



Explosive Reaction Training

Who needs it?

Well... just about all athletes! When we analyze athletic performance, we tend to focus on those that win and not why they lost! What is even more compelling is the margin of error between winning and losing. These days, being close is not good enough!

The key is the proper identification of the weakness and a sound program to correct it.

Athletic performance is a function of the accuracy of the visual input, effective cognitive reasoning and effective motor output – all trainable functions.

In a recent discussion with a coach, who lamented on the slowness of the an athletes footwork – we actually identified poor visual tracking skills. Footwork and explosive athletic reactions are directly affected by vision. It is no coincidence that the best athletes have the best eyes.

Like many things in life, “do it all or don’t do it **at** all”. This is message that needs to get out. Many coaches and clinics work on foot drills but not the athlete’s vision. This has now changed!

Training programs now exist that evaluate the focusing and tracking ability of the eyes. When you combine this with a random

light identification program to assess the athlete's ability to recognize and plan a motor task we gain a better insight into athletic performance outcomes. Customized programs to improve identified deficits then can be designed.

This is even more important for athletes recovering from injuries as it is very common to damage nerves and experience a lower firing rate to those nerves servicing the injured area. Failure to recognize these deficits and correct them can leave the athlete at risk for further injuries.

For those seeking to optimize athletic performance and/or achieve a full and complete recovery should seek out clinicians who offer a vision reaction training program.