



BASEBALLWRISTBANDSIGNS.COM



Complete Wristband System Tutorial

PITCHING

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 bands.
- Put player # on the wristband so players cannot take bands 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 Pitching 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.

- **P-Bank** = Pitching Play Bank
 - This is where you will store all of your calls & code names.
- **P-Player Master** = Pitching Player Card Master
 - This is where you will input all of the calls you want to show up on the player wristband card.
- **P-Coach Master** = Pitching 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.

P-Bank

P- Player Master

P-Coach Master



How the P-Bank Sheet Works

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

	A	B	C	D	E	F	G
1	Name Of Pitch/ Play	Code Name	<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>Directions:</p> <ol style="list-style-type: none">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.				
2	Pitching	Code Name					
3	Change Up	C					
4	Change Up Dirty	CD					
5	Curveball	V					
6	Curveball Dirty	VD					
7	Cutter	CT					
8	Fastball Away	FA					
9	Fastball Down	FD					
10	Fastball In	FI					
11	Fastball Middle	FM					
12	Fastball Up	FU					
13	Pick Off	PK					
14	Pitch Out	PO					
15	Slider	SL					
16	Step Off	SO					
17	Knuckleball	K					
18	Splitter	SP					
19							
20	Fastball - F0	F0					
21	Fastball - F1	F1					



How the P-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 – “Fastball Away”
- Example 2= Play name with code – “Fastball Away– FA”

A	B
Name Of Pitch/ Play	Code Name
Pitching	Code Name
Change Up	C
Change Up Dirty	CD
Curveball	V
Curveball Dirty	VD
Cutter	CT
Fastball Away	FA
Fastball Down	FD
Fastball In	FI
Fastball Middle	FM
Fastball Up	FU
Pick Off	Pk
Pitch Out	PO
Slider	SL
Step Off	SO
Knuckleball	K
Splitter	SP
Fastball - F0	F0
Fastball - F1	F1

Step 2

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

- Example 1- “F” = Fastball
- Example 2- “FM” = Fastball Middle
- Example 3- “FBM”= Fastball Middle

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

**O-Bank Video
Tutorial**



How the P-Player Master Sheet Works

- P-Player Master = Offense Player Master Sheet
 - 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 #	Call	Code #	Call	Code #			
1	Fastball Up	FU	1	Fastball - F0	F0	1	Fastball Up	FU	1	Cutter	CT	1	Fastball In	FI	1	Curveball	V
2	Fastball Away	FA	2	Fastball - F0	F0	2	Fastball Up	FU	2	Cutter	CT	2	Fastball In	FI	2	Curveball	V
3	Fastball Away	FA	3	Fastball - F0	F0	3	Fastball Up	FU	3	Cutter	CT	3	Fastball In	FI	3	Curveball	V
4	Fastball Away	FA	4	Fastball - F0	F0	4	Fastball Up	FU	4	Cutter	CT	4	Fastball In	FI	4	Curveball	V
5	Fastball Away	FA	5	Fastball - F0	F0	5	Fastball Up	FU	5	Cutter	CT	5	Fastball In	FI	5	Curveball	V
6	Fastball Away	FA	6	Fastball - F1	F1	6	Fastball Up	FU	6	Fastball Away	FA	6	Fastball In	FI	6	Curveball	V
7	Fastball Away	FA	7	Fastball - F1	F1	7	Fastball Up	FU	7	Fastball Away	FA	7	Fastball Middle	FM	7	Curveball	V
8	Fastball Away	FA	8	Fastball - F1	F1	8	Fastball Up	FU	8	Fastball Away	FA	8	Fastball Middle	FM	8	Curveball	V
9	Fastball Away	FA	9	Fastball - F1	F1	9	Fastball Up	FU	9	Fastball Away	FA	9	Fastball Middle	FM	9	Curveball	V
10	Fastball Away	FA	10	Fastball - F1	F1	10	Fastball Up	FU	10	Fastball Away	FA	10	Fastball Middle	FM	10	Wheel	WL
11	Fastball Away	FA	11	Curveball	V	11	Fastball Up	FU	11	Knuckleball	K	11	Fastball Middle	FM	11	Wheel	WL
12	Fastball Away	FA	12	Curveball	V	12	Slider	SL	12	Knuckleball	K	12	Fastball Middle	FM	12	Wheel	WL
13	Fastball Away	FA	13	Curveball	V	13	Slider	SL	13	Knuckleball	K	13	Fastball Middle	FM	13	Wheel	WL
14	Fastball Away	FA	14	Curveball	V	14	Slider	SL	14	Knuckleball	K	14	Fastball Middle	FM	14	Curveball	V
15	Fastball Away	FA	15	Curveball	V	15	Slider	SL	15	Knuckleball	K	15	Fastball Middle	FM	15	Curveball	V
16	Fastball Away	FA	16	Curveball	V	16	Slider	SL	16	Knuckleball	K	16	Fastball Middle	FM	16	Curveball	V

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, N and Q.



