



HTSVTRAINING.COM

Thanks for clicking to our new website. We hope you found it beneficial to you. Please continue to check out the site as we are just now getting it ramped up.

As our way of saying thanks we refer you to our old website to take a look at our **Cognitive Vision Training Program**. For a limited time you can receive FREE Shipping when you use the coupon code COGNITIVE with your purchase. That's a \$15 savings.

Thanks again and have a great weekend!

Cognitive Vision Training Program

The purpose of this product is to incorporate a hearing clue with a visual clue leading to a thought process resulting in a physical movement. When you do these drills you will be training your brain for the seven cognitive skills critical for sports: (1) attention, (2) focus & concentration, (3) memory, (4) pattern recognition, (5) problem solving, (6) decision making, (7) anticipation.



Cognitive VT Program

Using this program will assist you in training your brain, eyes and muscles together. It will allow you to train the "quiet eye" as proposed by Joan Vickers in 1996. The quiet eye is the final fixation on a specific object in the visuomotor workspace, ie. the way your eye/brain and body perceives the ball right before you hit it. It has been shown that experts in their field demonstrate a better quiet

eye than less experienced players. It has also be shown that the quiet eye can be trained. This will help.

When you purchase our cognitive vision program you will receive 5 decision cards, one jugglestick, one set of near-far charts with drills and instructions.



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