

Living, training and playing in the Visual world.



## End Game

Don't Think!

Bypass the back of the Brain and keep performance out of the conscious level.

Put the thinking part of the Brain on vacation and let the visual system control the universe.





**Improving off-field and  
practice habits to train the  
Brain to make better target  
decisions.**

The Camera	Head
The Lens	Eyes
The Film	Brain
The Picture	Barrel

Space is ..... The Ball



# Industry Update

Toys and Noise

The Brain knows when its not real!

Plate discipline

Chase Rates

Pitch recognition

Count leverage

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See it longer, stay back, see it early

Wait for a good pitch to hit

Do Damage

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Hunt, Look, Sit, Jump, Guess

SEE

Open Focus ...encourages players to center on the ball while being simultaneously and effortlessly aware of everything around. Players find that their perception and creativity are unlocked, along with a feeling of effortless play, when they include an awareness of peripheral awareness, or back ground details. This also enhances three dimensional experience.

The Open Focus Brain Dr. Les Fehmi

# The application of Open Focus to Performance

Attention may be viewed as a continuum with narrow focus of attention at one end and diffuse attention at the other. Narrow focus is characterized by exclusive focus on a limited field of experience.

Diffuse focus is the opposite of narrow focus. No particular target of attention stands out in diffuse focus. Diffuse focus operates to disperse available awareness equally throughout the various fields of attention.

The simultaneous attention which includes narrow focus and diffuse focus =  
OPEN FOCUS

Performance is optimal when attention is effortlessly and narrowly focused on the task and simultaneous to surrounding areas.

The better our capacity to move flexibility between and among attentional styles, the more facility we have to include narrow focus within open focus.