How the P-Player Master Sheet Works

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

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

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

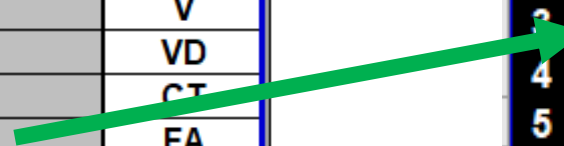
- The Code name will *automatically* appear in the code name column of the master sheet.

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

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

A	B
Name Of Pitch/ Play	Code Name
Pitching	Code Name
Change Up	C
Change Up Dirty	CD
Curveball	V
Curveball Dirty	VD
Cutter	CT
Fastball Away	FA
Fastball Down	FD

A	B	C	D	E	F	G	H	I
#	Call	Code #	#	Call	Code #	#	Call	Code
1	Fastball Up	FU	1	Fastball - F0	F0	1	Fastball Up	FU
2	Fastball Away	FA	2	Fastball - F0	F0	2	Fastball Up	FU
3	Fastball Away	FA	3	Fastball - F0	F0	3	Fastball Up	FU
4	Fastball Away	FA	4	Fastball - F0	F0	4	Fastball Up	FU
5	Fastball Away	FA	5	Fastball - F0	F0	5	Fastball Up	FU
6	Fastball Away	FA	6	Fastball - F1	F1	6	Fastball Up	FU





How the P-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 P-Bank into the “Call” column of the P-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 P-Bank must be typed exactly the same way.

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

A	B
Name Of Pitch/ Play	Code Name
Pitching	Code Name
Change Up	C
Change Up Dirty	CD
Curveball	V
Curveball Dirty	VD
Cutter	CT
Fastball Away	FA
Fastball Down	FD

A	B	C	D	E	F	G	H	I
#	Call	Code	#	Call	Code	#	Call	Code
1	Fastball Up	FU	1	Fastball - F0	F0	1	Fastball Up	FU
2	Fastball Away	FA	2	Fastball - F0	F0	2	Fastball Up	FU
	Fastball Away	FA	3	Fastball - F0	F0	3	Fastball Up	FU
4	Fastball Away	FA	4	Fastball - F0	F0	4	Fastball Up	FU
5	Fastball Away	FA	5	Fastball - F0	F0	5	Fastball Up	FU
6	Fastball Away	FA	6	Fastball - F1	F1	6	Fastball Up	FU



How the P-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.
- The percentages below are rounded up or down in order to give a whole number.

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		

**P-Player Master
Video Tutorial**



How the P-Coach Master Sheet Works

- P-Coach Master = Pitching 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.

Pitcher 1																																		
No Zone																																		
Slider					Slider					Fastball In					Curveball					Fastball Away					Fastball Away									
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123					
Zone: 0					Zone: 1					Zone: 2					Zone: 3					Zone: 4					Zone: 5									
Fastball - FO					Fastball Up					Slider					Curveball					Curveball					Curveball									
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
					311	333	343	443	512						144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
					521	532									434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
															531	541	543			531	541	543			531	541	543			531	541	543		
Curveball					Curveball					Curveball					Curveball					Curveball					Curveball									
023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Fastball Up					Fastball Up					Fastball Up					Fastball Up					Curveball					Fastball Up									
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	023	111	132	141	142	011	024	221	222	234	011	024	221	222	234
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	144	214	242	342	423	311	333	343	443	512	311	333	343	443	512
Fastball in					Fastball Up					Fastball Up					Fastball Up					Fastball Up					Fastball Away									
012	042	131	143	431	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	031	043	113	122	123	011	024	221	222	234
533					311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	133	134	213	224	231	311	333	343	443	512
Slider					Slider					Fastball In					Curveball					Fastball Away					Fastball Away									
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123					

On the "P-Coach Master" Sheet you can alter all of the black filled cells.

1. The top cell where it says "Pitcher 1" you would type in your pitcher's name.
2. The other black cells relate to columns
3. You can type in zones you may use for pitch location, or you can organize by pitch.

This sheet can be organized in the best way for you to find what you need during the game.

Remember, you can create 3 distinctly different coach call sheets for 3 different pitchers on this one sheet.

This is done because all pitchers do not throw the same pitches & allows you to create custom sheets with the same wristband.

1. You will copy the play name from the P-Bank and paste them into the grey cells.
2. The corresponding numbers from the "Player Wristband" automatically appear in the cells



How the P-Coach Master Sheet Works

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

1. Copy & Paste the play name from the “P-Bank” or “P-Player Master” Sheet into the grey cells of the “P-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 P-Bank.

