

# Sports Vision Training

## At Cool Springs EyeCare!!!

### What does *The Competitive Edge* do?

The Competitive Edge offers our athlete a comprehensive and intense training program that focuses on the areas of *visual function* that are most needed when participating in competitive sports. Our program is designed with the individual athlete in mind. Training programs are based on each athlete's specific areas of need, competition level, sport and position. We build our training programs on the fundamental areas of vision that are consistently tested when competing in sports: *Eye-Hand & Foot Speed and Coordination, Reaction Time, Peripheral Awareness, Target Acquisition and Tracking, and Visual Memory*, just to name a few.

**Our program is designed to complement (NOT COMPETE WITH) all types of strength and conditioning training!**

### Our Facility:

Located within Cool Springs EyeCare, our facility "the Edge" was designed with the athlete in mind. State of the art equipment lines the walls of our training facility including high-tech computerized testing systems in addition to traditional sporting equipment. Our gym was designed to accommodate individual training as well as team training



### Our Staff:

As an extension of Cool Springs EyeCare, our team of doctors and trainers bring experience from the collegiate, professional, and Olympic level. Each athlete's assessment is individually based on sport, position, age, ability, etc. combined together to design specific training programs geared to improving performance on the field or court.

#### Soccer Vision Skills trained:

- *Central/Peripheral* →
- *Eye-Foot Speed* →
- *Reaction Time* →
- *Peripheral Awareness* →
- *Target Acquisition* →
- *Depth Perception* →
- *Anticipation & Timing* →
- *Spatial Awareness* →

#### Vision Skills on the field:

- *Tracking ball movement while maintaining focus on the goal*
- *Quicker breakaways and more effective counter attacks*
- *More effective at changing the angle of attack*
- *Defensive field awareness and teammate position*
- *Quicker location of the ball on corner kicks & passes*
- *Passing and shooting accuracy requires excellent depth perception*
- *Anticipation of play as it progresses throughout the game*
- *Moving around the field and judging location of goal better in free space*