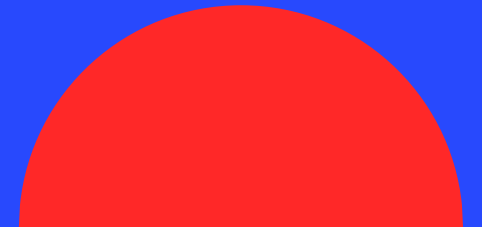
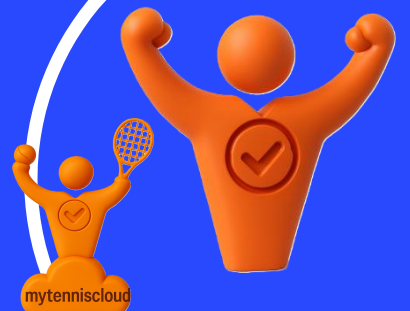
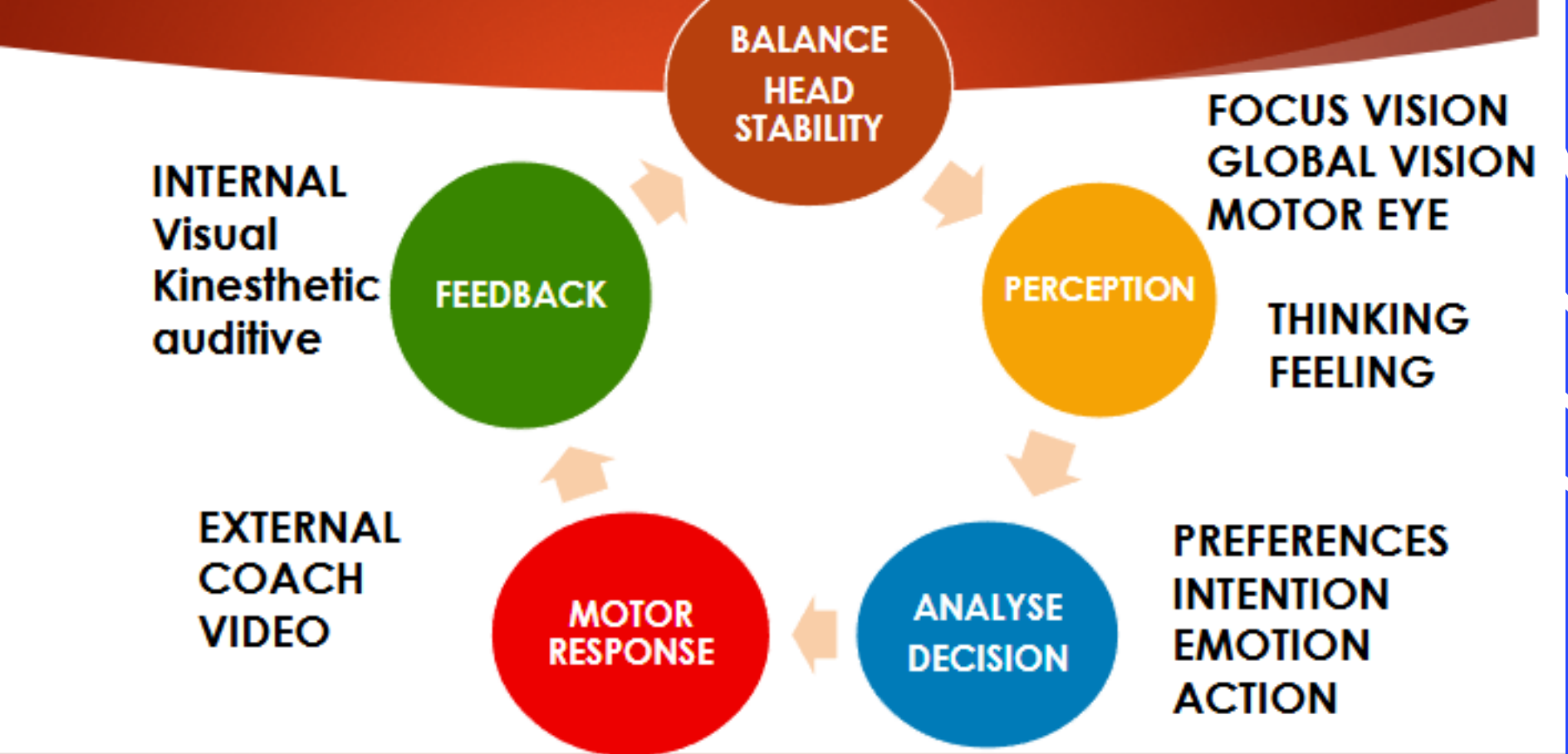


