

# GIVE YOURSELF THE COMPETITIVE EDGE



## WITH VISION TRAINING FROM THE EDGE TRAINER

The Edge Trainer from Vizual Edge is a simple **web-based training tool** designed to improve the speed, coordination, and efficiency of your eye movements.

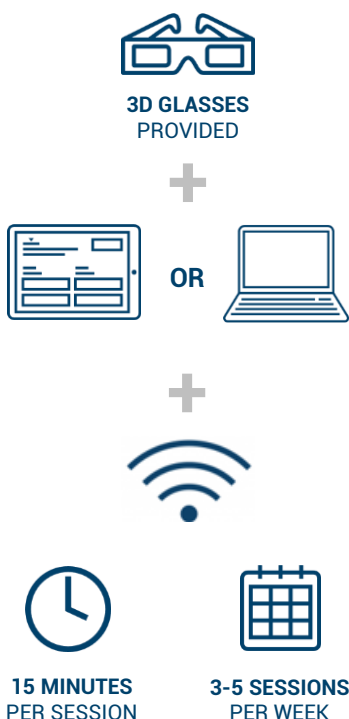
By training with the Edge Trainer, athletes can improve **general puck tracking, passing & shooting accuracy, closing of the gap, rebounding, anticipation, positional and spatial awareness**, and more! With over 15 years of experience working with NHL, AHL, NCAA, USHL and youth players, we're able to provide invaluable positional player comparisons and customized reports. These detailed reports are designed to help you evaluate, analyze and train your visual skills and improve your performance.

# Gotta CT Hockey

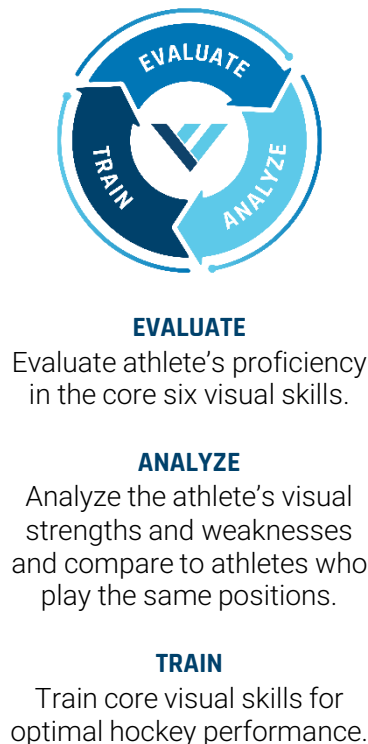
*"Vizual Edge truly gave me the edge I was seeking heading into last season. The convenience of a web-based program and the cost are amazing."*

-Andrew Shortridge, NCAA D1 2019 All-American & current AHL player

### THE SETUP



### THE SYSTEM



### THE PLAN

- UNLIMITED TRAINING**  
Evaluate and train during and between seasons
- BENCHMARKING**  
Comprehensive hockey benchmarking
- REPORTS**  
In-depth review and custom player reporting
- SUPPORT**  
Online and phone support throughout the year as needed.
- GLASSES**  
One set of premium Vizual Edge 3D glasses per player.

# WHEN TRAINING YOUR GAME LOOK BEYOND EYESIGHT



In order to accurately create a comprehensive picture of what's happening around us, we depend upon six core visual skills. Each visual skill can impact different aspects of a player's game. For optimal hockey performance, players should aim to maximize their proficiency in each of the skills shown below.



## ALIGNMENT

Proper alignment creates no difference between the perceived location and actual location of an object. Alignment score may affect a player in the following ways:

- Accurately lining up a shot or pass to hit intended target
- Crispness & decisiveness of movements
- Overall timing as a skater or goaltender



## CONVERGENCE

Convergence is the ability to focus on objects within close proximity and judge their movement and impact. Convergence may affect a player in the following ways:

- General stick handling
- Ability to receive a pass or connect on a one-timer
- Ability to focus on an incoming (goalies)



## DIVERGENCE

Divergence is the ability to locate objects in the distance, impacting an athlete's ability to anticipate and react. Divergence score may affect a player in the following ways:

- Scanning of the ice & ability to quickly find open teammates or passing lanes
- Ability to quickly locate an open part of the net when shooting
- Goaltender's ability to locate the puck following the initial save/deflection



## DEPTH PERCEPTION

Depth perception uses both eyes to locate objects in space to judge their distance, speed, and direction. Depth perception score may affect a player in the following ways:

- Ability to line up checks and redirect shots
- Judge in-game distances
- Locating pucks coming from a distance (goalies)



## RECOGNITION

Recognition is the ability to observe, process and recall a series of visual targets, and respond properly. Recognition score may affect a player in the following ways:

- Recognizing offense/defensive positioning & reading of the game
- Anticipation & reacting properly to the puck
- Overall hockey sense



## TRACKING

Tracking allows you to process and follow an object while always monitoring all aspects of the game. Tracking score may affect a player in the following ways:

- Reacting to deflections & passes
- Overall anticipation & reaction speeds
- Tracking the puck through the air as it approaches the net (goalies)

[VIZUALEDGE.COM/GOTTALOVECTHOCKEY](https://vizualedge.com/gottalovecthockey)

- **Unlimited** Edge Trainer access for **2, 3 or 6 months (\$100 - \$225)**
- One (1) set of premium 3D glasses
- Initial detailed evaluation & report assessing the core-six visual skills
- Customized training plan tailored to each athlete to improve core visual skills
- Every 6 weeks, reevaluate and provide updated training plan & reports based on progression
- Access to 'Open Gym' and 'Game Day Training' features to help get the visual system firing

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