Sports vision and decision training can give you the competitive edge over your opponent. If you can see more, process faster, and react more quickly than your opponent you are already at a significant advantage and one step closer to achieving your goals as an athlete.

The Centre offers visual skills assessment and sport-specific training sessions that focus on improving the link between an athlete’s perception about what is happening in his/her sporting environment and the decisions-actions that need to be taken in order to be successful. Some of the technology used to enhance the training sessions are described below.

The **EYEPOR**® Vision Training System is designed to improve your ability to track objects as fly through space. When using the system, your eyes' focusing muscles continuously flex then relax as they follow the EYEPOR's programmed series of alternating red and blue lights. Because the lights turn on in different directions, patterns and speeds, your eyes get practice tracking the lights through a full range of motion—horizontally, vertically, diagonally, near, and far.

The **BATAK Pro** is a piece of equipment specifically designed to improve reaction, hand eye co-ordination and stamina by enabling sportsmen and women to train under simulated ‘sports like’ conditions, whilst also providing an element of fun and competition that is so often lacking in training. Twelve visually bright LED cluster targets are numbered and arranged in a ‘maximum stretch’ type configuration and put under the control of a dedicated microcomputer. The targets may be lit up in either random or repetitive ways.

The **Nike Vapor Strobe** improves athletic performance by enhancing visual skills such as focus, attention, anticipation, reaction, visualization, balance, stability, and peripheral vision. Sensory training gives players a competitive advantage so they are able to react faster and make better plays in critical situations. The Nike Vapor Strobes provide a great way to challenge key visual skills and dynamic balance while performing nearly any sports movement.
The **Sports Vision trainer (SVT™)** provides athletes and non-athletes with the competitive edge in training their visual-motor reaction time. Independent research conducted at the New South Wales Institute of Sport, has shown that training on the SVT™ 3 times a week for 5 weeks in 30 minute sessions significantly improves eye-hand coordination. A transfer effect to a control device has also been demonstrated.

The **Kanon** ball machine can deliver spin balls, fast balls, full length, short balls – whatever flight desired on a ball - accurately, repeatedly and on demand. When the **Kanon** ball machine is combined with varying colour tennis balls, a number of visual and decision making skills can be trained. The number of exercises that can be completed using the **Kanon** ball machine is immense and is a big favourite of sports vision specialists worldwide.