



Vision Training For Athlete's

It is very important to understand that vision can be trained. There are several ways to improve your sports vision. The eyes are like any other muscle in your body, they can be strengthened and trained.

What is Vision?

1. Vision is the process of reacting to what one sees
2. Vision is one of the basic sports ingredients required for winning
3. The eyes manage the body. They orchestrate the motor muscular movements to the target: head, hands and feet
4. *The visual system is the trigger mechanism which determines the right time*
5. Most errors, mistakes and misses by the hands and feet are triggered through faulty visual position, perception and decision
6. *The eyes look where we tell them to look. They are teachable*

Here are some Articles that reference the importance of vision training:

Team Chemistry

In the last nine years, the number of pitches thrown at 100 mph or greater has increased by more than an order of magnitude, from 255 in 2008 to 2977 in 2015. Plotting the same data set with alternative minimum speeds (95 mph, 97 mph) shows the same results; while the shape of the curve changes slightly, the overall upward trend doesn't. This isn't anything a reader of BP doesn't already know, but it's nice to put real data behind your assumptions some times.

How The Human Brain Tracks a 100-mph Fastball

Throwing a baseball is hard. As xkcd pointed out just yesterday, accurately throwing a strike requires that a pitcher release the ball at an extremely precise moment—doing so more than half a millisecond too early or too late causes it to miss the strike zone entirely. Because it takes far longer (a full five milliseconds) just for our nerve impulses to cover the distance of our arm, this feat requires the brain to send a signal to the hand to release the ball well before the arm has reached its proper throwing position.

Hitting A Fastball Requires More Than Just Quick Reactions

In 2004, Albert Pujols was considered one of the best baseball hitters in the world, leading the Major Leagues the previous year with a .359 batting average. Jennie Finch was considered the world's best softball pitcher, leading the U.S. to a Gold Medal in the Olympics by striking out more than one hitter per inning and giving up 0 runs. So when Finch challenged Pujols to a matchup, it was billed as a classic showdown of men vs. women.

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