MODULE 3 TENNIS VISUAL PREFERENCES



VISION / PERCEPTION IN THE MOTOR MOTIONS



VISION AND PERCEPTION ARE CRITICAL IN TENNIS

THE LEVEL OF PLAY IS LINKED TO THE LEVEL OF PERCEPTION

SPEED REACTION + READING OPPONENT AND BALL TRACKING SKILLS

THE 3 EYE PERCEPTION / READING SKILLS

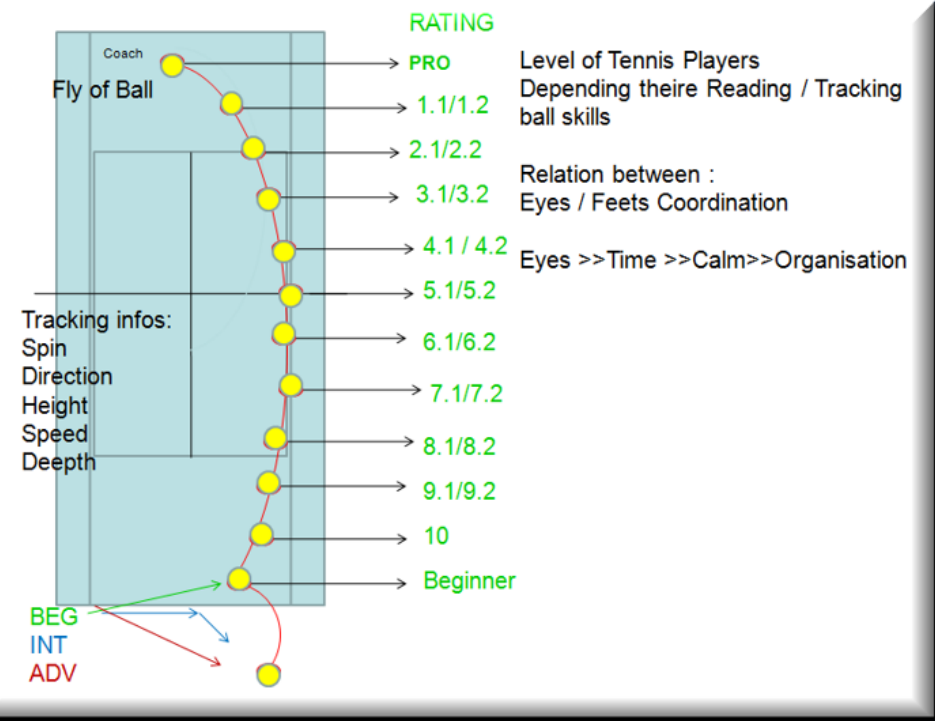
1 ANTICIPATION

2 READING BALL/ BOUNCE

3 CATCHING THE BALL IN STRINGS



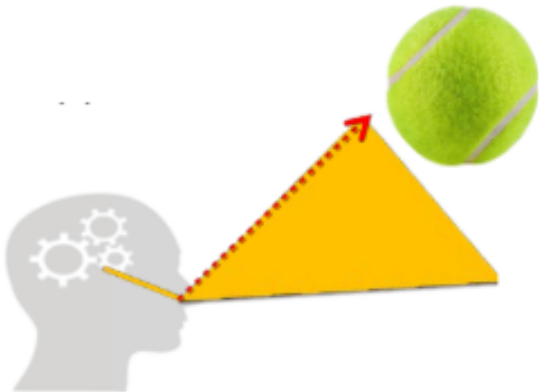
2 : Perception of the ball fly from opponent strings to the bounce



VISUAL PREFERENCES THE WAY WE MOVE INFLUENCE OUR VISUAL SYSTEM PREFERENCE

WALK FROM THE SHOULDERS / ANKLES

- GAZE ORIENTED UPWARD
- HIGHER DOMINANT FIELD VISION
- REDUCED CERVICAL CURVES (neck)
- SHOULDERS/ ANKLES IMPULSE WALK



WALK FROM THE HIPS

- HEAD CARRIAGE IS RAISED
- GAZE ORIENTED DOWNWARD
- LOWER DOMINANT FIELD VISION
- RISE CERVICAL CURVES (neck)
- HIPS PROPULSE WALK





