

# BASEBALLWRISTBANDSIGNS.COM

## Complete Wristband System Tutorial PITCHING

## Type Of Wristband



### <u>Brands</u>

- •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 **<u>3 EDITABLE sheets</u>** that you will use to alter the offense wristband.
- <u>**P-Bank</u>** = Pitching Play Bank</u>
  - This is where you will store all of your calls & code names.
- <u>P-Player Master</u> = Pitching Player Card Master
  - This is where you will input all of the calls you want to show up on the player wristband card.
- <u>P-Coach Master</u> = 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.





### How the <u>P-Bank</u> Sheet Works

### • <u>**P-Bank</u> = Pitch Play Bank**</u>

• This is where you will store all of your calls & code names.

	А	В	С	D		E		F		G
1	Name Of Pitch/ Play	Code Name								
2	Pitching	Code Name	This sheet is you	ur nlav hank 1	he nlav	hank is wi	nere vou w	vill nlace	and store	e vour
3	Change Up	С	-				-	-		-
4	Change Up Dirty	CD	calls and code n		• •	-				1
5	Curveball	V	of play" and type			-				
6	Curveball Dirty	VD	Name". The sho	rtest code nan	ne you ca	an use is b	best (3 digi	its at the	most) or	you
7	Cutter	СТ	can use the alrea	ady named Co	des.					
8	Fastball Away	FA		-						
9	Fastball Down	FD	Directions:							
10	Fastball In	FI		all anta tha nl			a a nu tha i		the play (	anhe
11	Fastball Middle	FM	1. To place the c	•	-					- 1
12	Fastball Up	FU	Do not copy the	code name. T	ne code i	name will	be autoge	nerated of	on the Ma	ister
13	Pick Off	Pk	sheet.							
14	Pitch Out	PO	2. Once you cop	y the name of	the play	from the b	bank, you '	will past	e the play	/ into
15	Slider	SL	the grey area of	the master sh	eet as ma	anv times	as vou wa	nt it on t	he card.	
16	Step Off	SO	3. Repeat with a			-	-			
17	Knuckleball	ĸ	5. Repeat with a				stburru.			
18	Splitter	SP								
19										
20	Fastball - F0	F0								
21	Fastball - F1	F1								



### **How the P-Bank Sheet Works**

### <u>Step 1</u>

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	В
Name Of Pitch/ Play	Code Name
Pitching	Code Name
Change Up	С
Change Up Dirty	CD
Curveball	V
Curveball Dirty	VD
Cutter	СТ
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	ĸ
Splitter	SP
Fastball - F0	F0
Fastball - F1	F1

### <u>Step 2</u>

- 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.



### How the **P-Player Master Sheet Works**

### • <u>P-Player Master</u> = 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.

A	В	С	D	E	F	G	Н	1	J	К	L	M	N	0	P	Q	R	S
#	Call	Code	#	Call	Code	#	Call	Code										
1	Fastball Up	FU	1	Fastball - F0	F0	1	Fastball Up	FU	1	Cutter	СТ	1	Fastball In	FI	1	Curveball	v	
2	Fastball Away	FA	2	Fastball - F0	F0	2	Fastball Up	FU	2	Cutter	СТ	2	Fastball In	FI	2	Curveball	v	
3	Fastball Away	FA	3	Fastball - F0	F0	3	Fastball Up	FU	3	Cutter	СТ	3	Fastball In	FI	3	Curveball	v	
4	Fastball Away	FA	4	Fastball - F0	F0	4	Fastball Up	FU	4	Cutter	СТ	4	Fastball In	FI	4	Curveball	v	
5	Fastball Away	FA	5	Fastball - F0	F0	5	Fastball Up	FU	5	Cutter	СТ	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	к	11	Fastball Middle	FM	11	Wheel	WL	
12	Fastball Away	FA	12	Curveball	v	12	Slider	SL	12	Knuckleball	к	12	Fastball Middle	FM	12	Wheel	WL	
13	Fastball Away	FA	13	Curveball	v	13	Slider	SL	13	Knuckleball	к	13	Fastball Middle	FM	13	Wheel	WL	
14	Fastball Away	FA	14	Curveball	v	14	Slider	SL	14	Knuckleball	к	14	Fastball Middle	FM	14	Curveball	v	
15	Fastball Away	FA	15	Curveball	V	15	Slider	SL	15	Knuckleball	к	15	Fastball Middle	FM	15	Curveball	V	
16	Fastball Away	FA	16	Curveball	V	16	Slider	SL	16	Knuckleball	К	16	Fastball Middle	FM	16	Curveball	۷	

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.

 You will copy the play name from the O-Bank and paste them into the grey cells.
 The Code name that defines the play name in the O-Bank

<u>Percentage Charts -</u> 30% = 29 Times 10% = 10 Times 45% = 43 Times 25% = 24 Times 01% = 1 Times

50% = 48 Times

33% = 32 Times

05% = 5 Times

40% = 38 Times 20% = 19 Times 35% = 34 Times 15% = 14 Times

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.

- Copy & Paste the play name from the <u>"P-Bank"</u> Sheet into the "<u>P-Player Master</u>" Sheet <u>\*\*\*THIS IS THE BEST WAY\*\*\*</u>
  - The Code name will *automatically* appear in the code name column of the master sheet.

**Copy** the "play name" only from the <u>P-Bank.</u>

Cha Cha Cur Cur Cur

Fastball Down

y 110111 the <u>1</u>	Duin	<u>\.</u>
A	В	
Name Of Pitch/ Play	Code Name	A
Pitching	Code Name	#
nge Up	С	
nge Up Dirty	CD	
veball	V	
veball Dirty	VD	
er	CT	
ball Away	FA	

FD

**Paste** it into the "Call" column of the <u>P-</u> <u>Player Master</u> sheet.

Α	В	С	D	E	F	G	Н	1
#	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
2	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



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## Works

### 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 <u>P-Bank</u> into the "Call" column of the <u>P-Player Master</u> sheet.

