

# FRIENDS OF NVT

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OFFICIAL NEWSLETTER OF INNEURACTIVE



WHAT'S IN OUR LATEST ISSUE:

## INTRODUCTION

Welcome to the third installment of the ninth volume of the Friends of NeuroVisual Training Newsletter! As always, we're committed to bringing you the most recent discoveries, insights, and practical uses of NeuroVisual Training, all free of charge. Our aim is to equip you with the knowledge and techniques needed to maximize injury prevention, rehabilitation, and performance enhancement.

In this issue, we delve into an engaging op-ed with the founder and CEO of EyeOnBall, Inc., the brains behind the much-loved Vector Ball product. This product has become a favorite tool for us and countless others in the NeuroVisual Training community.

In our 'How To' section, we present a variety of NVT drills that merge the use of the Vector Ball with the Dynavision D2 Light Board. Our detailed guide will help you craft innovative, enjoyable, and effective NVT drills that not only enhance NeuroVisual abilities but also add a dash of fun to your training sessions.

We trust that this issue will provide an intriguing read and offer practical tactics to elevate your NVT practice. Your ongoing support in our mission to expand the understanding and implementation of NeuroVisual Training is greatly appreciated.

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## Op-Ed: Why I Created the Vector Ball

I think the terms NeuroVisual Training and Cognitive Vision Training can be used synonymously; and a definition I like to use is, exercises that train executive functions of the brain to coordinate with the body. I think this is a simple and correct way to articulate what this genre of training is, and what it does. I like simple and I think most people do too.

One issue that all “new” ideas face is getting that idea out there to the masses. What I mean is how well does the idea travel. When shared does it gain speed, or does it fizzle. This generally means...will people achieve a basic understanding. Strangely, and unfortunately, conveyance is more important than soundness. You can waste your time arguing this fact or you can learn to articulate your thoughts and ideas. But simply speaking or writing well does not result in conveyance because, in communicating an idea, you must also teach the idea. This is another issue because teaching has become a lost art. Teaching is not simply saying “listen to me”. Teaching is showing someone how it works. Teaching is showing respect for the student’s mind. Teaching is relating what is familiar to allow the student to reach a conclusion on their own.

If I am trying to convey a strength training principal or technique to someone, I can rightly assume the person understands the basic concept of strength training. This is simply not the case with NeuroVisual Training. To add to the complexity of this problem, we all have the same amount of time to convey a principle, technique, etc. to our audience. People will not magically change their attention span to listen to you.

When I invented the Vector Ball, I had several objectives but one of them was to create a simple and easy way to conduct Cognitive Vision Training. Bounce a Vector Ball against a wall. If it turns Red, catch it with your Right-Hand; Green, Left-Hand; Blue Both-Hands. I think this communicates the principle in a way that everyone can achieve a basic understanding of the concept. Train the executive functions of the brain to coordinate with the body.

This turns the light on for a wider audience. It’s not about simply catching the Vector Ball. It’s about catching it with the correct hand. It does not matter how fast you are if you are going in the wrong direction. Or, as a retired Special Forces Soldier and Army Ranger would say, it’s not about being the fastest, it’s really more about shooting accurately”. That is how you win!

My hope is that we convey NeuroVisual Training / Cognitive Vision Training in a way that travels. In the future, when coaches and athletes talk about improving their mental game, it’s not just hollow words that result in screaming at each other and saying things like pay attention, concentrate, get your head in the game. Now we know HOW TO train the brain.

I share these thoughts because I want to encourage people in the NeuroVisual Training / Cognitive Vision Training universe to pay more attention to how we can become better teachers.

John Lindsey  
Retired Army Ranger and Special Forces Soldier  
Inventor: Vector Ball – Cognitive Vision Training Device

# “How To” – Combined Drills for The Vector Ball and Dynavision D2 Lightboard

Given the focus of our issue, it's only appropriate that we delve into the practical application of the Vector® Ball in our NVT paradigm. We're excited to introduce you to a series of creative drills that seamlessly integrate this dynamic tool into various aspects of our training. In this 'How To' section, we'll walk you through two distinct exercises that combine the Dynavision D2 Light Board (Figure 1) with the Vector® Ball (Figure 2). This pairing is not arbitrary; the combination of these two tools creates a synergistic effect that enhances the effectiveness of NVT exercises.

