

# VISION TRAINING

WORKSHOP FOR COACHES AND PLAYERS

28.04.2018.

in Turku, Finland (JNA, tennis court 7)

ORGANIZED BY



REGISTRATION: [tii.a.tiainen@gmail.com](mailto:tii.a.tiainen@gmail.com)  
LIMITED NUMBER OF PARTICIPANTS!

## THE TOPICS THAT WILL BE COVERED:

- VISION TRAINING - PRACTICAL APPLICATION IN SPORT
- EYE COORDINATION
- EYE-HAND COORDINATION
- COGNITIVE TRAINING
- SPEED OF INFORMATION PROCESSING

## TARGET PARTICIPANTS:

Tennis/badminton coaches or advanced players interested in vision training, implementing additional cognitive challenges in training.

## LECTURER:

**VANJA RADIC**

Professional handball goalkeeper coach.  
Lecturing and coaching in 12 countries.  
[www.vanjaradic.fi](http://www.vanjaradic.fi)

PRICE: 50€  
(incl. lunch)

## TIME TABLE

11.00 - 12.00 Lunch  
12.00 - 13.00 Theory 1  
13.00 - 13.15 Break  
13.15 - 14.15 Theory 2  
14.15 - 14.45 Break  
14.45 - 15.45 Practical 1  
15.45 - 16.00 Break  
16.00 - 17.00 Practical 2