FOCUS OR GLOBAL VISION PREFERNCES ARE LINKED TO A MUSCLES CHAIN

• F LOW FREQUENCY VISION

• GLOBAL VISION

MUSCULAR CHAIN

• ANTERIOR POSTERIOR

• EXPIRATION

• BREATH OUT



• T HIGH FREQUENCY VISION

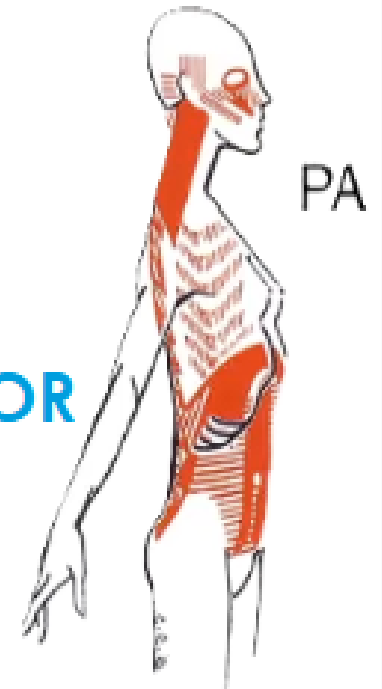
• FOCUS VISION

• MUSCULAR CHAIN

• POSTERIOR ANTERIOR

• INSPIRATION

• BREATHI IN

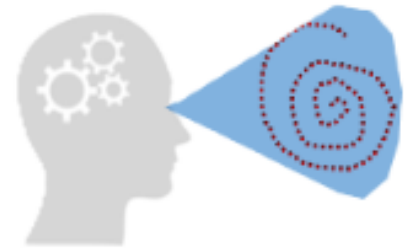


VISION FREQUENCIES PREFERENCES



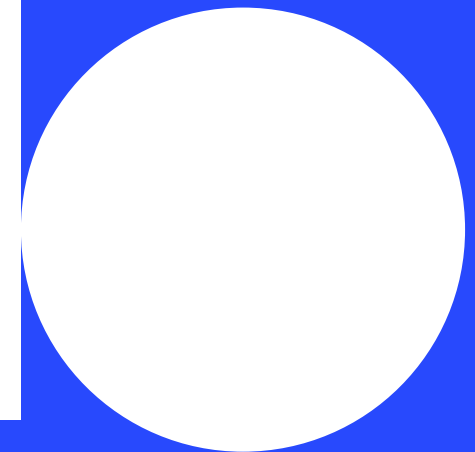
HIGH FREQUENCIES

- T. NEED TO CLASSIFIED
- SCIENTIFIC LOGIQUE
- BASED ON PRINCIPLES
- FRAME AND RATIONALITY

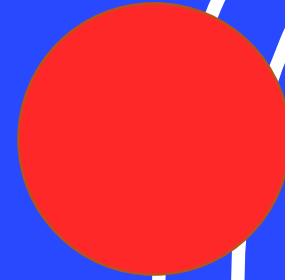
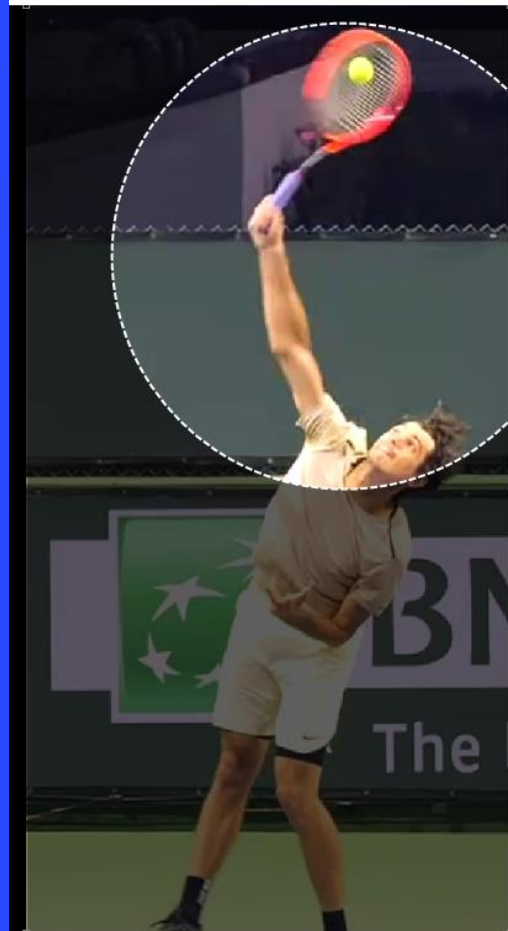
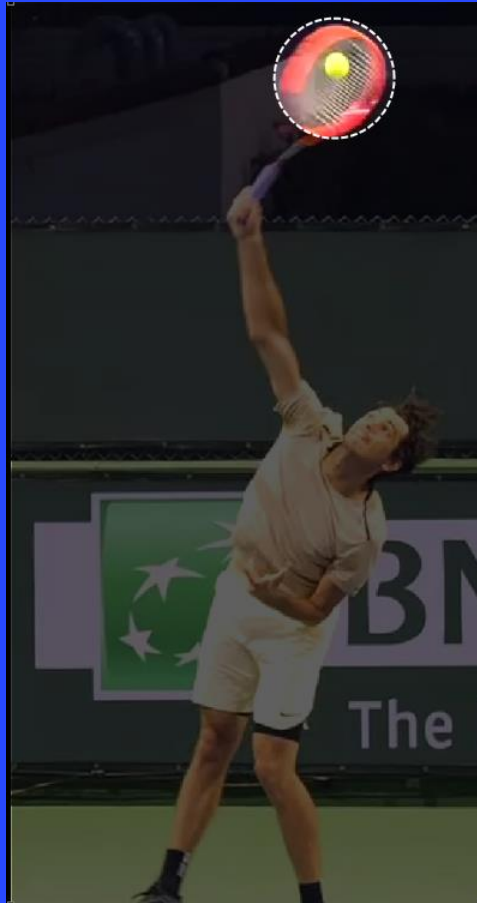


