



# Howell To Sports

## **Vision Training Works!**

**I've been frustrated for a long time with a major dilemma.**

How do I get you to appreciate how much goes into the research I do to write this newsletter? And, how much effort and experience I have in training athletes to improve their sports vision, thus improving their game?

I've tried all sorts of ways, like articles, videos and products, to make you more aware of the efficacy of vision training.

I believe that it's incredibly important that you at least try something to improve your athletes vision.

There are endless studies stating that excellent athletes have excellent visual skills.

There are other studies stating that Visual skills can be trained.

So the logic behind what I am doing:

## Train your visual skills to be like an excellent athlete

Please take a look at the following articles, links and products. I am 100% convinced that once you try implementing vision training into your practices, you will see what I mean. Thanks for reading!

### Videos, Links and Articles

#### [Sports Vision Pros Video](#)

#### [Did you know your eye muscles can be trained?](#)

#### [Book Review: Conditioning for Esports](#)

#### [Depth Perception Improvement in Collegiate Baseball Players with Vision Training](#)



*Overload Vision Ring*

#### [Overload Vision Ring](#)

Prepare to push your limits and elevate your visual prowess with our latest innovation, the Vision Ring. We've taken the concept of vision training to the next level by introducing an exciting new challenge that will tax both your concentration and your eyes like never before. This Vision Ring is unlike any other, as we've ingeniously overloaded it with not just one or two but a total of six balls, creating a thrilling and demanding exercise that will put your skills to the test.

The objective is simple yet remarkably challenging: catch the correct color. As the six balls orbit within the Vision Ring, your task is to precisely track and identify the designated color amidst the whirlwind of movement. This dynamic exercise sharpens your visual acuity, enhancing your ability to process information quickly and accurately—an essential skill in various sports and activities.

What sets our Vision Ring apart is its ability to provide a multifaceted training experience. It's a versatile tool suitable for athletes of all levels and backgrounds. Whether you're an aspiring athlete looking to refine your hand-eye coordination or a seasoned professional aiming to maintain peak performance, this Vision Ring offers a dynamic and engaging training option.

## Sports Vision Pros Essential Training Kit

Our kits are designed to enhance:

- Eye-Hand Reaction Time
- Eye Teaming and eye movements
- Focusing speed
- Processing time
- and more



*Essential Training Kit*



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