The Dynavision D2 Light Board is a remarkable tool engineered to enhance reaction times, peripheral visual awareness, and cognitive function. It's a device that challenges you to respond quickly and accurately to visual stimuli, thereby sharpening your reflexes and expanding your field of vision. It also stimulates cognitive processes, encouraging quicker decision-making and improved concentration. On the other hand, we have the Vector® Ball, a dynamic device that lights up when bounced. This feature is designed to boost visual processing speed and hand-eye coordination. The changing colors of the Vector® Ball demand rapid visual processing, while the act of bouncing and catching the ball refines your hand-eye coordination. When these two innovative tools are paired together, they create a comprehensive, engaging, and highly effective NeuroVisual Training (NVT) workout. The combination of the Dynavision D2 Light Board's cognitive and visual challenges with the Vector® Ball's coordination and processing speed drills results in a holistic training experience that is as enjoyable as it is beneficial.

If you're intrigued by the potential of these tools and wish to delve deeper into their features and applications, we've got you covered. We've dedicated entire issues of our Friends of NeuroVisual Training Newsletters to each of these tools. We've dedicated entire issues of our Friends of NeuroVisual Training Newsletters to each of these tools. For an in-depth exploration of the Dynavision D2

refer to I2V4. For a comprehensive look at the Vector® Ball, check out Issue 4, Volume 8. These past issues will provide you with a wealth of information, helping you understand and utilize these tools to their fullest potential in your NVT journey.

## Exercise 1: Vector® Ball Bounce and D2 Sequential Processing Challenge

For this exercise, we are going to use only Test 1 and Test 2 of the Reaction Test setting on the D2 Light Board. Test 1 of the Reaction Test only using the five light buttons along the left horizontal plane, while Test 2 using the five light buttons along the right horizontal plane.

**Objective:** Improve cross-body coordination, reaction time, and hand-eye coordination.

**Equipment:** Dynavision D2 Light Board, Vector® Ball

### Procedure:

#### Test 1:

1. Stand centered on the left half of the D2 Light Board, using only your right hand.
2. Hold the illuminated red button until one of the five light buttons on the left half of the board along the horizontal plane randomly illuminates.
3. Once the new button illuminates, release the initial button you were holding with your right hand, and reach across your body to deactivate the newly illuminated button.
4. Pivot to your left, where your partner will bounce the Vector® Ball towards you, causing it to illuminate either Red, Blue, or Green
5. Catch the Vector® Ball based on its color: if Red, catch with your right hand; if Blue, catch with both hands; if Green, catch with your left hand.

6. Bounce the Vector® Ball back to your partner, pivot back to the center of the left side of the D2 light board and hold the illuminated light button on the D2 Light Board until a new light button is illuminated.

7. Repeat steps 3 to 6 for 10 reps.

#### Test 2:

1. Click the green button to switch to Test 2 and center yourself on the right side of the D2 Light Board.
2. Repeat the same instructions as Test 1, except use your left hand only on the D2 Light Board, and pivot to your right to receive the bounce pass from your partner.
3. Repeat Test 2 for 10 reps.
4. Complete 2-3 sets of both tests.

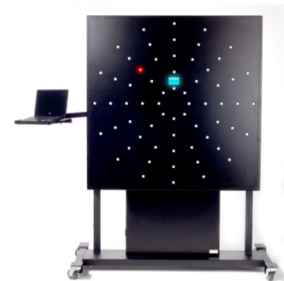


Figure 1: Dynavision D2 Light Board by Dynavision International

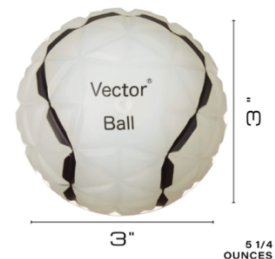


Figure 2: The Vector® Ball by EyeOnBall, Inc.

## Announcements

We're thrilled to announce a vibrant new addition to our Inneuractive webstore - the engaging Vector Balls from EOBALL.com. These multi-color flashing tools offer an engaging and dynamic dimension to your NeuroVisual Training routines. Discover more about them on our store: <https://inneuractive.com/product/vector-ball/>. If Vector Balls are a new concept for you, we suggest you explore our past Friends of NeuroVisual Training Newsletter, Issue I4V8, where we took an in-depth look at their unique features and advantages.

We would like to spotlight an important publication from the British Journal of Sports Medicine. Titled "Consensus Statement on Concussion in Sport: the 6th International Conference on Concussion in Sport—Amsterdam, October 2022," this publication is a pivotal step forward in our understanding of sports-related concussions. With the latest insights and recommendations from the leading authorities in the field, it's a must-read for anyone in sports medicine and NeuroVisual Training. Access the article here: <https://bjsm.bmj.com/content/57/11/695>

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