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

### The "play name" from the <u>P-Bank</u> must be typed exactly the same way.

A	В	
Name Of Pitch/ Play	Code Name	
Pitching	Code Name	[
Change Up	С	
Change Up Dirty	CD	
Curveball	V	
Curveball Dirty	VD	
Cutter	07	
Fastball Away	FA	
Fastball Down	FD	

Type the play name it into the "Call" column of the <u>P-Player Master</u> sheet.

Α	В	С	D	E	F	G	Н	1
#	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		





### How the P-Coach Master Sheet Works

- <u>P-Coach Master</u> = 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			On the "P-Coach Master" Sheet you can alter all of the black filled
No Zone         Slider	Fastball In         Curveball           012         042         131         143         431         023         111         1	Fastball Away           32         141         142         031         043         113         122         123	<b>Fastball Away</b> 031 043 113 122 123	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
Zone: 0     Zone: 1       Fastball - F0     Fastball Up     Fastball Up       211     212     241     432     442       011     024     221     222     234       311     333     343     443     512       521     532     521     532	Slider         Curveball           013         033         124         332         341           013         033         124         332         341           144         214         2           434         511         5	Curveball         Curveball           32         141         142           42         342         423           14         522         524           43         -         531	Zone: 5           Curveball	3. You can type in zones you may use for pitch location, or you can organize by pitch. <u>This sheet can be organized in the</u> <u>best way for you to find what you</u> <u>need during the game.</u>
Curveball         Curveball           023         111         132         141         142           144         214         242         342         423           434         511         514         522         524	144 214 242 342 423 144 214 2	Curveball         Curveball           32         141         142           42         342         423           14         522         524	Curveball            023         111         132         141         142           144         214         242         342         423           434         511         514         522         524	Remember, you can create 3 distinctly different coach call sheets for 3 Different pitchers on this one sheet.
Fastball Up         Fastball Up           011         024         221         222         234           311         333         343         443         512		43 443 512 144 214 242 342 423	Fastball Up         011         024         221         222         234           311         333         343         443         512	This is done because all pitchers do not throw the same pitches & allows you to create custom sheets with the same wristband.
Fastball in         Fastball Up           012         042         131         143         431           533         Image: Signal Control Contrele Control Contrelation	Fastball Up         Fastball Up           011         024         221         222         234         011         024         2           311         333         343         443         512         311         333         3           Fastball In	Fastball Up           21         222         234         011         024         221         222         234           43         443         512         311         333         343         443         512	133   134   213   224   231 <mark> </mark>	You will copy the play name rom the P-Bank and paste them nto the grey cells.
Silder         Silder           013         033         124         332         341         013         033         124         332         341		132         141         142         031         043         113         122         123	031 043 113 122 123	2. The corresponding numbers rom the "Player Wristband" uutomatically 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.

- 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".

### **Copy** the "play name" only from the <u>P-Bank.</u>

A	В	
Name Of Pitch/ Play	Code Name	
Pitching	Code Name	[
Change Up	С	
Change Up Dirty	CD	
Curveball	v	
Curveball Curveball Dirty	V VD	
	VD CT	
Curveball Dirty		

*Paste* it into the "Grey" cells of the <u>P-Player</u> <u>Master</u> sheet.

															Pito	her 1				
<u>Slide</u> 013	r	<b>lo Zon</b>	ie		Slide	-	124	332	341			042	131	143	431	023	e <b>ball</b> 111	132	141	142
	Z	Zone:	0			7	Zone:	1				z	one:	2			Z	one:	3	
Fast	ball - I	FO			Fast	ball Up	)			S	lide	r				Curve	eball			
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		



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### 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 <u>P-Bank</u> into the grey cells of the column of the <u>P-Coach</u> 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 <u>exact</u> spelling & spacing or the code name will not generate.

The "play name" from the <u>P-Bank</u> must be typed exactly the same way.

A	В
Name Of Pitch/ Play	Code Name
Pitching	Code Name
Change Up	С
Change Up Dirty	CD
Curveball	v
Curveball Dirty	VD
Cutter	СТ
Fastball Away	FA
Fastball Down	FD

Type the play name it into the "Grey" cells of the <u>P-Player</u> <u>Master</u> sheet.

														Pitc	her 1				
<u>Slide</u> 013	er -	<b>lo Zon</b>			Slide	-	124	332	341	<b>E</b> -ce <sup>1</sup>	042	131	143	431	Curve 023	e <b>ball</b> 111	132	141	142
	Z	Zone:	0			Z	Zone:	1			z	one:	2			Z	one:	3	
Fast	ball - I	FO			Fast	pall Up	2			Slide	r				Curve	eball			
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		



<u>Learn How To</u> <u>Copy & Paste</u> <u>in Excel</u>

### Setting up your <u>P-Coach Master</u> Sheet

- You will set up your <u>coach card</u> 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 <u>player's wristband</u> 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.

	Pitcher 1	
		Easthall Oway
Zone: 0 Zone: 1	O12         O42         131         143         431         O23         111         132         141         142           Zone: 2         Zone: 3	031         043         113         122         123         031         043         113         122         123           Zone: 4         Zone: 5         Zone: 5         Zone: 5         Zone: 5         Zone: 5
211         212         241         432         442         011         024         221         222         234           311         333         343         443         512           521         532         532         532         532	434 511 514 522 524	023         111         132         141         142         023         111         132         141         142           144         214         242         342         423         144         214         242         342         423           434         511         514         522         524         434         511         514         522         524           531         541         543         543         541         543         543         541         543
	Stide         Stide           013         033         124         332         341           Zone: 0         Zone: 1           211         212         241         432         442           011         024         221         222         234           311         333         343         443         512	No Zone         Side         Eactball         Curreball           013         033         124         332         341         012         042         131         143         431         023         111         132         141         142           Zone: 0         Zone: 1         Zone: 2         Zone: 2         Zone: 3         Zone: 3           211         212         241         432         442         011         024         221         222         234         013         033         124         332         341         023         111         132         141         142           211         212         241         432         442         011         024         221         222         234         013         033         124         332         341         023         111         132         141         142           111         124         221         222         234         013         033         124         332         341         023         111         132         141         142           1144         214         242         342         323         141         142         144         242 <td< th=""></td<>





