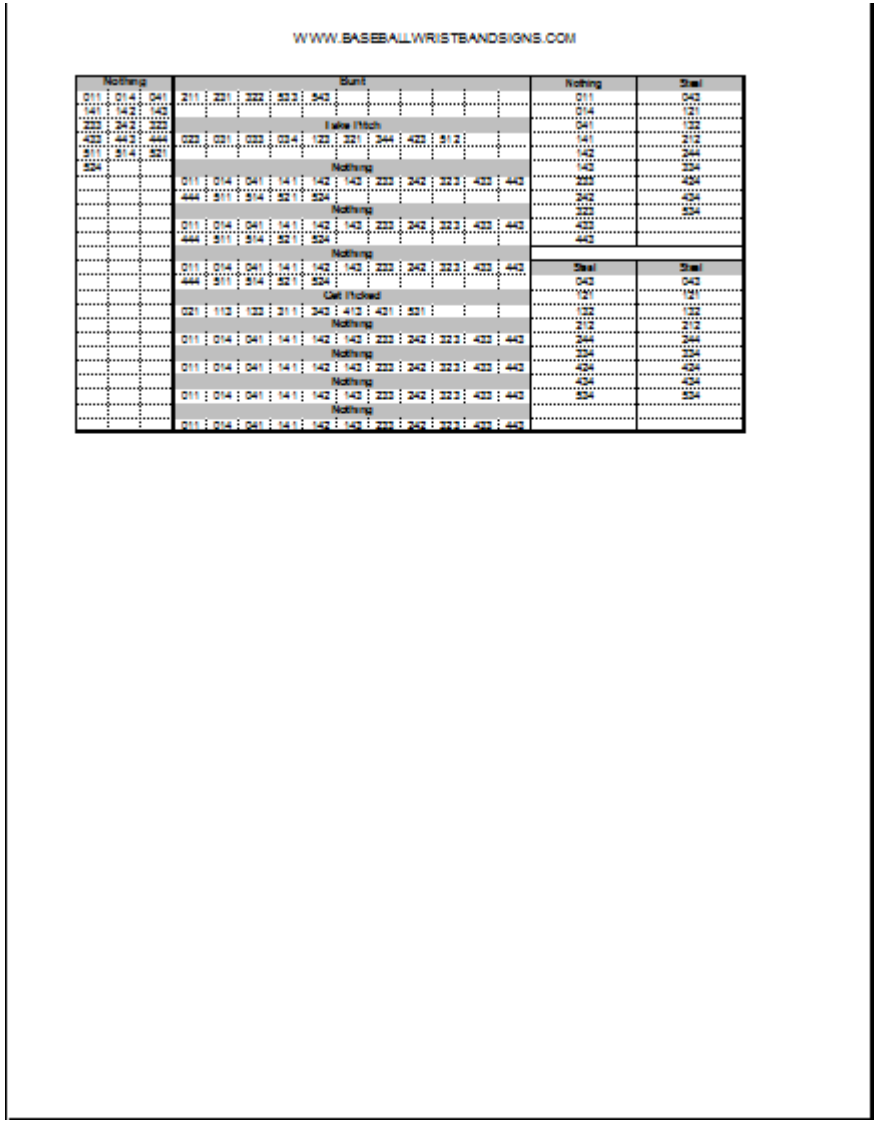
What do I print for Coaches?

- 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.



What do I print for Coaches?