Paste it into the “Grey” cells of the P-Player Master sheet.

A	B
Name Of Pitch/ Play	Code Name
Pitching	Code Name
Change Up	C
Change Up Dirty	CD
Curveball	V
Curveball Dirty	VD
Cutter	CT
Fastball Away	FA
Fastball Down	FD

Pitcher 1														
No Zone					Slider					Fastball				
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431
Zone: 0					Zone: 1					Zone: 2				
Fastball - FO					Fastball Up					Slider				
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341
					311	333	343	443	512	023	111	132	141	142
					521	532				144	214	242	342	423
										434	511	514	522	524
										531	541	543		



How the P-Coach Master Sheet Works

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

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

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

- 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.

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

Type the play name it into the “Grey” cells of the P-Player Master sheet.

A	B
Name Of Pitch/ Play	Code Name
Pitching	Code Name
Change Up	C
Change Up Dirty	CD
Curveball	V
Curveball Dirty	VD
Cutter	CT
Fastball Away	FA
Fastball Down	FD

Pitcher 1																			
No Zone				Slider				Fastball				Curveball							
013	033	124	332	013	033	124	332	012	042	131	143	431	023	111	132	141	142		
Zone: 0				Zone: 1				Zone: 2				Zone: 3							
Fastball - F0				Fastball Up				Slider				Curveball							
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341	023	111	132	141	142
					311	333	343	443	512						144	214	242	342	423
					521	532									434	511	514	522	524
															531	541	543		



Setting up your P-Coach Master Sheet

- You will set up your coach card based upon the type of pitches your player throws, **number of times** you call a pitch, how you call pitch locations & the number of times you put a pitch on the player's wristband card.
- The P-Coach Master sheet allows you to create 3 unique call sheets, for 3 different pitchers, using the same player wristband.
- The Top sections labeled "Pitcher 1" can be altered to the name of a pitcher on your team.
- Coaches call pitches in many ways. Black cells labeled zone & the black cells above can be typed into with whatever information you choose.
 - Some coaches use locations like Away, Middle, Up etc.
 - Some Coaches use Zones to describe the area you want the ball thrown.

**P-Coach Master
Video Tutorial**

Pitcher 1																																		
No Zone					No Zone					No Zone																								
Slider					Slider					Fastball																								
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123					
Zone: 0					Zone: 1					Zone: 2					Zone: 3					Zone: 4					Zone: 5									
Fastball FB					Fastball FB					Slider					Curveball					Curveball					Curveball									
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
					311	333	343	443	512						144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
					521	532									434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
															531	541	543			531	541	543			531	541	543			531	541	543		



Setting up your P-Coach Master Sheet

- The Top section under No Zone are used for supplemental calls like pick off plays, pitch outs, etc.
- The next row of cells would be for pitches you use the most since you have 20 slots for those pitches.
- The next row of cells have 15 slots.
- The next 2 rows of cells have 10.
- The Final Row of cells has 5.

**P-Coach Master
Video Tutorial**

Pitcher 1																																		
No Zone					No Zone					Fastball In					Curveball					Fastball Away					Fastball Away									
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123					
Zone-0					Zone-1					Zone-2					Zone-3					Zone-4					Zone-5									
Fastball - FO					Fastball Up					Slider					Curveball					Curveball					Curveball									
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
					311	333	343	443	512						144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
					521	532									434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Curveball					Curveball					Curveball					Curveball					Curveball					Curveball									
023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Fastball Up					Fastball Up					Fastball Up					Fastball Up					Curveball					Fastball Up									
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	023	111	132	141	142	011	024	221	222	234	011	024	221	222	234
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	144	214	242	342	423	311	333	343	443	512	311	333	343	443	512
Fastball in					Fastball Up					Fastball Up					Fastball Up					Fastball Up					Fastball Away									
012	042	131	143	431	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	031	043	113	122	123	031	043	113	122	123
533					311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	133	134	213	224	231	133	134	213	224	231
Slider					Slider					Fastball In					Curveball					Fastball Away					Fastball Away									
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123					



Can I put more than 20 pitches on the player card & get them to show up on the coach card?

YES!!!

You will need to add a new pitch name with the same code to your pitch bank though. For this example, we will use “fastball middle” & want it 35 times.

- **Step 1:** Go to the pitch bank. Find the pitch you want more than 20 times.
- **Step 2:** Add a pitch to your bank & change the name but use the same code. EX. “Fastball Middle” = FM & “Fastball Mid” = FM
- **Step 3:** Go to your Player master sheet & put “Fastball middle” on 20 times. Then put **fastball mid** on 15 Times.
- **Step 4:** Go to your Coach Master sheet & put “Fastball Middle” in a 20 slot area & “Fastball Mid” in a 15 slot area.