- 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

			Pite	her 1			
	No Zone						
•	Slider 013 033 124 332 341	Slider 013 033 124 332 341	Fastball In           012         042         131         143         431	Curveball         111         132         141         142	Fastball A 031 043		Fas ball Avay 03 043 113 122 123
	Ζορο· Π	7000-1	7000 · 2	7000- 3		7 ma· <b>4</b>	7000-5
	Fastball - F0           211         212         241         432         442	Fastball Up         221         222         234           011         024         221         222         234           311         333         343         443         512           521         532	Slider         332         341           013         033         124         332         341	Curveball         132         141         142           023         111         132         141         142           144         214         242         342         423           434         511         514         522         524           531         541         543         543         543	Curveball 023 111 144 214 434 511 531 541	132 141 142 242 342 443 514 522 574 543	Curveball           (23         111         132         141         142           (44         214         242         342         423           (434         511         514         522         524           (531         541         543         543         543
	Curveball	Curveball	Curveball	Curveball	Curveball		/ ICurveball
	023         111         132         141         142           144         214         242         342         423           434         511         514         522         524	023 111 132 141 142 144 214 242 342 423 434 511 514 522 524	023 111 132 141 142 144 214 242 342 423 434 511 514 522 524	023 111 132 141 142 144 214 242 342 423 434 511 514 522 524	023 111 144 214 434 511	132 141 142 242 342 423 514 522 524	023 111 132 141 142 144 214 242 342 423
1	Fastball Up	Fastball Up	Fastball Up	Fastball Up	Curveball		Fastball Up
	011 024 221 222 234 311 333 343 443 512	011 024 221 222 234 311 333 343 443 512	011 024 221 222 234 311 333 343 443 512	011 024 221 222 234 311 333 343 443 512	023 111 144 214	132 141 142 242 342 423	011 024 221 222 234 311 333 343 443 512
	Fastball in         4           012         042         131         143         431           533         4         4         4         4	Fastball Up         2011         024         221         222         234           311         333         343         443         512	Fastball Up         2011         024         221         222         234           311         333         343         443         512	Fastball Up         222         234           011         024         221         222         234           311         333         343         443         512	Fastball L 011 024 311 331	P 221 222 234 343 443 512	Fastball Away           031         043         113         122         123           133         134         213         224         231
	<b>Slide</b> r 013 033 124 332 341	Slider         3           013         033         124         332         341	Fastball In           012         042         131         143         431	Curveball         023         111         132         141         142	Fastball A	<b>vay</b> 113 122 123	Fastball Avay           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. <u>EX. "Fastball Middle" = FM & "Fastball</u> <u>Mid" = FM</u>
- Step 3: Go to your <u>Player master</u> sheet & put "Fastball middle" on 20 times. Then put fastball mid on 15 Times.
- Step 4: Go to your <u>Coach Master</u> 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

