



Why is Vision Training Important?

If you follow us at all you know we are a HUGE proponent of vision training for sports. If you have done any research on vision training you have probably found both negative and positive articles. We want to point you to some of these articles and to encourage you to, at least, consider the possibility of vision training. Thanks for reading!

Sports vision training: A review of the state-of-the-art in digital training techniques

This is a long study but very beneficial to start the process.

Strobe Glasses Improve Hockey Players' Performance

This is a study from Duke University - they just spent millions of dollars to put in a vision training lab to study this process.

Vision Training Programs

This is a great podcast by Rob Gray, Associate Professor of Human Systems Engineering at Arizona State University. [Here is a list of all his podcasts.](#) They are great to listen to and learn.



Brock String - an excellent start to your vision training.



Cognitive Vision Training Program



Mini Vision Ring



Progressive Vision Rings

Let's Look at Weighted Implement Training.

One of the most important aspects of this type training is measurement. Measurement is indeed extremely motivating.

Weighted Bat Training Works.

I have been an advocate of this type training for 20+ years, even had several conversations with Coop DeRenne.

Another very important part of weighted implement training is intent.

The only way to learn how to increase bat speed is to intentionally swing harder.



Bat Weights for Overload Training



Bat Rac for Underload AND Vision Training



Weighted Balls for Overload Training



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