

SPARQ

iBALL

VISION TRAINING BALL

FOCUSED CONCENTRATION

Sports Vision is one of the most overlooked areas for improving sport performance. Minor vision improvements in areas such as eye-hand coordination, speed of recognition and tracking targets in motion can make major improvements in decision making and sport performance. Many of the greatest players have superior sports vision fine tuned from years of practicing sport specific drills.

The SPARQ iBall was developed to accelerate vision training specifically related to football and used in practice drills on field. The SPARQ iBall uses visual cues to help the athlete focus concentration. It can be incorporated into a wide variety of ball, route, passing and hand-eye coordination drills by coaches and players.

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VISION FEATURES:

COLOR RECOGNITION:

The SPARQ iBall is the first to offer a recognition and identification vision test while the ball is "in-flight". This is achieved through a proprietary color graphic located on both ends of the ball. These color call-out drills "focus concentration" on the football by increasing the player's vision-to-brain nervous system activity and elevating cognitive decision making while the football is in the air. Other vision training includes: speed of recognition and identification, target tracking of a moving object, anticipation, and hand-eye coordination.

NUMBERS:

The SPARQ iBall has a series of 4 numbers on the end of the ball. The player calls-out these numbers as they "tuck" the ball away. This concept increases focus concentration through out the full motion of catching and protecting the ball. "Don't take your eyes off the ball before you catch it"

NUMBERS



COLOR RECOGNITION

These two features above can be incorporated into many drills for almost all players on the field. Get creative.

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CALL-OUTS:

YELLOW RING (LOCK): The high-contrast color allows the eyes to easily lock onto the target from a distance. The Yellow Ring is the same on both ends and acts as a frame for the red and blue color identification test.

INSIDE COLOR (CENTER): This is the primary test. The player should recognize and call out this color as early as possible while the ball is in flight.

OUTSIDE COLOR (LARGE RING): This ring can be identified and called out by the player as an alternative option.

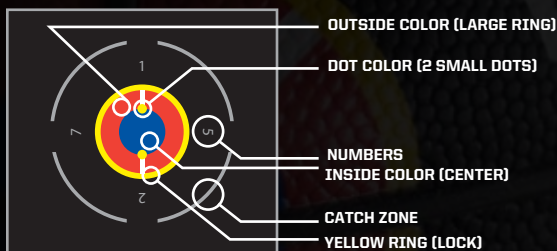
NOTE: The inside color and the outside color are flipped on each side of the ball to create a similar color pattern but one that must be distinguished and identified by the player in action.

DOT COLOR (TWO SMALL DOTS): The "Dots" are the most advanced option for recognition. Typically these dots can be seen only within a few feet of reception and requires extreme concentration to see. The white hash mark helps to "pop" the Dots.

BLUE AND RED COLORS: Think 3D movie glasses. Maximum two eye control (binocularity) is required. These two colors allow for maximum color separation and visual discrimination

NUMBERS: These numbers are recognized and called out by the player once the ball is caught. They can be called out upon reception and/or called out when the ball is tucked away into your body.

CATCH ZONE: These lines create a visual scale so the player and coach can more accurately understand hand placement, finger width and hand patterns upon reception; especially passes thrown to a player directly facing the path of the ball.



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INSTRUCTIONS:

PRIMARY DRILL:

STEP 1:

Upon throwing, the colored graphic will spin creating a "bulls eye" target. The player is instructed to identify and call out the color located at the center of the bulls eye graphic as fast as possible. A perfect spiral will be easier to identify than a wobbly spiral. The passer can hide the graphic from the player until the ball is thrown.

STEP 2:

Upon completion of the catch, the player should call out the first available number they see on the tip of the ball.

STEP 3:

The coach may instruct the player to call the number out after the ball is rotated and tucked under the arm to increase the eyes looking the ball all the way into the arms.

SECONDARY DRILLS:

OPTION 1:

The player can be instructed to identify and call out the outside ring color. This option helps prevent pattern memorization and adds another option to the testing.

OPTION 2:

The player is instructed to identify and call out the Dot Color (small dots) on the end of the ball. These are typically seen only a few feet prior to reception.

ADDITIONAL BALL DRILLS:

1. SQUARED-UP & TUCK (ABOVE THE HIP, BELOW THE HIP)
2. OVER THE SHOULDER (VERTICAL ROUTE)
3. TOSS-ACROSS (HORIZONTAL ROUTE)
4. BACK SHOULDER
5. HIGHEST POINT

For feedback, and insights please contact us at SPARQ.