1					
	Fastba	all Mide	dle		
	021	031	044	112	122
	123	133	134	211	213
,	224	231	232	233	241
	243	244	313	321	323

astball 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	К	1	V	FM	FL	FM	1	FM	FU	FM	FM
2	FL	WL	СТ	FI	2	FM	FM	V	V	2	FM	FU	FM	FM
3	SL	FM	SL	FA	3	FA	FM	FM	FL	3	FM	СТ	FM	FM
4	СТ	FU	FM	FM	4	К	SL	FM	FM	4	V	FM	FU	FM
			BA	SEB/	۱LL	WR	STB/	AND	SIGN	IS.	COM			
	31	32	33	34		41	42	43	44		51	52	53	54
1	FM	FM	FA	SL	1	FM	К	FI	FM	1	V	FU	FM	V
2	СТ	СТ	SL	V	2	К	WL	FM	FM	2	FU	V	FM	FM
3	FM	FM	FM	FM	3	WL	V	FM	FU	3	FM	FM	FL	V
4	К	FM	WL	FM	4	FA	FM	FM	К	4	V	V	FM	FA
	2 3 4 1 2 3	1 FM 2 FI 3 SL 4 CT 3 31 1 FM 2 CT 3 FM	1         FM         FM           2         FI         WL           3         SL         FM           4         CT         FU           4         CT         FU           4         CT         FU           5         T         FU           4         CT         FU           5         T         FU           4         FM         FM	1         FM         FM         FM           2         FI         WL         CT           3         SL         FM         SL           4         CT         FU         FM           4         CT         FU         FM           3         SL         FM         SL           4         CT         FU         FM           3         S1         32         33           1         FM         FM         FA           2         CT         CT         SL           3         FM         FM         FM	1     FM     FM     FM       2     FI     WL     CT     FI       3     SL     FM     SL     FA       4     CT     FU     FM     FM       5     FU     FM     SL     FA       4     CT     FU     FM     SL       4     CT     FU     FM     SL       5     S1     32     33     34       1     FM     FM     FA     SL       2     CT     CT     SL     V       3     FM     FM     FM     FM	1       FM       FM       K       1         2       FI       WL       CT       FI       2         3       SL       FM       SL       FA       3         4       CT       FU       SL       FA       3         4       CT       FU       FM       FM       4         3       31       32       33       34       1         1       FM       FM       FA       SL       1         2       CT       CT       SL       1       1         3       FM       FM       FA       SL       1         2       CT       CT       SL       V       2         3       FM       FM       FM       FM       3	1       FM       FM       K       1       V         2       FI       WL       CT       FI       2       FM         3       SL       FM       SL       FA       3       FA         4       CT       FU       FM       FM       4       K         4       CT       FU       FM       FM       4       K         3       S1       32       33       34       J       41         1       FM       FM       FA       SL       1       FM         2       CT       CT       SL       V       2       K         3       FM       FM       FM       FM       3       WL	1       FM       FM       K       1       V       FM         2       FI       WL       CT       FI       2       FM       FM         3       SL       FM       SL       FA       3       FA       FM         4       CT       FU       FM       A       3       FA       FM         4       CT       FU       FM       FM       4       K       SL         5       ST       SL       SL       4       K       SL         5       FM       FA       SL       1       FM       K         1       FM       FM       FA       SL       1       FM       K         2       CT       CT       SL       V       2       K       V         3       FM       FM       FM       FM       SL       SL       SL       SL	1         FM         FM         FM         I         V         FM         FI           2         FI         WL         CT         FI         2         FM         FM         V           3         SL         FM         SL         FA         3         FA         FM         FM           4         CT         FU         FM         FM         3         FA         FM         FM           4         CT         FU         FM         FM         3         FA         FM         FM           4         CT         FU         FM         FM         4         K         SL         FM           4         CT         FU         FM         FM         4         K         SL         FM           4         CT         FU         FM         FM         4         K         SL         FM           3         31         32         33         34         ✓         41         42         43           1         FM         FM         FA         SL         1         FM         K         FM           2         CT         CT         SL	1       FM       FM       K       1       V       FM       FI       FM         2       FI       WL       CT       FI       2       FM       FM       V       V         3       SL       FM       SL       FA       3       FA       FM       V       V         4       CT       FU       FM       FA       3       FA       FM       FM       FI         4       CT       FU       FM       FM       4       K       SL       FM       FM         4       CT       FU       FM       FM       4       K       SL       FM       FM         5       TT       FM       FM       FM       4       K       SL       FM       FM         6       31       32       33       34       J       41       42       43       44         1       FM       FM       FA       SL       1       FM       K       FI       FM         2       CT       CT       SL       V       2       K       WL       FM       FM       FM         3       FM       FM       FM </td <td>1       FM       FM       K       1       V       FM       FI       FM       1         2       FI       WL       CT       FI       2       FM       FM       V       V       2         3       SL       FM       SL       FA       3       FA       FM       FM       FI       3         4       CT       FU       FM       4       K       SL       FM       FI       3         4       CT       FU       FM       FM       4       K       SL       FM       FI       3         4       CT       FU       FM       FM       4       K       SL       FM       FM       4         5       FU       FM       FM       4       K       SL       FM       4         6       TT       FU       FM       FM       4       K       SL       FM       4         7       FM       FA       SL       1       FM       K       FI       FM       1         1       FM       FM       FA       SL       1       FM       K       FI       FM       2</td> <td>1       FM       FM       K       1       V       FM       FI       FM       1       FM         2       FH       WL       CT       FI       2       FM       FM       V       V       2       FM         3       SL       FM       SL       FA       3       FA       FM       FM       V       Q       2       FM         4       CT       FU       FM       FA       3       FA       FM       FM       FI       3       FM         4       CT       FU       FM       FM       4       K       SL       FM       FM       4       V         4       CT       FU       FM       FM       4       K       SL       FM       FM       4       V         4       CT       FU       FM       FM       4       K       SL       FM       FM       4       V         5       TM       FA       SL       1       FM       42       43       44       V       51         1       FM       FA       SL       1       FM       K       FM       FM       1       V     <!--</td--><td>1       FM       FM       FM       I       V       FM       FI       FM       1       FM       FU         2       FI       WL       CT       FI       2       FM       FM       V       V       2       FM       FU         3       SL       FM       SL       FA       3       FA       FM       FM       FI       3       FM       CT         4       CT       FU       FM       FM       4       K       SL       FM       FM       CT       FM       FM       FM       FM       FM       FM       FM       CT       FM       FM</td><td>1       FM       FM       FK       1       V       FM       FI       FM       1       FM       FU       FM         2       FI       WL       CT       FI       2       FM       FM       V       V       2       FM       FU       FM         3       SL       FM       SL       FA       3       FA       FM       FM       FI       3       FM       FU       FM         4       CT       FU       FM       A       K       SL       FM       FM       FM       FU       FM       FM</td></td>	1       FM       FM       K       1       V       FM       FI       FM       1         2       FI       WL       CT       FI       2       FM       FM       V       V       2         3       SL       FM       SL       FA       3       FA       FM       FM       FI       3         4       CT       FU       FM       4       K       SL       FM       FI       3         4       CT       FU       FM       FM       4       K       SL       FM       FI       3         4       CT       FU       FM       FM       4       K       SL       FM       FM       4         5       FU       FM       FM       4       K       SL       FM       4         6       TT       FU       FM       FM       4       K       SL       FM       4         7       FM       FA       SL       1       FM       K       FI       FM       1         1       FM       FM       FA       SL       1       FM       K       FI       FM       2	1       FM       FM       K       1       V       FM       FI       FM       1       FM         2       FH       WL       CT       FI       2       FM       FM       V       V       2       FM         3       SL       FM       SL       FA       3       FA       FM       FM       V       Q       2       FM         4       CT       FU       FM       FA       3       FA       FM       FM       FI       3       FM         4       CT       FU       FM       FM       4       K       SL       FM       FM       4       V         4       CT       FU       FM       FM       4       K       SL       FM       FM       4       V         4       CT       FU       FM       FM       4       K       SL       FM       FM       4       V         5       TM       FA       SL       1       FM       42       43       44       V       51         1       FM       FA       SL       1       FM       K       FM       FM       1       V </td <td>1       FM       FM       FM       I       V       FM       FI       FM       1       FM       FU         2       FI       WL       CT       FI       2       FM       FM       V       V       2       FM       FU         3       SL       FM       SL       FA       3       FA       FM       FM       FI       3       FM       CT         4       CT       FU       FM       FM       4       K       SL       FM       FM       CT       FM       FM       FM       FM       FM       FM       FM       CT       FM       FM</td> <td>1       FM       FM       FK       1       V       FM       FI       FM       1       FM       FU       FM         2       FI       WL       CT       FI       2       FM       FM       V       V       2       FM       FU       FM         3       SL       FM       SL       FA       3       FA       FM       FM       FI       3       FM       FU       FM         4       CT       FU       FM       A       K       SL       FM       FM       FM       FU       FM       FM</td>	1       FM       FM       FM       I       V       FM       FI       FM       1       FM       FU         2       FI       WL       CT       FI       2       FM       FM       V       V       2       FM       FU         3       SL       FM       SL       FA       3       FA       FM       FM       FI       3       FM       CT         4       CT       FU       FM       FM       4       K       SL       FM       FM       CT       FM       FM       FM       FM       FM       FM       FM       CT       FM       FM	1       FM       FM       FK       1       V       FM       FI       FM       1       FM       FU       FM         2       FI       WL       CT       FI       2       FM       FM       V       V       2       FM       FU       FM         3       SL       FM       SL       FA       3       FA       FM       FM       FI       3       FM       FU       FM         4       CT       FU       FM       A       K       SL       FM       FM       FM       FU       FM       FM



