



SENSORY STATION

TRAINING

5 VISUAL SKILLS

Trains your ability to identify and monitor the locations and movements of the ball, teammates and opponents, as everything is moving around all at once.



Dynamic Vision

Trains peripheral vision awareness and rapid eye movement.



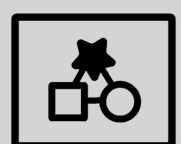
Depth Perception

This challenges and trains the ability to make judgments of depth.



Visual Search

Trains the ability to quickly search and find targets, this is critical for navigating most sport and real-world activities.



Shape Cancellation

Trains the ability to attend to what matters most and also identifies if there are visual neglect issues.

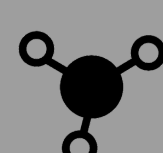


Near Far Shift

Trains the eye muscles to rapidly shift focus and recognize details. Quick near far shift capability is important in all sports.

5 PROCESSING SKILLS

Trains executive functions like working memory and pattern recognition to speed up decision making and accuracy.



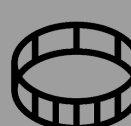
Perception Training

Trains how quickly one see information in both central and peripheral vision. This helps the brain's data collection and memory.



Spatial Memory

Trains the cognitive process enabling the ability to remember where an object is in relation to other objects.



Spatial Sequence

Trains the ability to storage and retrieval of information that is needed both to plan a route and to remember where an object is located.



Multiple Object Tracking

Trains the ability to visually track the movements of teammates and opponents simultaneously, critical for all team sports. Also helps avoid collisions.



Split Attention

Combines a central cognitive task with a peripheral motor task to train the ability to divide attention efficiently while performing more than one task at the same time.

4 REACTION SKILLS

Trains your ability to implement the decision and perform an action by responding effectively and quickly with speed on demand.



Eye-Hand Coordination

Trains quickness and accurate response that is essential for anticipating movements, reacting and initiating action.



Go / No-Go

Trains quick decision making and swift movement response.



Response Inhibition

Trains rapid decision-making and muscle response to improve the ability for quickly and effectively adjust ones actions in response to changing game situations, improving reaction time, reducing errors, and enhancing strategic thinking.



Visual-Motor Integration

Trains neuromotor skills that are crucial for coordination activities. This is a complex skill set which encompasses many underlying skills such as visual perception, motor control, and eye-hand coordination.