You now have access to call Fastball Middle 35 different ways. The pitcher will only see “FM”. Your Coach card will show the different names of “Fastball Middle” & “Fastball Mid”.

Name Of Pitch/ Play	Code Name
Pitching	Code Name
Fastball Mid	FM
Fastball Middle	FM

#	Call	Code #	Call	Code	
1	Fastball Middle	FM	1	Fastball Middle	FM
2	Fastball Middle	FM	2	Fastball Middle	FM
3	Fastball Middle	FM	3	Fastball Middle	FM
4	Fastball Middle	FM	4	Fastball Middle	FM
5	Fastball Middle	FM	5	Fastball Mid	FM
6	Fastball Middle	FM	6	Fastball Mid	FM
7	Fastball Middle	FM	7	Fastball Mid	FM
8	Fastball Middle	FM	8	Fastball Mid	FM
9	Fastball Middle	FM	9	Fastball Mid	FM
10	Fastball Middle	FM	10	Fastball Mid	FM
11	Fastball Middle	FM	11	Fastball Mid	FM
12	Fastball Middle	FM	12	Fastball Mid	FM
13	Fastball Middle	FM	13	Fastball Mid	FM
14	Fastball Middle	FM	14	Fastball Mid	FM
15	Fastball Middle	FM	15	Fastball Mid	FM
16	Fastball Middle	FM	16	Fastball Mid	FM

Fastball Middle				
021	031	044	112	122
123	133	134	211	213
224	231	232	233	241
243	244	313	321	323

Fastball Mid				
011	023	034	121	141
144	212	242	311	333
343	424	433	434	513

	01	02	03	04		11	12	13	14		21	22	23	24
1	FM	FM	FM	K	1	V	FM	FI	FM	1	FM	FU	FM	FM
2	FI	WL	CT	FI	2	FM	FM	V	V	2	FM	FU	FM	FM
3	SL	FM	SL	FA	3	FA	FM	FM	FI	3	FM	CT	FM	FM
4	CT	FU	FM	FM	4	K	SL	FM	FM	4	V	FM	FU	FM

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	31	32	33	34		41	42	43	44		51	52	53	54
1	FM	FM	FA	SL	1	FM	K	FI	FM	1	V	FU	FM	V
2	CT	CT	SL	V	2	K	WL	FM	FM	2	FU	V	FM	FM
3	FM	FM	FM	FM	3	WL	V	FM	FU	3	FM	FM	FI	V
4	K	FM	WL	FM	4	FA	FM	FM	K	4	V	V	FM	FA



How do I use the P-Card Randomizer?

- The P-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	L	M
1	0.125086	36	Fastball Up	FU		011							
2	0.499957	65	Fastball In	FI		012							
3	0.886856	45	Slider	SL		013							
4	0.169431	50	Cutter	CT		014							
5	0.81168	78	Fastball Middle	FM		021							
6	0.200214	92	Wheel	WL		022							
7	0.885482	31	Curveball	V		023							
8	0.865775	37	Fastball Up	FU		024							
9	0.373739	10	Fastball Away	FA		031							
10	0.282588	53	Cutter	CT		032							
11	0.919905	48	Slider	SL		033							
12	0.682922	24	Fastball - F1	F1		034							
13	0.988511	63	Knuckleball	K		041							
14	0.218661	70	Fastball In	FI		042							
15	0.192278	58	Fastball Away	FA		043							

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.

**Randomizer
Video Tutorial**



How do I use the P-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	L	M
1	0.125086	36	Fastball Up	FU		011							
2	0.499957	65	Fastball In	FI		012							
3	0.886856	45	Slider	SL		013							
4	0.169431	50	Cutter	CT		014							
5	0.81168	78	Fastball Middle	FM		021							
6	0.200214	92	Wheel	WL		022							
7	0.885482	31	Curveball	V		023							
8	0.865775	37	Fastball Up	FU		024							
9	0.373739	10	Fastball Away	FA		031							
10	0.282588	53	Cutter	CT		032							
11	0.919905	48	Slider	SL		033							
12	0.682922	24	Fastball - F1	F1		034							
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Randomizer Details

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



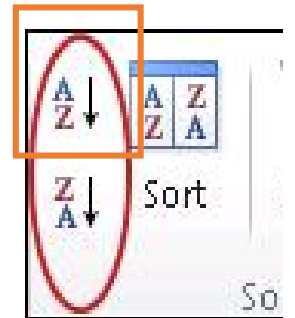
How do I use the P-Card Randomizer?