### How do I use the P-Card Randomizer?

Е

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

	-0	*	:	⊼ √ Jx	
	A		в	С	D
1	0.125	5086	36	Fastball Up	FU
2	0.499	957	65	Fastball In	FI
3	0.886	5856	45	Slider	SL
4	0.169	431	50	Cutter	СТ
5	0.81	168	78	Fastball Middle	FM
6	0.200	)214	92	Wheel	WL
7	0.885	6482	31	Curveball	v
8	0.865	5775	37	Fastball Up	FU
9	0.373	3739	10	Fastball Away	FA
1	0 0.282	2588	53	Cutter	СТ
1	1 0.919	905	48	Slider	SL
1	2 0.682	922	24	Fastball - F1	F1
1	3 0.988	3511	63	Knuckleball	к
1	4 0.218	3661	70	Fastball In	FI
1	5 0.192	278	58	Fastball Away	FA

F	G	Н	I	J	к	L	М		
011									
012	Randomizer Details								
013	<ol> <li>Do NOT type or enter a</li> <li>You do not have to ran</li> </ol>	-							
014	location of calls on the p			s you v	vant ch	ange u	le		
021	3. IF you are going to ran					e befor	e		
022	printing any player cards	or coa	ching d	locume	ents.				
023	DIRECTIONS								
024	1. Select only Columns A,								
031	2. To do this, you will left A and hold it down while						-		
032	in columns A, B, C and D		- ·	· ·					
033	3. Click the HOME tab an This is usually in the Editi			"Sort &	& Filter	" butto	n.		
034	This is usually in the Editi 4. Click the Sort & Filter b	-							
041	5. Sort Smallest to Larges								
042	Your player wristband is a and your calls are pick pr		ndomi	zed int	o a nev	v order			
043	and your cans are plot pr	<u></u>							

Randomizer Video Tutorial



### How do I use the P-Card Randomizer?

### **FIRST THINGS FIRST**

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

1	Α	В	С	D	E
1	0.125086	36	Fastball Up	FU	
2	0.499957	65	Fastball In	FI	
3	0.886856	45	Slider	SL	
4	0.169431	50	Cutter	СТ	
5	0.81168	78	Fastball Middle	FM	
6	0.200214	92	Wheel	WL	
7	0.885482	31	Curveball	٧	
8	0.865775	37	Fastball Up	FU	
9	0.373739	10	Fastball Away	FA	
10	0.282588	53	Cutter	СТ	
11	0.919905	48	Slider	SL	
12	0.682922	24	Fastball - F1	F1	
13	0.988511	63	Knuckleball	К	
14	0.218661	70	Fastball In	FI	
15	0.192278	58	Fastball Away	FA	

F	G H I J K L M
011	
012	Randomizer Details
013	<ol> <li>Do NOT type or enter any data into the cells in this sheet.</li> <li>You do not have to randomize unless you want change the</li> </ol>
014	location of calls on the player card.
021	3. IF you are going to randomize, ALWAYS randomize before
022	printing any player cards or coaching documents.
023	DIRECTIONS
024	1. Select only Columns A, B, C, and D together in a group.
031	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
032	in columns A, B, C and D will be highlighted.
033	3. Click the HOME tab and look for the "Sort & Filter" button. This is usually in the Editing area.
034	4. Click the Sort & Filter button.
041	5. Sort Smallest to Largest.
042	Your player wristband is now randomized into a new order and your calls are pick proof.
043	

### How do I use the P-Card Randomizer?



SO

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 <u>Column heading A</u> & 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)

### Your <u>player</u> wristband is now Randomized into a new order & your calls are pick proof.

		ME	INSERT PA	AGE LAYOUT	FO	RMULAS	DATA	REVIEW	VIEW	DEVELOPER	POWER QUE	Y FORMA	Т	Lickert, Stephen	- 0		_
Pas •	te ◆	Arial B I	- 12 <u>U</u> -	<u>*</u> - <u>A</u> -	=		¥ 🗐 -		9 €.0 . .00 →	Cell S	-	EX Delete	-	Sort & Find & Filter - Select -		₹↓	A Z Z A
	tBox 2	•	Font	f <sub>x</sub>		Alignment	: G	Nu	mber	5	Styles	Cells		Editing	~	Z A↓	Sort
	А	В	С	D	Е	F	500	G		Н	I J	K	L	М	N 🔺	V	
1	0.246443	88	Nothing	NO		011				domizer De							
2	0.906902	74	Delay Steal	DS		012					o the cells in the second s						

Learn How To Select, Sort & Filter in Excel



## What do I print for Players?

P-Card Ad Color P-Card Yth P-Card Yth Color

- Player Cards
  - There are 4 Sheet tabs you can Print & use

**<u>P-Card ADULT</u>** 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	к	1	v	F1	FI	v	1	F0	FU	FA	F0
2	FI	WL	СТ	FI	2	FM	FA	v	v	2	F0	FU	FA	v
3	SL	v	SL	FA	3	FA	FA	FA	FI	3	FA	СТ	FM	FM
4	СТ	FU	F1	FM	4	к	SL	FA	v	4	v	FA	FU	FM
				BA	SEE	BALLW	RISTB/	ANDSI	GNS.CO	DM				
	31	32	33	34		41	42	43	44		51	52	53	54
1	FU	FM	FA	SL	1	FA	к	FI	FA	1	v	FU	v	v
2	СТ	СТ	SL	v	2	к	WL	FO	FO	2	FU	v	FU	FM
3	FA	FA	FU	FU	3	WL	v	F1	FU	3	F1	FM	FI	v
4	к	FM	WL	FA	4	FA	F1	v	к	4	v	v	FA	FA

