



Let Us At Howell To Sports Help You Better Use Vision Training With Your Athletes!

Here at **Howell To Sports** we have a passion for sports. One aspect that we have become increasingly familiar with is Vision Training. We feel that Vision Training is a crucial part to help you and your athletes better your game! We have made and compiled some products and information that we feel really will help you step your Vision Training up to the next level.

Please take a look at some of our [Vision Training Products](#) and Articles that we have gathered on our [blog](#) so that you can better see how passionate we are!

Also, if you enjoy testing your sports trivia knowledge, head over to our [website](#) and scroll to the bottom of the page to check out our newest [Trivia](#) question! Be the first person to answer it right and you can win a free prize!

Here are a few of our favorite Vision Training tools!

The purpose of this product is to incorporate a hearing clue with a visual clue leading to a thought process resulting in a physical movement. When you do these drills you will



Cognitive Vision Program

be training your brain for the seven cognitive skills critical for sports: (1) attention, (2) focus & concentration, (3) memory, (4) pattern recognition, (5) problem solving, (6) decision making, (7) anticipation.

Using this program will assist you in training your brain, eyes and muscles together. It will allow you to train the "quiet eye" as proposed by Joan Vickers in 1996. The quiet eye is the final fixation on a specific object in the visuomotor workspace, ie. the way your eye/brain and body perceives the ball right before you hit it. It has been shown that experts in their field demonstrate a better quiet eye than less experienced players. It has also be shown that the quiet eye can be trained. This will help.

When you purchase our cognitive vision program you will receive 5 decision cards, one jugglestick, one set of near-far charts with drills and instructions.



Vision Rings

This vision product is designed to improve tracking ability, depth perception and fine focus. It can be used alone, with a partner or in a group. The ring is tossed back and forth with the object to catch the correct colored ball. It will definitely improve your "sports vision". Four colorful poly-balls evenly spaced on a durable plastic ring. You use it by lightly tossing the Vision Ring up in the air, if practicing alone, or back and forth, if with another player.

Concentrate on catching one of the four balls, not the ring, using either two hands or one. Remember to always focus on the ball you are trying to catch.

Lastly, check out some articles hand picked just for you!

[Introducing Pitch Tunnels](#)

"One day I sat a dozen feet behind Maddux's catcher as three Braves pitchers, all in a row, did their throwing sessions side-by-side. Lefty Steve Avery made his catcher's glove explode with noise from his 95-mph fastball. His curve looked like it broke a foot-and-a-half. He was terrifying. Yet I could barely tell the difference

between Greg's pitches. Was that a slider, a changeup, a two-seam or four-seam fastball? Maddux certainly looked better than most college pitchers, but not much. Nothing was scary....."

The Physics of Batting Practice

"Another great season is almost in the books and it is time for the players to rest, recover, and heal. Not for long, however. For professional athletes, it is always time to prepare for next season – back to the cages.

Despite "The New Science of Hitting" created by the Statcast data set, hitting practice seems to have changed little....."

Alexander: For Dodgers, it's not too early to rediscover discipline at plate

"For all we know, it's a question that goes back to Abner Doubleday: When is it no longer early in a baseball season? Or, to put it another way, when is it all right — advisable, even — to panic?

Talk to fans, and they'll say right now.

Talk to players, and they'll remind you that it's April, they've been through this before, and it's important to string together some victories but it's way too soon for any sort of must-win rhetoric....."

[Check Our Some Of Our Other Amazing Products!](#)



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