



ISVA 2019
International Sports Vision Association
ANNUAL CONFERENCE



FEB 7 - 9, 2019
ZERMATT UTAH RESORT & SPA
MIDWAY, UTAH

CARL G. HILLIER, OD FCOVD

Perceptual Training - Seeing More Information Per Unit Time
and Slowing The Game Down.

Sports Vision Training develops neuro-visual ability, skill and endurance. It also develops accurate spatial and temporal perception in the field of competition. Precise and efficient visually guided responses to on-going

events are therefore more accurate after Sports Vision Training.

Predicting events is an important part of this process; this requires perceiving just noticeable differences (JND), and

being present in a more expansive non-verbal Working Memory Mindset. Being visually aware inside of shorter intervals of time, while seeing more subtle differences in space during that time, can make you quicker and more

accurate. Training methods will be reviewed that can develop these abilities in the athletes you work with. The Gibsonian concept of *affordances* will be discussed in relationship to Sports Vision Training.