<u>**P-Card YOUTH**</u> 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	К	1	V	F1	FI	V	1	FO	FU	FA	FO
2	FI	WL	СТ	FI	2	FM	FA	V	V	2	FO	FU	FA	V
3	SL	V	SL	FA	3	FA	FA	FA	FI	3	FA	СТ	FM	FM
4	СТ	FU	F1	FM	4	К	SL	FA	v	4	v	FA	FU	FM
		W	ww	.BAS	EB	ALL	WRIS	STBA	NDS	SIG	NS.C	OM		
	31	32	33	34		41	42	43	44		51	52	53	54
1	FU	FM	FA	SL	1	FA	К	FI	FA	1	V	FU	V	V
2	СТ	СТ	SL	V	2	К	WL	<b>F0</b>	FO	2	FU	V	FU	FM
3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	V
4	К	FM	WL	FA	4	FA	F1	V	К	4	۷	V	FA	FA



### What do I print for Players?

P-Card Ad P-Card Ad Color P-Card Yth P-Card Yth Color

- 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"

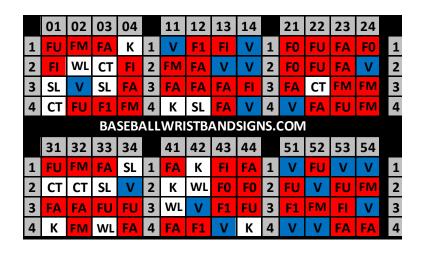
Window.

• 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	к	1	v	F1	FI	v	1	FO	FU	FA	FO
2	FI	WL	СТ	FI	2	FM	FA	v	v	2	FO	FU	FA	v
3	SL	v	SL	FA	3	FA	FA	FA	FI	3	FA	СТ	FM	FM
4	СТ	FU	F1	FM	4	к	SL	FA	v	4	v	FA	FU	FM
				BA	SEI	BALLW	RISTB/	ANDSI	GNS.CO	DM				
	31	32	33	34		41	42	43	44		51	52	53	54
1	FU	FM	FA	SL	1	FA	к	FI	FA	1	v	FU	v	v
2	СТ	СТ	SL	v	2	к	WL	FO	FO	2	FU	v	FU	FM
3	FA	FA	FU	FU	3	WL	v	F1	FU	3	F1	FM	FI	v
4	к	FM	WL	FA	4	FA	F1	v	к	4	v	v	FA	FA

<u>P-Card YOUTH Color</u> Fits in a wristband with a 2.25" by 4.5" Window.

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





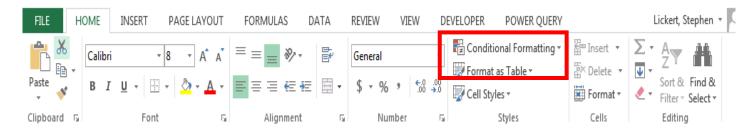
### Formatting the Player Cards

Although the sheets are protected & the data cannot be altered, you <u>can</u> 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



		<u>N</u>	ew R	tule.			-	<u>E</u> dit	Rule	e	·	$\succ$	( <u>D</u> el	lete I	Ru	le	-		-											
	Ru	ule (a	appli	ed i	n (	orde	r sho	own)	F	0	rmat					/	Appli	es to	D								5	itop	If True	1
		Ce	ell Va	alue	co	ntai	ns 'C	т.			Aa	Bbo	сүү	Zz		-	=SBS	1:\$A	F\$5,	\$В	\$7:5	AFS	17,\$8	8\$19	:\$/	•	]			L
		Ce	ell Va	alue	co	ntai	ns 'S	а <b>г</b> .			<u> </u>	obe	₩,	2.		_	=SBS	1:\$A	F\$5,	SВ	\$7:5	AFS	17,58	3\$19	:\$/	· 💽	]			=
		Ce	ell Va	alue	co	ntai	ns 'K	c.			Aa	Bbo	сүу	Zz		-	=SBS	1:\$A	F\$5,	\$B	\$7:5	AFS	17,58	3\$19	:\$/	•	]			
		Ce	ell Va	alue	co	ntai	ns 'V	r			Aa	Bbo	сүу	Zz			=SBS	1:\$A	F\$5,	sв	\$7:5	AFS	17,58	3\$19	:\$/		]			L
		Ce	ell Va	alue	co	ntai	ns 'F				Aa	BbC	сүү	Zz			=SBS	1:SA	F\$5,	sв	\$7:5	AF\$1	17,SE	3 <b>\$1</b> 9	:5/		]			
																			C		OK	(			Clo	ose			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	к	1	v	F1	FI	v	1	FO	FU	FA	FO	1	FU	FM	FA	к	1	v	F1	FI	v	1	FO	FU	FA	FO	
2	FI	WL	ст	FI	2	FM	FA	v	v	2	FO	FU	FA	v	2	FI	WL	ст	FI	2	FM	FA	v	v	2	FO	FU	FA	v	
3	SL	v	SL	FA	3	FA	FA	FA	FI	3	FA	ст	FM	FM	3	SL	v	SL	FA	3	FA	FA	FA	FI	3	FA	ст	FM	FM	
4	ст	FU	F1	FM	4	к	SL	FA	v	4	v	FA	FU	FM	4	ст	FU	F1	FM	4	к	SL	FA	v	4	v	FA	FU	FM	
				BA	SEI	BALLW	RISTB/	ANDSI	GNS.C	оM									BA	SEE	BALLW	RISTB/	ANDSI	GNS.C	ом					
	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	к	FI	FA	1	v	FU	v	v	1	FU	FM	FA	SL	1	FA	к	FI	FA	1	v	FU	v	v	
2	ст	ст	SL	v	2	к	WL	FO	FO	2	FU	v	FU	FM	2	ст	СТ	SL	v	2	к	WL	FO	FO	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	
	к	FM	WL	FA	4	FA	F1	v	к	4	v	v	FA	FA	4	к	FM	WL	FA	4	FA	F1	v	к	4	v	v	FA	FA	



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

P-Coach Wrist

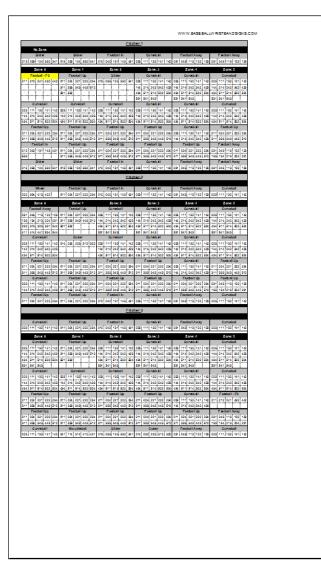
P-Coach Pocket Slide

P-Coach Print (LS)

P-Coach Print (PT)



- 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.
- 4 of these will print per sheet.
- You can only format cells in this document. You cannot change & data.





