



The Benefits Of Vision Training

Here at Howell To Sports we view vision training as a top priority with athletes. We believe that it is a crucial part of training. Here are some articles that we handpicked for you about how vision training can help you and your athletes. Please take a look at them and if you have any further questions please [contact us!](#) This is something that we are very passionate about and we would love to talk vision training with you and how you can help your athletes improve their game!

Thank you for your time and we hope you enjoy the articles!

[For How Long Can Hitters Keep Pace?](#)

In spring of 2016, during batting practice before a game, I was speaking with a front-office executive. Our conversation had turned to the increasing velocity in the sport. The official wondered aloud when the trend would subside or, if it were to continue increasing, at what point hitters would really struggle to react. Or, he added, were hitters somehow adapting?.....

[Lester's lasers: Hitting lessons from the Cubs lefty](#)

Recently, we noted that San Diego pitcher Tyson Ross had landed himself

surprisingly high on the Statcast™ hitting exit velocity leaderboards, pointing out that (with a favorably low sample size threshold) he'd actually hit the ball harder on average than Paul Goldschmidt or Yoenis Cespedes. But in the process, something else even more fascinating came up. Only two pitchers hit the ball harder than 91 mph last year, given 10 non-bunt batted balls. One was Ross, one of the best hitting pitchers around, so that's not surprising.....

[Proof That Better Vision Leads to Increased Sports Performance](#)

Strengthening your legs and building a stronger core don't require a trip to the doctor's office, so why should improving your performance vision? (Check out What Is Sports Vision Training?) It didn't make sense to Dr. Jacob Liberman either. he asked, "Why shouldn't athletes exercise their eyes like they exercise other parts of their bodies?".....



[Air Force Study Confirms Efficacy of Vision Training](#)

As an athlete, you've probably heard about ways to improve your reaction time and eye-hand coordination and wondered if they are effective. To find out whether vision training really works, the Air Force recently performed a "Battlevision" experiment with 33 airmen.

At the beginning and end of the study, the airmen took vision and reaction tests. Throughout the six weeks in between, they participated in eighteen intense half-hour vision-training sessions, in which they picked out letters from a spinning disc, shifted focus to various distance markers, repeated numbers quickly flashing on a screen and touched flashing lights on a board.....

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