



Booth 111



Neurotracker - A Game Changer

The Howell to Sports booth, 111, will feature a **game changing product** you really need to see. If your teams, and I'm sure they do, practice any type of performance training, then you will want to consider the **Neurotracker**.

If you would like a headstart on learning about Neurotracker you can visit the new Howell to Sports website under our downloads section for Neurotracker

and [read several additional articles here.](#)

What is Neurotracker?

NeuroTracker is a cognitive training tool that has been integrated into athletic performance training programs to enhance perceptual-cognitive skills. It focuses on improving an athlete's ability to process visual information, make quick decisions, and react efficiently. Here's how athletic performance training using NeuroTracker typically works:

How Does Neurotracker Work?

Overview of NeuroTracker:

NeuroTracker involves tracking multiple moving objects in a 3D space. Athletes wear 3D glasses and view a computer screen where they track and identify specific targets among a set of moving objects.

The difficulty level can be adjusted based on an athlete's proficiency.

Benefits of NeuroTracker in Athletic Training:

- Enhanced Cognitive Skills:
Improves visual attention, processing speed, and working memory.
- Increased Situational Awareness:
Helps athletes become more aware of their surroundings during fast-paced activities.
Improved Decision-

*Making:
Enhances
the
ability
to
make
quick
and
accurate
decisions
under
pressure.*
Reduced
Mental
Fatigue:
Trains
the
brain
to
sustain
focus
and
mental
sharpness
over
extended
periods.

Integration into Training Programs:

Warm-Up and Activation: Athletes may use NeuroTracker as part of their warm-up routine to activate their cognitive functions.

Specific Sport Drills: Coaches can design NeuroTracker drills that mimic the cognitive demands of the specific sport, such as tracking moving opponents or objects.

*Recovery Sessions: NeuroTracker can be utilized during recovery sessions to engage the mind without physical strain.

Individualized Training:

Customization: Training programs can be tailored to an athlete's sport, position, and cognitive strengths and weaknesses.

Progressive Difficulty: The difficulty level of NeuroTracker exercises can be gradually increased as athletes improve, ensuring a challenging yet manageable training experience.

Monitoring and Assessment:

Performance Metrics: Athletes' NeuroTracker scores and progress can be tracked over time.

Feedback and Adjustments: Coaches can provide feedback based on NeuroTracker performance and make adjustments to training plans accordingly.

Complementary Training Components:

Integration with Physical Training: NeuroTracker can be combined with traditional physical training exercises to create a well-rounded athletic development program.

Mental Conditioning: Incorporates cognitive training into the overall mental conditioning program to enhance overall performance.

Research and Evidence-Based Practice:

Coaches and athletes may use NeuroTracker based on research demonstrating its effectiveness in improving cognitive skills related to sports performance.



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