- 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.

		Pitci	herj		
No Zone Silder 013 033 124 332 341	Silder 013 033 124 332 341	Fastball in 012 042 131 143 431	Curveball 023 111 132 141 142		Fastball Away 031 043 113 122 123
Zone: 0 Fastball - F0	Zone: 1 Fastball Up	Zone: 2 Silder	Zone: 3 Curveball	Zone: 4 Curveball	Zone: 5 Curve ball
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
	311 333 343 443 512 521 532		144 214 242 342 423 434 511 514 522 524		144 214 242 342 423 434 511 514 522 524
	021 002		531 541 543	531 541 543	531 541 543
Curveball	Curveball	Curveball	Curveball	Curveball	Curveball
023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423
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
011 024 221 222 234 311 333 343 443 512	011 024 221 222 234 311 333 343 443 512	011 024 221 222 234 311 333 343 443 512	011 024 221 222 234 311 333 343 443 512	023 111 132 141 142 144 214 242 342 423	011 024 221 222 234 311 333 343 443 512
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 Silder	311 333 343 443 512 Silder	311 333 343 443 512 Fastball In	311 333 343 443 512 Curveball	311 333 343 443 512 Fastball Away	133 134 213 224 231 Fastball Away
013 033 124 332 341	013 033 124 332 341	012 042 131 143 431		031 043 113 122 123	031 043 113 122 123
		Pitci	her 2		
VV/heel 022 334 413 422	Fastball Up 011 024 221 222 234	Fastball in 012 042 131 143 431	Curveball 023 111 132 141 142	Fastball Away 031 043 113 122 123	Curve ball 023 111 132 141 142
Zone: 0	Zone: 1	Zone: 2	Zone: \$	Zone: 4	Zone: 5
Fastball Away	Fastball Up	Curveball	Curveball	Curveball	Curveball
031 043 113 122 123 133 134 213 224 231	011 024 221 222 234 311 333 343 443 512	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423
232 313 323 331 344	521 532	434 511 514 522 524	434 511 514 522 524		434 511 514 522 524
411 414 441 534 544		531 541 543	531 541 543	531 541 543	531 541 543
Curveball 023 111 132 141 142	Cutter 014 032 223 312 322	Curve ball 023 111 132 141 142	Curveball 023 111 132 141 142	Curveball 023 111 132 141 142	Curve ball 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 Fastball Up	Fastball Up	434 511 514 522 524 Fastball Up	434 511 514 522 524	434 511 514 522 524 Curveball	434 511 514 522 524 Fastball Up
011 024 221 222 234	011 024 221 222 234	011 024 221 222 234	Fastball Up 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
Curveball 023 111 132 141 142	Fastball Up 011 024 221 222 234	Fastball Up 031 043 113 122 123			
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	133 134 213 224 231
Fastball Up 011 024 221 222 234	Fastball Up 011 024 221 222 234	Fastball in 012 042 131 143 431	Curveball 023 111 132 141 142	Fastball Away 031 043 113 122 123	Curve ball 023 111 132 141 142
011   024   221   222   234	0111024122112221234		023;111;132;141;142 her3	0311043111311221123	023 111 132 141 142
Curveball 023 111 132 141 142	Fastball Up 011 024 221 222 234	Fastball In 012 042 131 143 431	Curveball 023 111 132 141 142	Fastball Away 031 043 113 122 123	Curve ball 023 111 132 141 142
Zone: 0	Zone: 1	Zone: 2	Zone: 3	Zone: 4	Zone: 5
Curveball	Fastball Up	Curveball	Curveball	Curveball	Curveball
023 111 132 141 142 144 214 242 342 423	011 024 221 222 234 311 333 343 443 512	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423	023 111 132 141 142 144 214 242 342 423
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531 541 543 Curveball	Curve ball	531 541 543 Curve ball	531 541 543 Curveball	531 541 543 Curveball	531 541 543 Curve ball
Curveball 023 111 132 141 142	Curve ball 023 111 132 141 142	Curve ball 023 111 132 141 142	Curveball 023 111 132 141 142	Curveball 023 111 132 141 142	Curve ball 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 Fastball Up	434 511 514 522 524 Curveball	434 511 514 522 524 Fastball - F0			
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	211 212 241 432 442
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	
Fastball Up 011 024 221 222 234	Fastball Away 031 043 113 122 123				
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	133 134 213 224 231
Curveball	Knuckleball	Silder	Cutter	Fastball Away	Curve ball



 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.