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	B	C	D	E	F	G	H	I	J	K	L	M	N
1	0.246443	88	Nothing	NO		011	Randomizer Details							
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 4 Sheet tabs you can Print & use

P-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	FU	FM	FA	K	1	V	F1	FI	V	1	F0	FU	FA	F0
2	FI	WL	CT	FI	2	FM	FA	V	V	2	F0	FU	FA	V
3	SL	V	SL	FA	3	FA	FA	FA	FI	3	FA	CT	FM	FM
4	CT	FU	F1	FM	4	K	SL	FA	V	4	V	FA	FU	FM
BASEBALLWRISTBANDSIGNS.COM														
	31	32	33	34		41	42	43	44		51	52	53	54
1	FU	FM	FA	SL	1	FA	K	FI	FA	1	V	FU	V	V
2	CT	CT	SL	V	2	K	WL	F0	F0	2	FU	V	FU	FM
3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	V
4	K	FM	WL	FA	4	FA	F1	V	K	4	V	V	FA	FA

P-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	FU	FM	FA	K	1	V	F1	FI	V	1	F0	FU	FA	F0
2	FI	WL	CT	FI	2	FM	FA	V	V	2	F0	FU	FA	V
3	SL	V	SL	FA	3	FA	FA	FA	FI	3	FA	CT	FM	FM
4	CT	FU	F1	FM	4	K	SL	FA	V	4	V	FA	FU	FM
WWW.BASEBALLWRISTBANDSIGNS.COM														
	31	32	33	34		41	42	43	44		51	52	53	54
1	FU	FM	FA	SL	1	FA	K	FI	FA	1	V	FU	V	V
2	CT	CT	SL	V	2	K	WL	F0	F0	2	FU	V	FU	FM
3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	V
4	K	FM	WL	FA	4	FA	F1	V	K	4	V	V	FA	FA



What do I print for Players?

- Player Cards

- Color Options
- The Color cards default to anything with an F will be **red** assuming fastball of some kind.
- Anything with a V will be **blue** assuming curveball.
- You CAN conditionally format the card whichever way you choose very simply. Click this link to learn [CONDITIONAL FORMATTING](#)



P-Card ADULT Color 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	FU	FM	FA	K	1	V	F1	FI	V	1	F0	FU	FA	F0
2	FI	WL	CT	FI	2	FM	FA	V	V	2	F0	FU	FA	V
3	SL	V	SL	FA	3	FA	FA	FA	FI	3	FA	CT	FM	FM
4	CT	FU	F1	FM	4	K	SL	FA	V	4	V	FA	FU	FM
BASEBALLWRISTBANDSIGNS.COM														
	31	32	33	34		41	42	43	44		51	52	53	54
1	FU	FM	FA	SL	1	FA	K	FI	FA	1	V	FU	V	V
2	CT	CT	SL	V	2	K	WL	F0	F0	2	FU	V	FU	FM
3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	V
4	K	FM	WL	FA	4	FA	F1	V	K	4	V	V	FA	FA

P-Card YOUTH Color 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	FU	FM	FA	K	1	V	F1	FI	V	1	F0	FU	FA	F0	1
2	FI	WL	CT	FI	2	FM	FA	V	V	2	F0	FU	FA	V	2
3	SL	V	SL	FA	3	FA	FA	FA	FI	3	FA	CT	FM	FM	3
4	CT	FU	F1	FM	4	K	SL	FA	V	4	V	FA	FU	FM	4
BASEBALLWRISTBANDSIGNS.COM															
	31	32	33	34		41	42	43	44		51	52	53	54	
1	FU	FM	FA	SL	1	FA	K	FI	FA	1	V	FU	V	V	1
2	CT	CT	SL	V	2	K	WL	F0	F0	2	FU	V	FU	FM	2
3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	V	3
4	K	FM	WL	FA	4	FA	F1	V	K	4	V	V	FA	FA	4



