

MVP HITTING DRILLS

Mental — Player has to make a cognitive decision

Visual — Player has to see and recognize quickly

Physical — Player must make the body do it

Wiffle Ball Color Drills

1. **Call the color** — partner throws the pitch and batter calls the color before making contact
2. **Hit the Color** — partner hides balls behind back and batter hits only the predetermined color. Takes all other colors
3. **Bunt the color**— partner hides balls and batter bunts the color on the correct label (labels included)
4. **Place the color**—partner hides balls and pitches one, batter tries to hit ball to predetermined location. Example — GREEN ball batter hits grounder. RED ball batter hits flyball. BLUE ball batter bunts. YELLOW ball batter hits to RF. WHITE ball batter takes the pitch. You can make up your own locations or expected results.

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Howell To Sports specializes in vision training. We have been training athletes for 20 years.

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“Eyesight is simply the ability to see something clearly, the so-called 20/20 eyesight. Vision goes beyond eyesight and can best be defined as the understanding of what is seen. Vision involves the ability to take incoming visual information, process that information and obtain meaning from it.”

- Dr. Donald Getz, OD

Our products include:

- Vision Packages
- Charts: saccadic & near/far
- Brock string
- Senaptec strobe goggles
- Cognitive vision training program
- SOR stick (Speed of Recognition)
- Vision Rings
- Home Hitting Package
- Eye patches
- Vision workbooks
- Contrast Sensitivity Charts



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