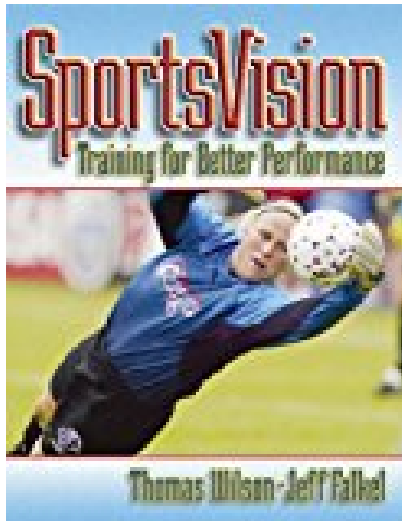


Sportsvision Training for Better Performance



BOOK DETAILS

- Author : Thomas Wilson
- Pages : 184 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0736045694

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BOOK SYNOPSIS

If you are looking for an innovative way to improve athletic performance on the court or field, vision training may be the answer. SportsVision: Training for Better Performance introduces a dynamic program to teach athletes to see the ball, the field, teammates, and opposition better, giving them the ability to perform better. The cutting-edge book provides coaches, athletes, sports medicine professionals, and parents with more than 50 sports vision training exercises and activities. Based on proven training techniques shown to deliver solid results, the exercises are sport specific and easy to use at home, on the field, or in the weight room. Perforated charts and forms are available for easy reference. Visual needs and training exercises are provided for 17 different sports. In the past, sports vision training has been done primarily in clinical settings. This is the only book of its kind that takes sports vision out of the lab and onto the field, sport by sport. It challenges you to reach the next level of performance. Included are instructions for creating your own training equipment so that you can implement vision training inexpensively, anywhere and anytime, using ordinary materials available at any discount store. SportsVision: Training for Better Performance contains the following features: - Detailed visual exercises and more than 40 photos - Numerous eye charts and activity plots that enable you to test vision and - Step-by-step exercises that make designing your own training programs easy. If you are a coach, athlete, athletic trainer, or parent, SportsVision: Training for Better Performance can improve athletic performance, no matter what sport you're involved in.

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