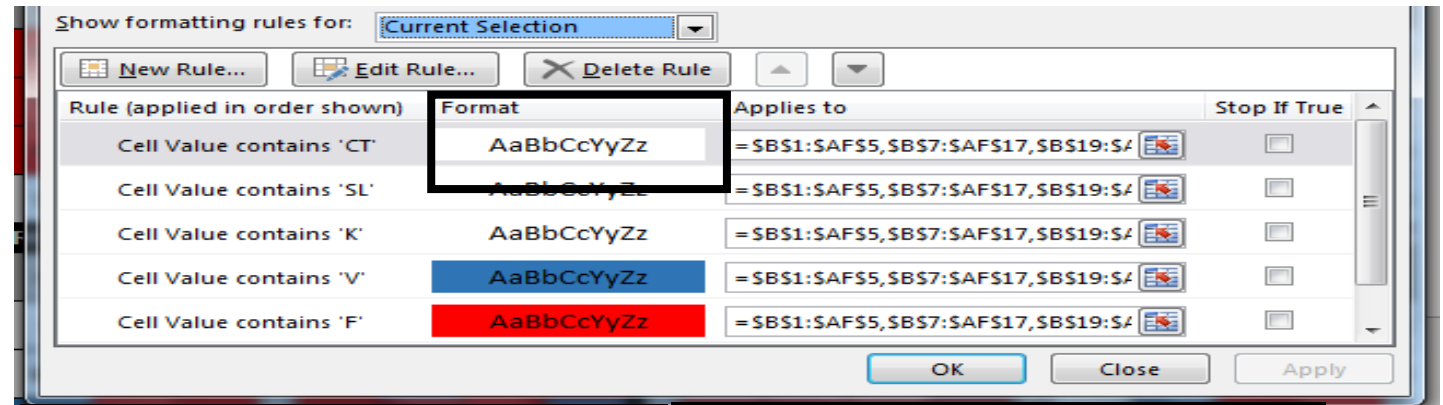
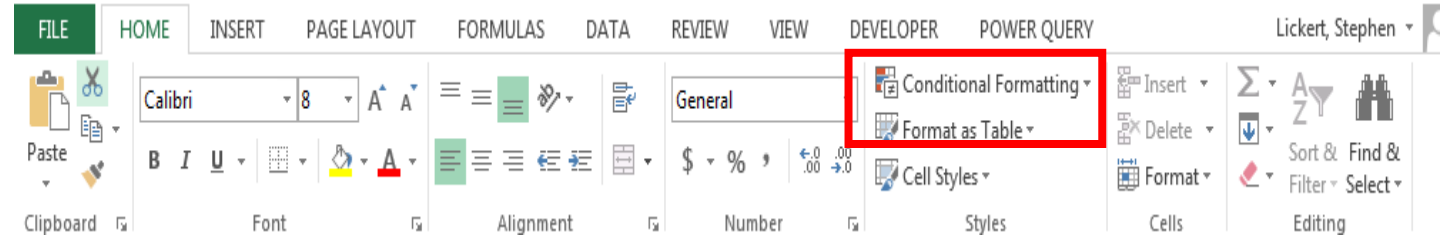
Formatting the Player Cards

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

To Change color of the pitch:

Select the Cell you want to color.

1. Click the home tab.
2. Click Conditional formatting.
3. Go to MANAGE RULES
4. Double Click the rule you want to change (Black Square)
5. Tell it the what text to recognize and what color the cell should be.
6. Click APPLY



	01	02	03	04	11	12	13	14	21	22	23	24		01	02	03	04	11	12	13	14	21	22	23	24													
1	FU	FM	FA	K	1	V	F1	FI	V	1	F0	FU	FA	F0	1	FU	FM	FA	K	1	V	F1	FI	V	1	F0	FU	FA	F0									
2	FI	WL	CT	FI	2	FM	FA	V	V	2	F0	FU	FA	V	2	FI	WL	CT	FI	2	FM	FA	V	V	2	F0	FU	FA	V									
3	SL	V	SL	FA	3	FA	FA	FA	FI	3	FA	CT	FM	FM	3	SL	V	SL	FA	3	FA	FA	FA	FI	3	FA	CT	FM	FM									
4	CT	FU	F1	FM	4	K	SL	FA	V	4	V	FA	FU	FM	4	CT	FU	F1	FM	4	K	SL	FA	V	4	V	FA	FU	FM									
BASEBALLWRISTBANDSIGNS.COM																																						
	31	32	33	34	41	42	43	44	51	52	53	54		31	32	33	34	41	42	43	44	51	52	53	54		31	32	33	34	41	42	43	44	51	52	53	54
1	FU	FM	FA	SL	1	FA	K	FI	FA	1	V	FU	V	V	1	FU	FM	FA	SL	1	FA	K	FI	FA	1	V	FU	V	V									
2	CT	CT	SL	V	2	K	WL	F0	F0	2	FU	V	FU	FM	2	CT	CT	SL	V	2	K	WL	F0	F0	2	FU	V	FU	FM									
3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	V	3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	V									
4	K	FM	WL	FA	4	FA	F1	V	K	4	V	V	FA	FA	4	K	FM	WL	FA	4	FA	F1	V	K	4	V	V	FA	FA									



What do I print for Coaches?

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

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

P-Coach Wrist

P-Coach Pocket Slide

P-Coach Print (LS)

P-Coach Print (PT)



What do I print for Coaches?

- P-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.

