

# Sports Vision Training

## At The Competitive Edge!

### 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 in Franklin, TN, 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 towards improving performance on the field or court.



#### **Basketball Vision Skills trained:**

- *Eye-Hand Speed*
- *Eye-Foot Speed*
- *Reaction Time*
- *Peripheral Awareness*
- *Visual Memory*
- *Balance*
- *Anticipation & Timing*
- *Eye-Body Coordination*

#### **Vision Skills on the court:**

- *Stealing the ball, quicker shot release, quicker ball handling*
- *Improved quickness, changing speed and direction*
- *Rotating quickly on defense, recovering when getting beat*
- *Spotting the open cutter, avoiding the trap & court awareness*
- *Muscle memory, shooting accuracy, play recognition*
- *Strong stance on defense, being able to keep your man from driving. Getting good elevation on a jump shot*
- *Cutting at the right time, improved rebounding, stealing the ball, better execution for drawing contact (i.e. drawing a charge/foul)*
- *Repeating good shot mechanics and developing a smooth jump shot, ability to control your body in the air*