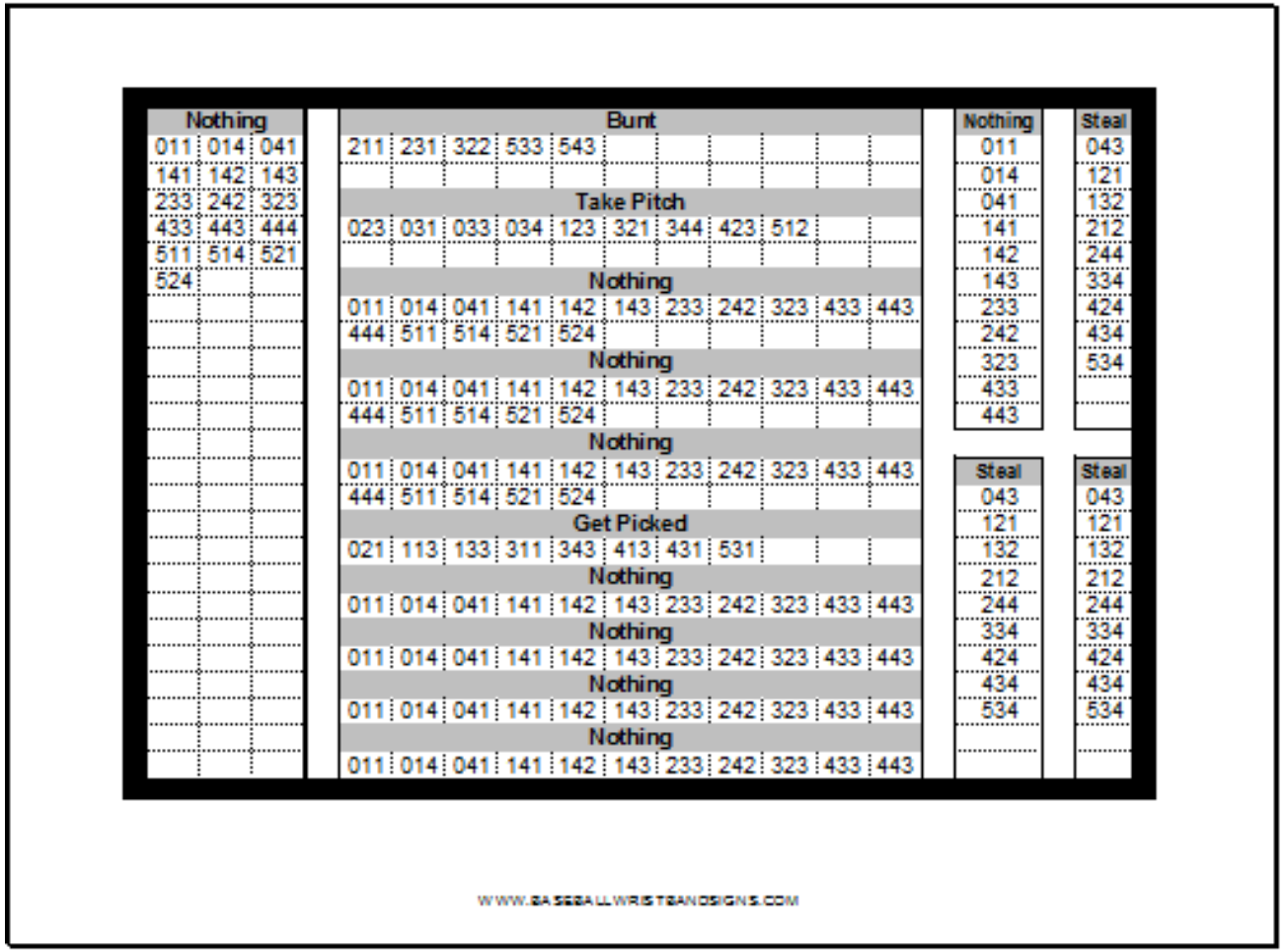
- O-Coach Pocket Slide – This sheet will print small enough to fit in your back pocket, but will be longer & larger than a wristband.
- Dimensions = 3.5” by 6.5” when cut out
- You can only format cells in this document. You cannot change & data.



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.



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

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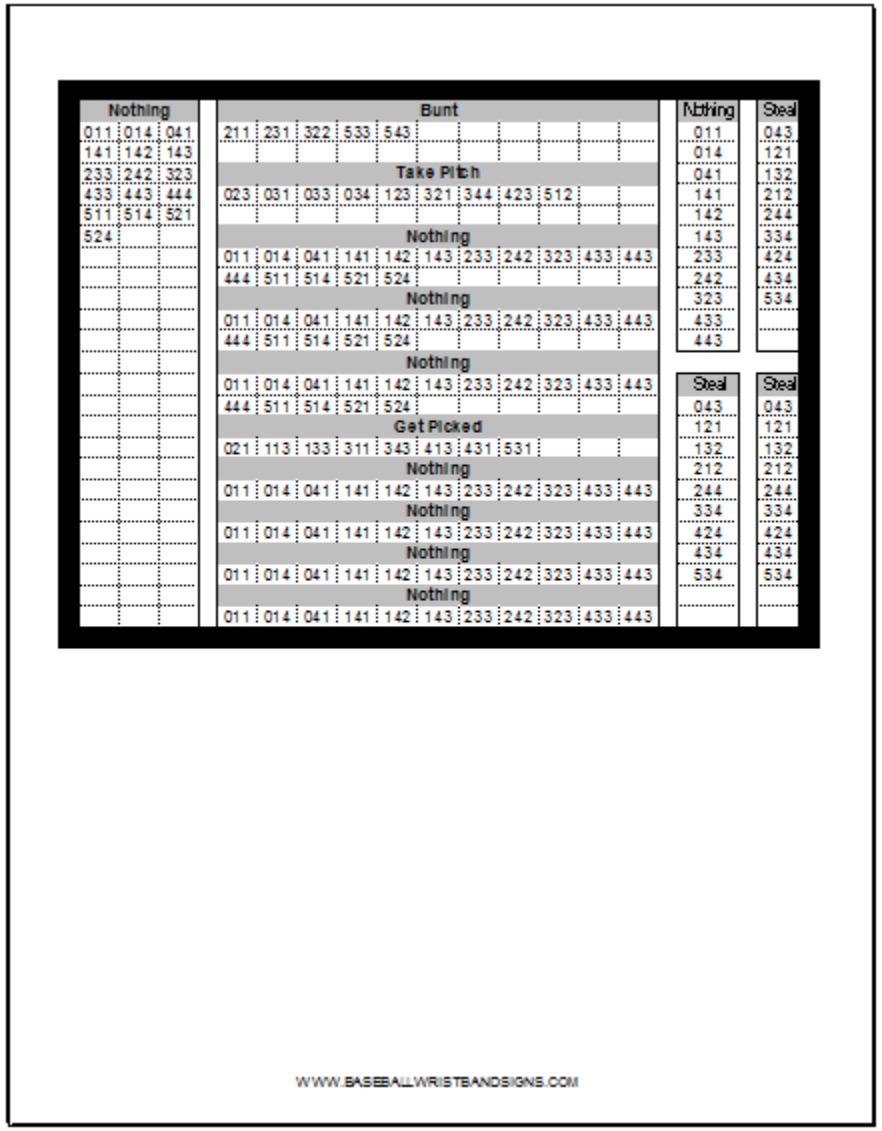
What do I print for Coaches?