Pitcher 1																													
No Zone	Slider	Slider	Fastball In	Curveball	Fastball Away	Fastball Away																							
013	033	124	332	341	013	033	124	332	341	012	042	131	143	451	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123
Zone: 0																													
Fastball - FO	Fastball Up		Curveball		Curveball		Curveball		Curveball		Curveball																		
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
					311	333	343	443	512						144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
					521	531									434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
															531	541	543			531	541	543			531	541	543		
Zone: 1																													
Curveball	Curveball		Curveball		Curveball		Curveball		Curveball		Curveball																		
023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Zone: 2																													
Fastball Up	Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up																		
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512
Zone: 3																													
Fastball In	Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up																		
012	042	131	143	431	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234
533					311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512
Zone: 4																													
Slider	Fastball In		Curveball		Fastball Away		Fastball Away		Fastball Away		Fastball Away																		
013	033	124	332	341	013	033	124	332	341	012	042	131	143	451	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123
Pitcher 2																													
Vibeal	Fastball Up		Fastball In		Curveball		Fastball Away		Curveball		Curveball																		
022	334	413	422	011	024	221	222	234	012	042	131	143	451	023	111	132	141	142	031	043	113	122	123	023	111	132	141	142	
Zone: 0																													
Fastball Away	Fastball Up		Curveball		Curveball		Curveball		Curveball		Curveball																		
031	043	113	122	123	011	024	221	222	234	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
133	134	213	224	231	311	333	343	443	512	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
232	313	323	331	344	521	532				434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
411	414	441	534	544						531	541	543			531	541	543			531	541	543			531	541	543		
Zone: 1																													
Curveball	Curveball		Curveball		Curveball		Curveball		Curveball		Curveball																		
023	111	132	141	142	041	032	223	312	322	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423						144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524						434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Zone: 2																													
Fastball Up	Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up																		
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512
Zone: 3																													
Curveball	Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up																		
023	111	132	141	142	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234
144	214	242	342	423	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512
Zone: 4																													
Fastball In	Fastball In		Curveball		Curveball		Curveball		Curveball		Curveball																		
011	024	221	222	234	012	042	131	143	451	023	111	132	141	142	031	043	113	122	123	023	111	132	141	142	023	111	132	141	142
Pitcher 3																													
Curveball	Fastball Up		Fastball In		Curveball		Fastball Away		Curveball		Curveball																		
023	111	132	141	142	011	024	221	222	234	012	042	131	143	451	023	111	132	141	142	031	043	113	122	123	023	111	132	141	142
Zone: 0																													
Curveball	Fastball Up		Curveball		Curveball		Curveball		Curveball		Curveball																		
023	111	132	141	142	011	024	221	222	234	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423	311	333	343	443	512	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524	521	532				434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
531	541	543								531	541	543			531	541	543			531	541	543			531	541	543		
Zone: 1																													
Curveball	Curveball		Curveball		Curveball		Curveball		Curveball		Curveball																		
023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Zone: 2																													
Fastball Up	Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up																		
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512
Zone: 3																													
Fastball Up	Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up																		
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512
Zone: 4																													
Fastball In	Fastball In		Curveball		Curveball		Curveball		Curveball		Curveball																		
011	024	221	222	234	012	042	131	143	451	023	111	132	141	142	031	043	113	122	123	023	111	132	141	142	023	111	132	141	142
Pitcher 4																													
Curveball	Knuckleball		Slider		Curveball		Curveball		Curveball		Curveball																		
023	111	132	141	142	041	114	314	412	421	013	033	124	332	341	041	032	223	312	322	031	043	113	122	123	023	111	132	141	142

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What do I print for Coaches?

- P-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.

Pitcher 1																																		
No Zone																																		
Slider				Slider				Fastball In				Curveball				Fastball Away				Fastball Away														
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123					
Zone: 0				Zone: 1				Zone: 2				Zone: 3				Zone: 4				Zone: 5														
Fastball - F0				Fastball Up				Slider				Curveball				Curveball				Curveball														
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
					311	333	343	443	512						144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
					521	532									434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
															531	541	543			531	541	543			531	541	543			531	541	543		
Curveball				Curveball				Curveball				Curveball				Curveball				Curveball														
023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Fastball Up				Fastball Up				Fastball Up				Fastball Up				Curveball				Fastball Up														
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	023	111	132	141	142	011	024	221	222	234					
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	144	214	242	342	423	311	333	343	443	512					
Fastball in				Fastball Up				Fastball Up				Fastball Up				Fastball Up				Fastball Away														
012	042	131	143	431	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	031	043	113	122	123					
533					311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	133	134	213	224	231					
Slider				Slider				Fastball In				Curveball				Fastball Away				Fastball Away														
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123					



What do I print for Coaches?

- P-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.