LOW FREQUENCIES

- F.NEED TO COMPARE
- AFFECTIVE LOGIQUE
- BASED ON SENTIMENTS
- ROUNDED AND RATIONAL

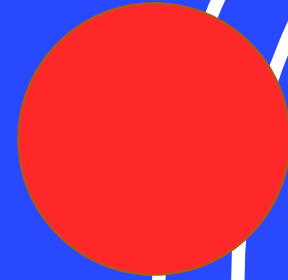


FOCUS OR GLOBAL VISION PREFERENCE ON THE COURT





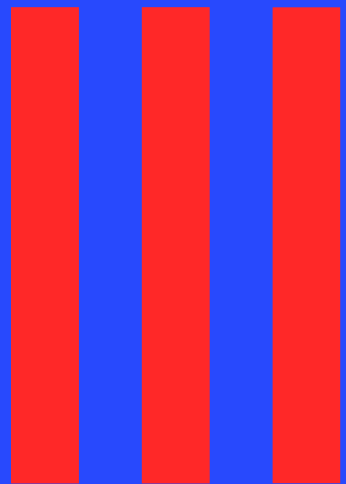
PLAYERS WITH GLOBAL VISION PREFERENCE



PLAYERS WITH FOCUS VISION PREFERENCE



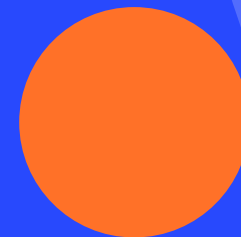
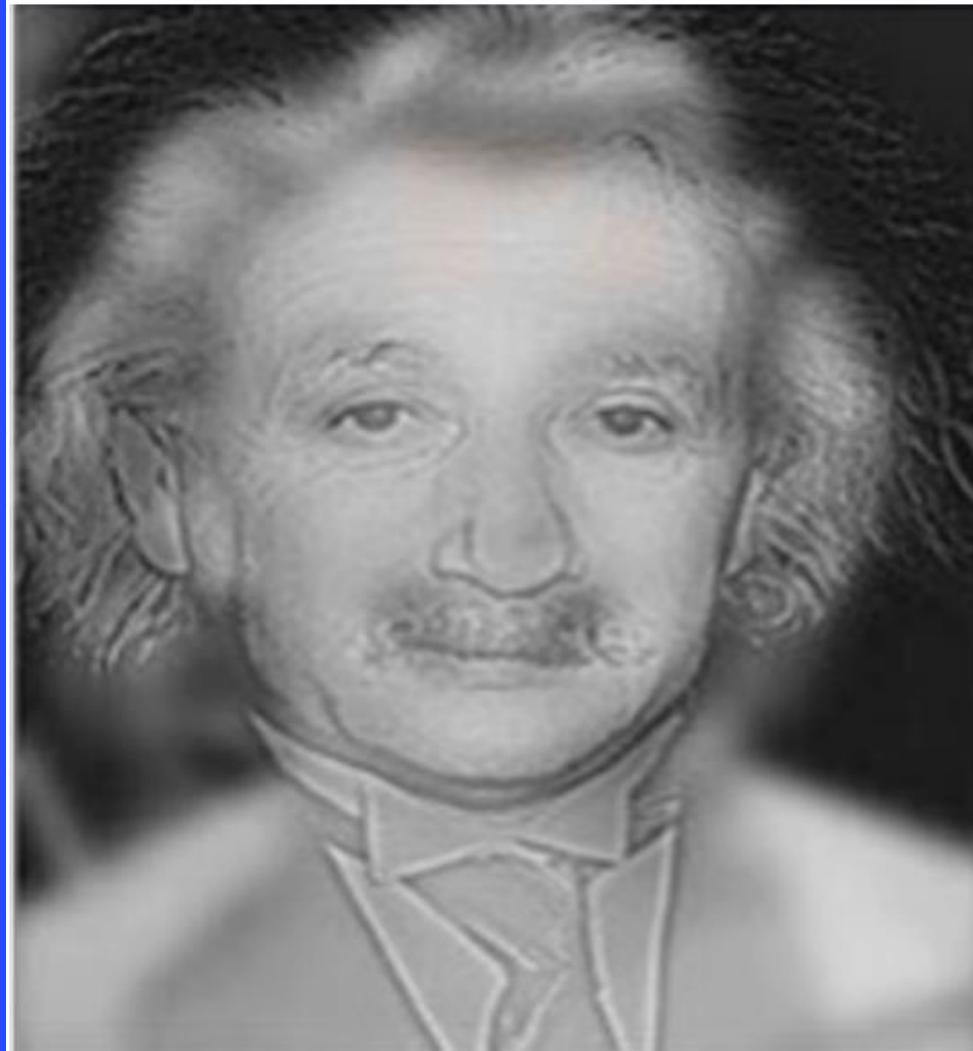
« Fixation totale » Nalbandian



Revers / Post-impact



WHAT YOUR VISION PREFERENCE ? WHO DO YOU SEE ?