- 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.



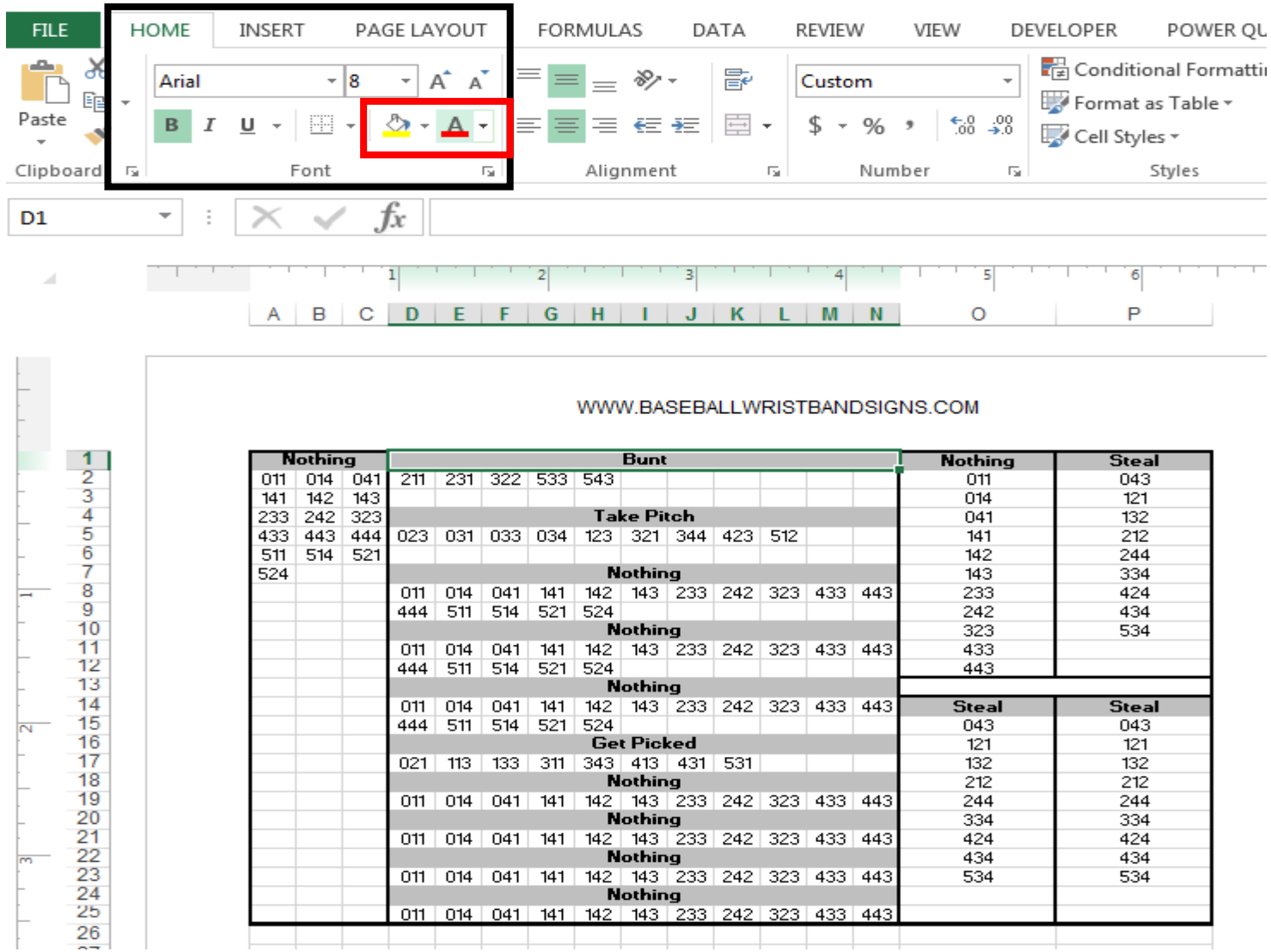
Formatting the Coach Cards

Although the sheets are protected & the data cannot be altered, you ***can*** format the color of the cells on the Coach Call Sheets.

To Change color of play names

1. Select the Cell you want to color.
2. Click Home, & find the Fill Button or Font Color Button.
3. Click the color you want.

[Directions to Change Cell Color or Font Color]



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* 1st** = 01 – 04, 11 - 14, 21 – 24, 31 – 34, 41 – 44, 51 – 54.
    2) Read **DOWN *ROWS* 2nd** = 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