Pitcher 1																													
No Zone																													
Slider				Slider				Fastball In				Curveball				Fastball Away				Fastball Away									
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123
Zone: 0				Zone: 1				Zone: 2				Zone: 3				Zone: 4				Zone: 5									
Fastball - F0				Fastball Up				Slider				Curveball				Curveball				Curveball									
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
					311	333	343	443	512						144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
					521	532									434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
															531	541	543			531	541	543			531	541	543		
Curveball				Curveball				Curveball				Curveball				Curveball				Curveball									
023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Fastball Up				Fastball Up				Fastball Up				Fastball Up				Curveball				Fastball Up									
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	023	111	132	141	142	011	024	221	222	234
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	144	214	242	342	423	311	333	343	443	512
Fastball in				Fastball Up				Fastball Up				Fastball Up				Fastball Up				Fastball Away									
012	042	131	143	431	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	031	043	113	122	123
533					311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	133	134	213	224	231
Slider				Slider				Fastball In				Curveball				Fastball Away				Fastball Away									
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123

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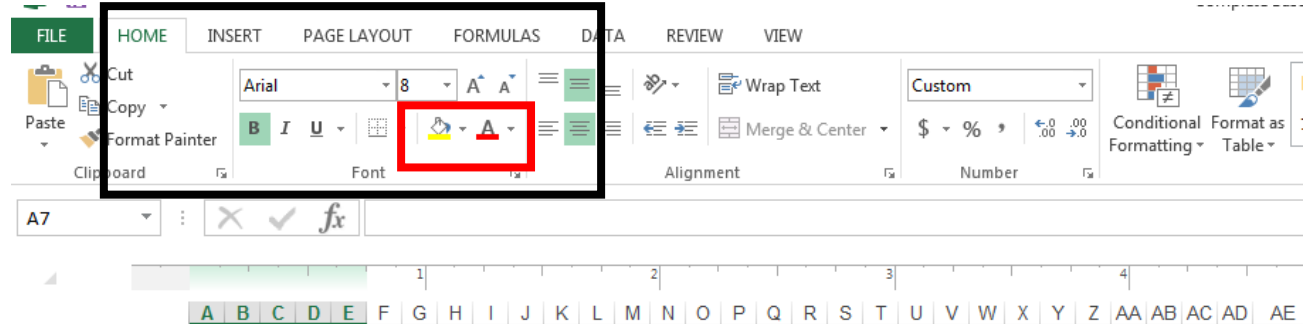


Formatting the Coach Cards

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.



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Pitcher 1																																		
No Zone																																		
Slider		Slider		Fastball In																														
013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123										
Zone: 0		Zone: 1		Zone: 2		Zone: 3		Zone: 4		Zone: 5																								
Fastball - F0		Fastball Up		Slider		Curveball		Curveball		Curveball																								
211	212	241	432	442	011	024	221	222	234	013	033	124	332	341	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
					311	333	343	443	512						144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
					521	532									434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
															531	541	543			531	541	543			531	541	543			531	541	543		
Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		Curveball		
023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142	023	111	132	141	142
144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423	144	214	242	342	423
434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524	434	511	514	522	524
Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Curveball		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		
011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	023	111	132	141	142	011	024	221	222	234
311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	144	214	242	342	423	311	333	343	443	512
Fastball in		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		Fastball Up		
012	042	131	143	431	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234	011	024	221	222	234
533					311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	311	333	343	443	512	133	134	213	224	231					
Slider		Slider		Fastball In		Curveball		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		Fastball Away		
013	033	124	332	341	013	033	124	332	341	012	042	131	143	431	023	111	132	141	142	031	043	113	122	123	031	043	113	122	123	031	043	113	122	123

[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” = F1 = Fastball in Zone 1

The first 2 digits of the call are COLUMNS

	01	02	03	04		11	12	13	14		21	22	23	24
1	FU	FM	FA	K	1	V	F1	FI	V	1	F0	FU	FA	F0
2	FI	WL	CT	FI	2	FM	FA	V	V	2	F0	FU	FA	V
3	SL	V	SL	FA	3	FA	FA	FA	FI	3	FA	CT	FM	FM
4	CT	FU	F1	FM	4	K	SL	FA	V	4	V	FA	FU	FM
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	31	32	33	34		41	42	43	44		51	52	53	54
1	FU	FM	FA	SL	1	FA	K	FI	FA	1	V	FU	V	V
2	CT	CT	SL	V	2	K	WL	F0	F0	2	FU	V	FU	FM
3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	V
4	K	FM	WL	FA	4	FA	F1	V	K	4	V	V	FA	FA

The last digit is the ROW





Tutorial & Questions

Please post any Questions in the
Baseballwristbandsigns.com Forum. Or send email
to Stephen@completeheadcoach.com