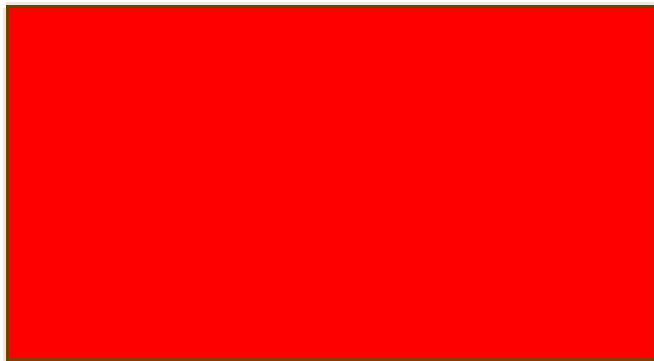


VISION AND COLORS PREFERENCES



GLOBAL VISION

- PLAYER WITH GLOBAL VISION
- FEEL STRONGER WHEN THINK AND FOCUS RED COLOR



- USE RED TARGET
- LARGE TARGET
- TOWEL

FOCUS VISION

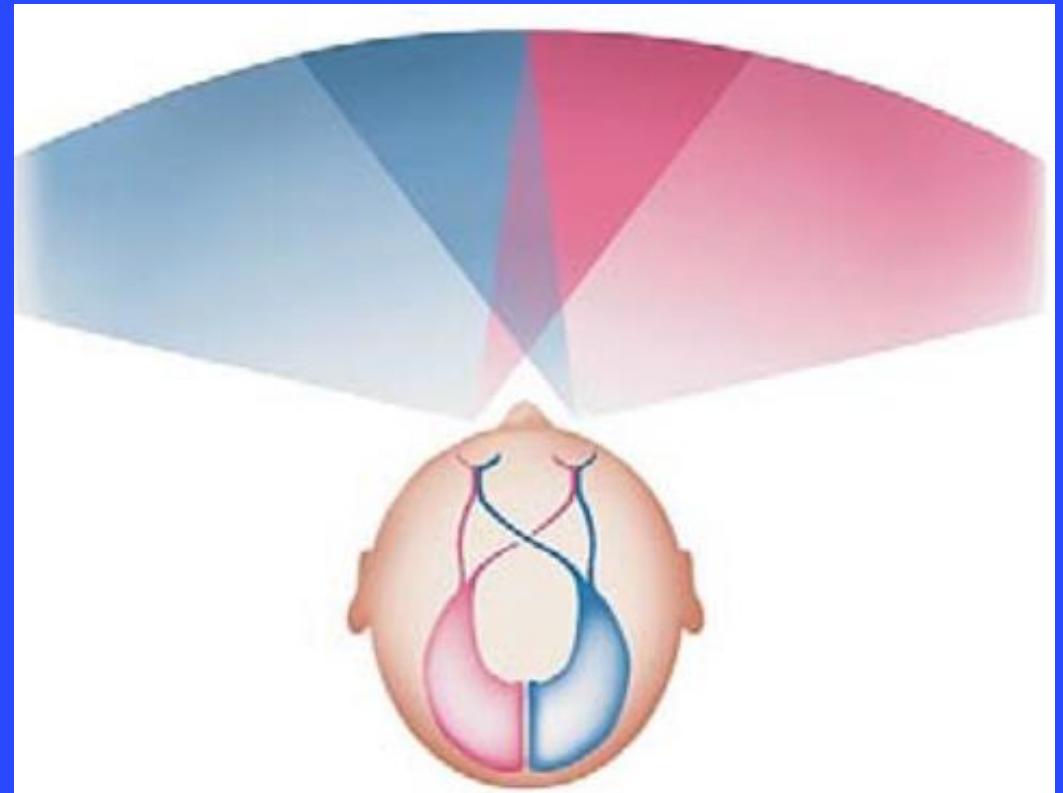
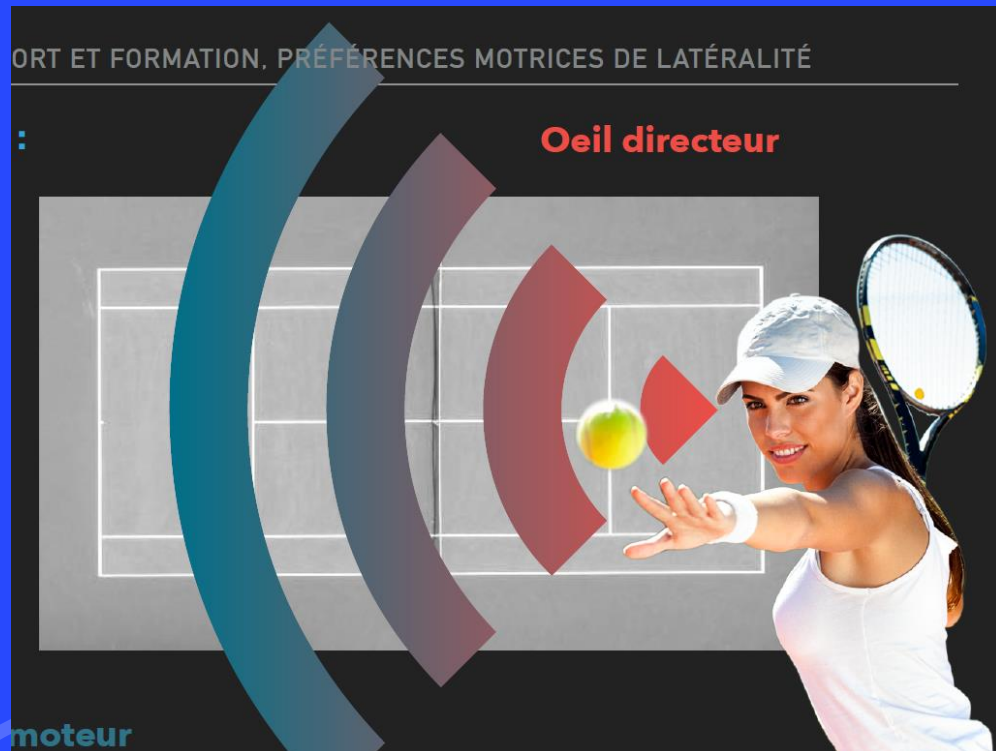
- PLAYER WITH FOCUS VISION FEEL STRONGER WHEN THINK AND FOCUS ON BLUE COLOR



