

COACH LESLIE's FEBRUARY TIPS for HEALTH and FITNESS

Lessons of the Month: Vision

XCEPTIONAL ATHLETE MOTIVATION:

“We are limited, not by our abilities, but by our vision.”-Anonymous

XCEPTIONAL ATHLETE VISION & PERFORMANCE:

Vision is not the same as eye-sight. Eyesight is the ability to see something clearly. Vision is learned and is a trainable skill. Any interference in the visual system can interfere with reaching your maximum potential because 75-90% of all learning comes from the visual pathway first. A good book that you can purchase to give you drills to address the different elements of vision below is *Sports Vision: Training for Better Performance*, by Thomas A. Wilson and Jeff Falkel.



Different Elements of Athletic Visual Skill:

1. **Dynamic Visual Acuity:** allows you to see objects clearly while it is in motion.
2. **Eye Tracking:** ability to keep the eye on the ball (convergence).
3. **Peripheral Vision:** allows you to see people and objects “out of the corner of your eye” while focusing on another target.
4. **Vergence Flexibility and Stamina:** ability to keep both eyes working together in unison under duress.
5. **Depth Perception:** allows you to quickly and accurately judge the distance and speed of objects moving toward or away from you.
6. **Imagery:** allows you to picture events with your mind’s eye.
7. **Sequencing:** ability to correctly see and “put in line” a series of stimuli.
8. **Eye-Hand and Eye-Foot Coordination:** basis of athletic skill. It is the ability to take correct visual information and translate it into the necessary body movements.

Do you currently perform vision drills in your training? Everyone needs to incorporate some vision training into their training plan, regardless of their sport or profession. And the drills are fun too. Enjoy working on your vision!

TRAIN YOUR VISION & DISCOVER MORE POSSIBILITIES!