



Is Vision Training Important For Baseball Players?

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Please look through the following articles to further understand how important Vision Training is with athletes.

The BASES Expert Statement on the Effectiveness of Vision Training Programmes

Two types of vision training programmes exist, namely, generalised vision training (GVT) and sport-specific vision training (SVT). GVT programmes are designed to improve basic visual function (e.g., depth perception, motion perception and peripheral vision)

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Baseball is a sport with a tremendous amount of quantitative batting data being generated from batting averages, slugging percentages, and numbers of hits, walks, strike outs and a host of others (Clark 2012). Batting requires rigorous demands for hand eye coordination requiring concentration and good visual sharpness as well as depth perception. Vision training can be beneficial to various sports related activities but an objective and assessment validating the concept is relatively unknown.

Improved vision and on-field performance in baseball through perceptual learning

Our visual abilities profoundly impact performance on an enormous range of tasks. Numerous studies examine mechanisms that can improve vision

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