

# GIVE YOURSELF A COMPETITIVE EDGE IN GOAL

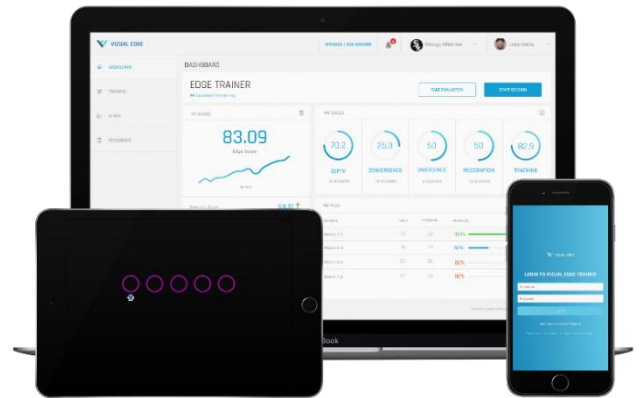


## WITH VISION TRAINING FROM THE EDGE TRAINER

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 goaltenders improve:

- **Puck tracking & reaction speed**
- **Focus on incoming shots**
- **Anticipation & reading of developing play**
- **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.



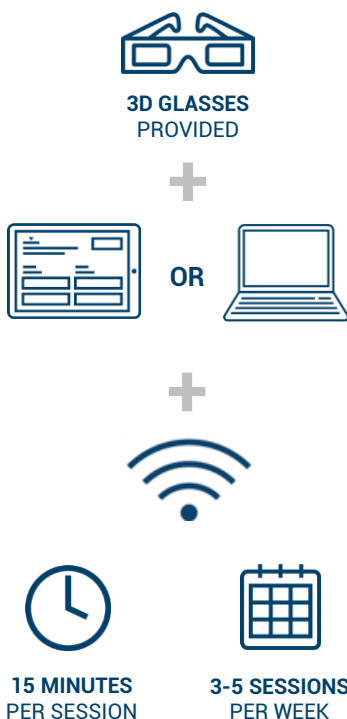
\*Training exercises cannot be completed on cell phones\*

*"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



#### EVALUATE

Evaluate athlete's proficiency in the core six visual skills.

#### ANALYZE

Analyze the athlete's visual strengths & weaknesses & compare to other goaltenders at the same level.

#### TRAIN

Train core visual skills on **your own laptop or tablet** for optimal goalie performance.

### 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 goaltender 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:

- Ability to locate & focus on an incoming shot
- Locate objects 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 locate the puck following a pad save or deflection
- Ability to locate the puck away from the net (i.e. at the blue line or in a scrum)



## 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:

- Judging the trajectory & movement of a shot
- Ability to find rebounds near the net



## 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:

- Judging the trajectory & movement of a shot
- Locating & judging the true location of the puck



## 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 opponent's tendencies & development in the defensive zone
- 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:

- Ability to find the puck following a deflection/screen
- Monitor puck & developing play
- Overall reaction speed

**SEE THE EDGE TRAINER IMPACT**  
[VIZUALEDGE.COM/HOCKEY-GOALIES](https://www.vizualedge.com/hockey-goalies)