

Institut für Sportsvision
DynamicEye

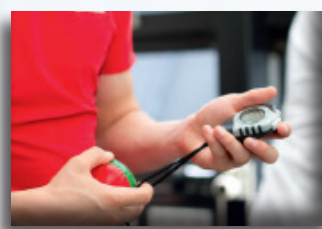
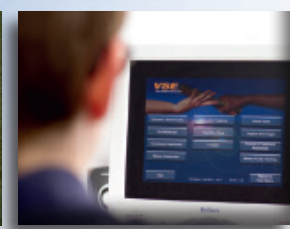
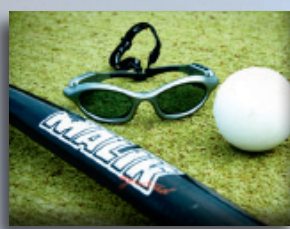
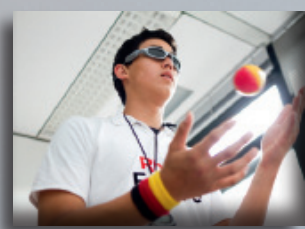
DynamicEye
Institut für Sportsvision

Sabine Nebendahl & Stefanie Hennigfeld
DynamicEye - Institut für SportsVision
Post-office box 2111
D-50355 Erftstadt, Germany

Mobile: Stefanie Hennigfeld +49 170-4546455
Mobile: Sabine Nebendahl +49 171-3442979

www.dynamic-eye.de
<http://dynamiceye-sportsvision.blog.de>
info@dynamic-eye.de

Your DynamicEye Trainer:



No athlete is at the top just because of talent. A high performance athlete has to train very hard and for many years to be successful.

Together with a team of coaches a training plan is designed to cover all components that may have an influence on the athletic performance: strength, condition, coordination, technique, diet etc.

If you ask a coach which one of the five senses is the most important one for an athlete, he will most probably answer "the visual system".

In most cases the athlete receives some optometric care with focus on contact lenses or glasses, but productive vision is much more than an acuity of 20/20

THE EYE SEES – THE BRAIN PROCESSES – THE BODY FOLLOWS ...

Almost every mistake in high performance sport is based on a misinterpretation of visual information. Depending on his sport, different visual skills are important for the athlete.

- Eye alignment
- Precise tracking of the ball
- Wide field of vision
- Judging speed of ball
- Depth perception
- Hand / eye / foot coordination
- Anticipation & timing
- Reaction time
- Visual stamina and concentration
- Balance



Sports Vision Training is a method to improve visual skills. A testing system provides exact, quantifiable scores for visual performance profiles of essential visual skills and individually designed training plans.

Computer based sports vision equipment allows for data analysis and supervision of progress.

"KEEP YOUR EYES ON THE TARGET - WE TEACH YOU HOW!"