



[www.ballsnstrikes.us](http://www.ballsnstrikes.us)

## Vision Training Lessons

- **\$180**

- 1:1 player to instructor ratio

- **\$250** (\$125 per player)

- 2:1 player to instructor ratio

- 6 consecutive weeks
- 1/2 hour lessons each week
- Register individually
- Schedule your own times

Our certified staff will guide players in the following drills:

- Object specific hitting
- Dotted and circled ball vision system
- Hoop and ball training device
- Individual eye training
- Golf ball hitting with cork ball bat
- Special training glasses
- Juggling and hand-eye coordination
- Top or bottom drill
- Paddle hole hitting

This program is designed to enhance the following attributes of hitting:

- Pitch recognition
- Tracking skills
- Vision mechanics
- Reaction time
- Visualization and focus
- Reading the spin on the ball
- Improving the less dominant eye

### For more information...

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