		Pitc	<u>her 1</u>		
No Zone					
Slider	Slider	Fastball In	Curveball	Fastball Away	Fastball Away
033 124 332	341 013 033 124 332 34	1 012 042 131 143 431	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
11 212 241 432	442 011 024 221 222 23	4 013 033 124 332 341	023 111 132 141 142	023 111 132 141 142	023 111 132 141 14
	311 333 343 443 51	2	144 214 242 342 423	144 214 242 342 423	144 214 242 342 42
	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
23 111 132 141	142 023 111 132 141 14	2 023 111 132 141 142	023 111 132 141 142	023 111 132 141 142	023 111 132 141 14
44 214 242 342	423 144 214 242 342 42	3 144 214 242 342 423	144 214 242 342 423	144 214 242 342 423	144 214 242 342 42
34 511 514 522	524 434 511 514 522 52	4 434 511 514 522 524	434 511 514 522 524	434 511 514 522 524	434 511 514 522 52
Fastball Up	Fastball Up	Fastball Up	Fastball Up	Curveball	Fastball Up
11 024 221 222	234 011 024 221 222 23	4 011 024 221 222 234	011 024 221 222 234	023 111 132 141 142	011 024 221 222 23
11 333 343 443	512 311 333 343 443 51	2 311 333 343 443 512	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
12 042 131 143	431 011 024 221 222 23	4 011 024 221 222 234	011 024 221 222 234	011 024 221 222 234	031 043 113 122 12
33	311 333 343 443 51	2 311 333 343 443 512	311 333 343 443 512	311 333 343 443 512	133 134 213 224 23
	•	•			•
Slider	Slider	Fastball In	Curveball	Fastball Away	Fastball Away
		1 040 040 404 440 404	022 111 122 141 142	021 042 112 122 122	031 043 113 122 123



- 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.

														Pitc	her 1	-													
	No	Zo	1e																										
	s	lide	r			;	Slide	r			Fa	stba	ill In	,		Cu	irveb	all		F	ast	all A	waj	,		Fast	ball	Awa	y
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	12	2
	Zo	one:	0			Z	one	1			Z	Zone	: 2			Z	one:	3			Z	one:	4			Z	one	:5	
	Fast	ball	- F0			Fas	stbal	l Up				Slide	er			Cu	irveb	all			Cu	rveb	all			Cu	irve	ball	
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	13	141	Ļ
					311	333	343	443	512						144	214	242	342	423	144	214	242	342	423	144	214	242	342	2
					521	532									434 531	511 541	514 543	522	524	434 531		Ĩ	522	524		511 541	l	1	2
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	111						1					1	1	1			132	Î		023		·····						1	1
	214 511			·		·	·	342 522	423 524		·	1	342	1			242 514	·····		144 434						214 511	·	· · · · · ·	*
																		;											-
	Fas	ball	Up			Fas	stbal	l Up			Fa	stba	ll Up	1		Fas	tball	Up			Cu	rveb	all			Fas	tba	IUp	
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311	333	343	443	512	311	333	343	443	512	311	333	343	8 443	512	311	333	343	443	512	144	214	242	342	423	311	333	34	44	31
	Fas	tbal	l in			Fas	stbal	Up.			Fa	stbai	l <u>i</u> Up			Fas	tball	Up_			Fas	tball	Up			Fast	ball	Awa	ıy
012	042	131	143	431	011	024	221	222	234	011	024	221	222	234	<mark>011</mark>	024	221	222	234	011	024	221	222	234	031	043	113	12	2
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	ŧļ:
	s	lide	r				Slide	er			Fa	stba	ill In			Cu	irveb	all		F	astt	allA	way	,		Fast	ball	Awa	ay
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	12	2



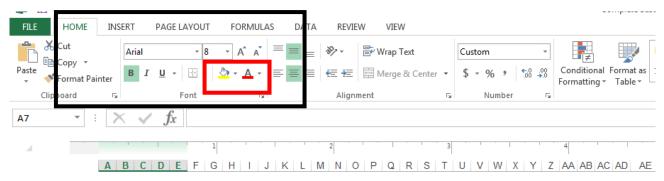
### Formatting the Coach Cards

Although the sheets are protected & the data cannot be altered, you <u>can</u> 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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													ļ	Pitc	her '	L													
	N	o Zoi	ne																										
	:	Slide	r			:	Slide	r			Fas	stbal	l In			Cu	rveb	all			Fast	ball /	4way	,		Fast	ball A	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
	Z	one:	0			Z	one:	1			Z	one:	2			Z	one:	3			Z	one:	4			Z	one:	5	
	Fas	tball	- F0			Fas	stball	l Up				Slide	r			Cu	rveb	all			Сι	rveb	ball			Cu	irveb	all	
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						Cu	irveb	all			Cu	rveb	all			Cu	rveb	all			Cu	irveb	all			Cu	irveb	all	
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
	Fas	tball	l Up			Fas	stball	l Up			Fas	stball	Up			Fas	tball	Up			Cu	rveb	all			Fas	stball	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
	11         333         343         443         512         311         333         343         443         443           Fastball in         Fastball Up							Fas	stball	Up			Fas	tball	Up			Fas	stball	l Up			Fast	ball A	Away	1			
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					:	Slide	r			Fas	stbal	l In			Cu	rveb	all			Fast	ball /	4way			Fast	ball A	Away	1
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



## **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.
  - Read ACROSS <u>COLUMNS</u> 1<sup>st</sup> = 01 − 04, 11
     14, 21 − 24, 31 − 34, 41 − 44, 51 − 54.
  - 2) Read **DOWN** <u>**ROWS</u> 2**<sup>nd</sup> = 1, 2, 3, or 4</u>
- 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

Th∈			01	02	03	04		11	12	13	14		21	22	23	24
The last		1	FU	FM	FA	к	1	v	F1	FI	v	1	F0	FU	FA	FO
it di		2	FI	WL	СТ	FI	2	FM	FA	v	v	2	F0	FU	FA	v
digit		3	SL	v	SL	FA	3	FA	FA	FA	FI	3	FA	СТ	FM	FM
is tł		4	СТ	FU	F1	FM	4	к	SL	FA	v	4	v	FA	FU	FM
the						BA	SEI	BALLW	'RISTB/	ANDSI	GNS.CO	DM				
ROW			31	32	33	34		41	42	43	44		51	52	53	54
٤	Ļ	1	FU	FM	FA	SL	1	FA	к	FI	FA	1	v	FU	v	v
		2	СТ	СТ	SL	v	2	к	WL	FO	F0	2	FU	v	FU	FM
	(	3	FA	FA	FU	FU	3	WL	V	F1	FU	3	F1	FM	FI	v
		4	к	FM	WL	FA	4	FA	F1	v	к	4	v	v	FA	FA



### **Tutorial & Questions**

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