Have you ever wondered why catchers wear wristbands when they play? They are typically wearing these unique wristbands to help them remember their signs. It has pockets to insert a small piece of paper where you can write down your signs while keeping them hidden from the opposing team. It assures that the catcher will never forget the sign and makes communication between the catcher and the pitching coach easier.

Also, the wristband can be used to help the players remember their game plan. Coaches commonly include information on how to attack certain hitters in the wristband along with the signs. Using these special wristbands can eliminate the pressure of memorization and can take your game to the next level.