

# GIVE YOURSELF THE COMPETITIVE EDGE

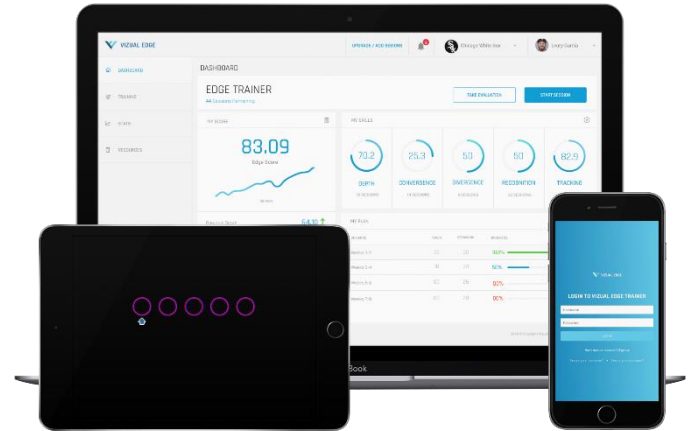


## WITH VISION TRAINING FROM THE EDGE TRAINER

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 players improve:

- **Passing & shooting accuracy**
- **Ball tracking & anticipation**
- **Positional & spatial awareness**
- **Reaction speed & more!**

With over 15 years of experience working with Professional, NCAA, & 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\*

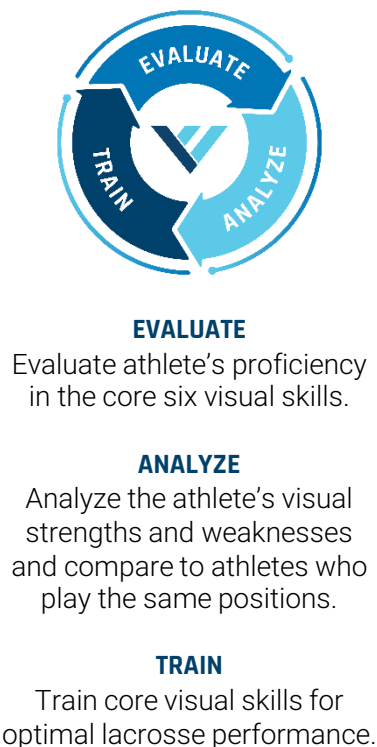
*"I have personally used the product & think it is awesome. I recommend all goalies trying Vizual Edge, & I think this is a great product for all players that **need help tracking & focusing on the ball**"*

**-MIKE GABEL**  
**CO-OWNER | TRUE LACROSSE**

### THE SETUP



### THE SYSTEM



### THE PLAN

- UNLIMITED TRAINING**  
Evaluate and train during and between seasons
- BENCHMARKING**  
Comprehensive lacrosse benchmarking
- REPORTS**  
In-depth review and custom player reporting
- SUPPORT**  
Online and 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 lacrosse 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 and judge their movement and impact. Convergence may affect a player in the following ways:

- General ball control (stickhandling & passing skills)
- Locate a quick moving ball or opponent in close proximity



## DIVERGENCE

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

- Ability to quickly find open teammates/passing lanes & make a pass
- On-field awareness & ability to scan the field



## DEPTH PERCEPTION

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

- Accurately lining up checks & closing of the gap
- Judging the spin, speed & trajectory of the ball



## ALIGNMENT

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

- Accurately lining up a shot or pass to hit intended target
- Crispness & decisiveness of movements



## RECOGNITION

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

- Ability to recognize offensive & defensive development throughout the field
- Anticipation & overall lacrosse IQ



## 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:

- Monitor the ball & developing play
- Overall reaction speed

**SEE THE EDGE TRAINER IMPACT**  
**[VIZUALEDGE.COM/LACROSSE](https://vizualedge.com/lacrosse)**

Web: [www.VizualEdge.com](https://www.VizualEdge.com)

Email: [info@vizualedge.com](mailto:info@vizualedge.com)

Social: @VizualEdge

