

## Applied Vision Study

Use of three color striped balls



and two lettered balls.

(A, B, C, H, J, K, M, O)

- Black ink used

Batter has approx. .6-.8 sec to react to a pitch

It takes about 300ms to recognize an object

Hitters claim to see blur of stripes with pitch coming towards them.

Contrast sensitivity is a key issue b/c of varying light conditions in outdoor/indoor sporting venues

Majority of drills & studies use ~~recognition~~ <sup>recognition</sup> but exclude issues of the strike zone & actually swinging. Other colors <sup>drills</sup> train only recognize & react type response.  
- Too specialized.

Focus off previous work is Ophthalmology Based.

### Zone 3

- movement area
- most trouble

### Zone 2

- place to see the seams

### Zone 1

- Pick up release
- If it happens after release pitcher has huge advantage.

