

GIVE YOURSELF THE COMPETITIVE EDGE

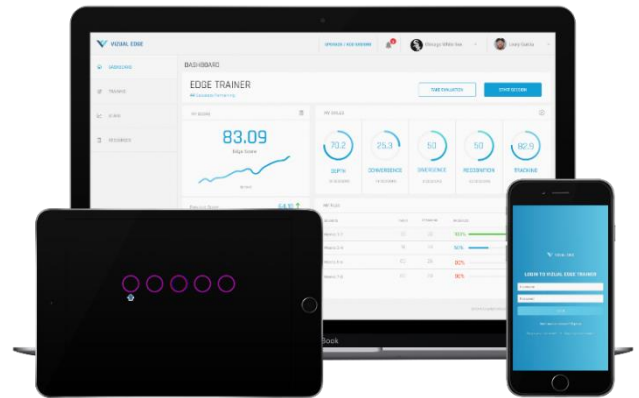


WITH VISION TRAINING FROM THE EDGE TRAINER

The Edge Trainer from Vizual Edge is a simple **web-based training tool** designed to improve the speed, coordination & efficiency of your eye movements. Training with the Edge Trainer has shown to help hockey players improve:

- **Puck tracking & reaction speed**
- **Passing & shooting accuracy**
- **Closing of the gap**
- **Anticipation & rebounding**
- **Hockey sense & more!**

With over 15 years of experience working with NHL, NCAA, USHL & youth athletes, we've accumulated more than 40,000 evaluations - which allows us to provide invaluable positional player comparisons, along with assessment reports & customized training plans. These detailed reports are designed to help you evaluate, analyze & train your core visual skills.



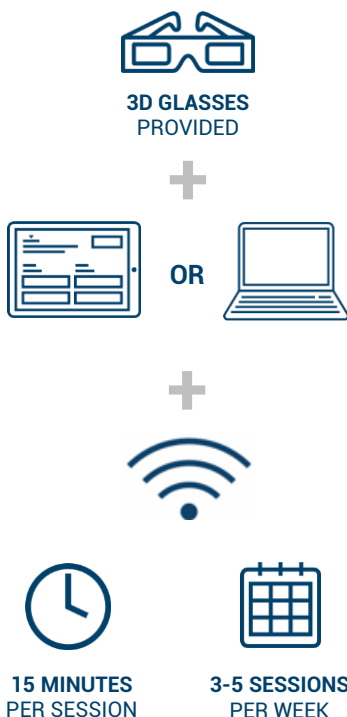
Training exercises cannot be completed on cell phones

*"It's something you can **always keep improving, your tracking & your vision**, for me, that's something that I really prioritize in my game, so any edge you can find to improve that part of your game, I try & find those."*

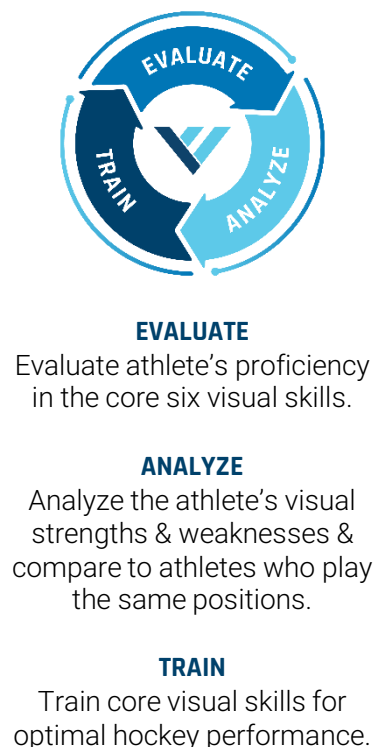
**CARTER HART, PHILADELPHIA FLYERS
GOALTENDER**

On the InGoal Magazine podcast discussing Vizual Edge

THE SETUP



THE SYSTEM



THE PLAN

- UNLIMITED TRAINING**
Evaluate & train during & between seasons
- BENCHMARKING**
Comprehensive hockey benchmarking
- REPORTS**
In-depth review & custom player reporting
- SUPPORT**
Online & phone support throughout the year as needed.
- GLASSES**
One set of premium Vizual Edge 3D glasses per player.

WHEN TRAINING YOUR GAME LOOK BEYOND 20/20 VISION



In order to accurately create a comprehensive picture of what's happening around us, we depend upon six core visual skills. Each visual skill can impact different aspects of a player's game. For optimal hockey performance, players should aim to maximize their proficiency in each of the skills shown below.



CONVERGENCE

Convergence is the ability to focus on objects within close proximity & judge their movement & impact. Convergence may affect a player in the following ways:

- General puck control (stickhandling & passing)
- Track & successfully connect on one-timers
- Locating the puck in close proximity



DIVERGENCE

Divergence is the ability to locate objects in the distance, impacting an athlete's ability to anticipate & react. Divergence score may affect a player in the following ways:

- Ability to quickly find an open teammate/passing lane
- Locating an open part of the net from a distance



DEPTH PERCEPTION

Depth perception uses both eyes to locate objects in space to judge their distance, speed, & direction. Depth perception score may affect a player in the following ways:

- Ability to find rebounds in tight spaces
- Seeing opponents in congested space
- Accurately lining up checks



ALIGNMENT

Proper alignment creates no difference between the perceived location & actual location of an object. Alignment score may affect a player in the following ways:

- Overall timing in passing & receiving passes
- Crisp & decisive movements



RECOGNITION

Recognition is the ability to observe, process & recall a series of visual targets, & respond properly. Recognition score may affect a player in the following ways:

- Ability to recognize offensive & defensive development in all three zones
- Anticipation & overall hockey sense



TRACKING & PURSUITS

Saccadic & smooth pursuits tracking allows you to process & follow an object while always monitoring all aspects of the game. Tracking score may affect a player in the following ways:

- Track the puck as it moves along the ice
- Monitor puck & developing play
- Overall reaction speed

SEE THE EDGE TRAINER IMPACT

[VIZUALEDGE.COM/HOCKEY](https://www.vizualedge.com/hockey)

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