- USE BLUE NARROW TARGET
- TOWEL

THE IMPORTANCE OF THE MOTOR EYE PREFERENCE / THE RADAR

RESPONSIBLE FOR SPATIAL-TEMPORAL COORDINATION

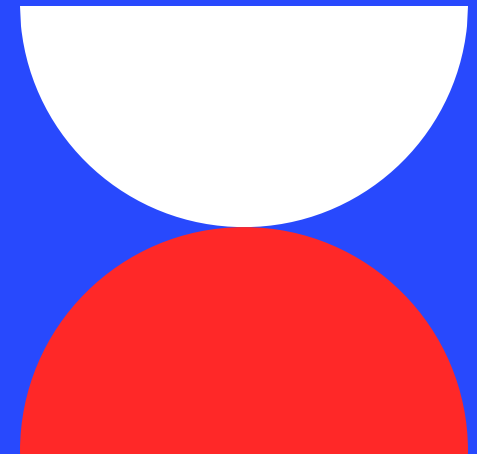


PLAYERS MOTOR EYE PREFERENCES



BRING HIS ATTENTION AND FEELINGS
ON THE LEFT SIDE
OF THE BODY

BRING HIS ATTENTION AND FEELINGS
ON THE RIGHT SIDE
OF THE BODY





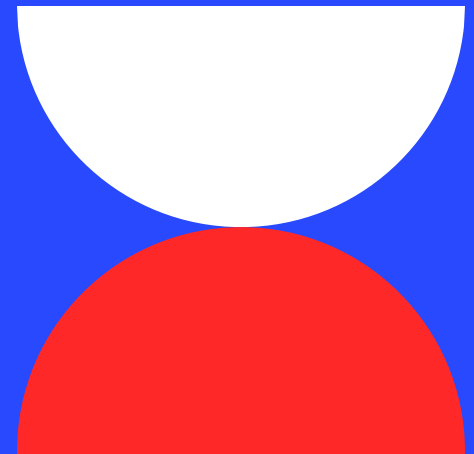
EYE HAND COORDINATION SYSTEM



HOMOGENE



CROSSED





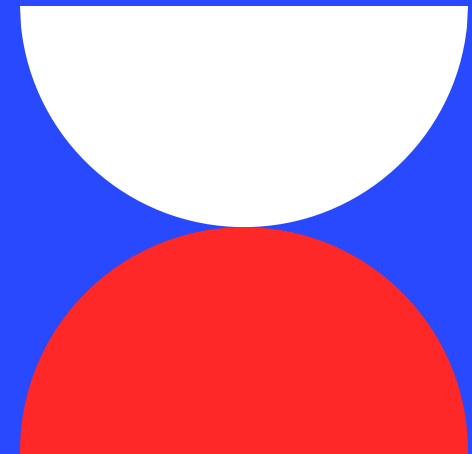
EYE HAND COORDINATION SYSTEM APPLICATION FOR TENNIS SHOT

RIGHT EYE / RIGHT HAND
HEAD KEEP STRAIGHT
IMPACT LESS IN FRONT OF BODY

LEFT EYE / RIGHT HAND
HEAD TURN SIDWAY
FOREHAND IMPACT MORE IN FRONT OF THE BODY

BACKHAND IMPACT MORE IN FRONT OF BODY

BACKHAND IMPACT LESS IN FRONT OF THE BODY





CROISEE

30 %

65 %

Nadal, Federer

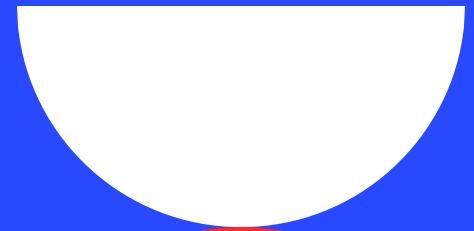


HOMOGENE

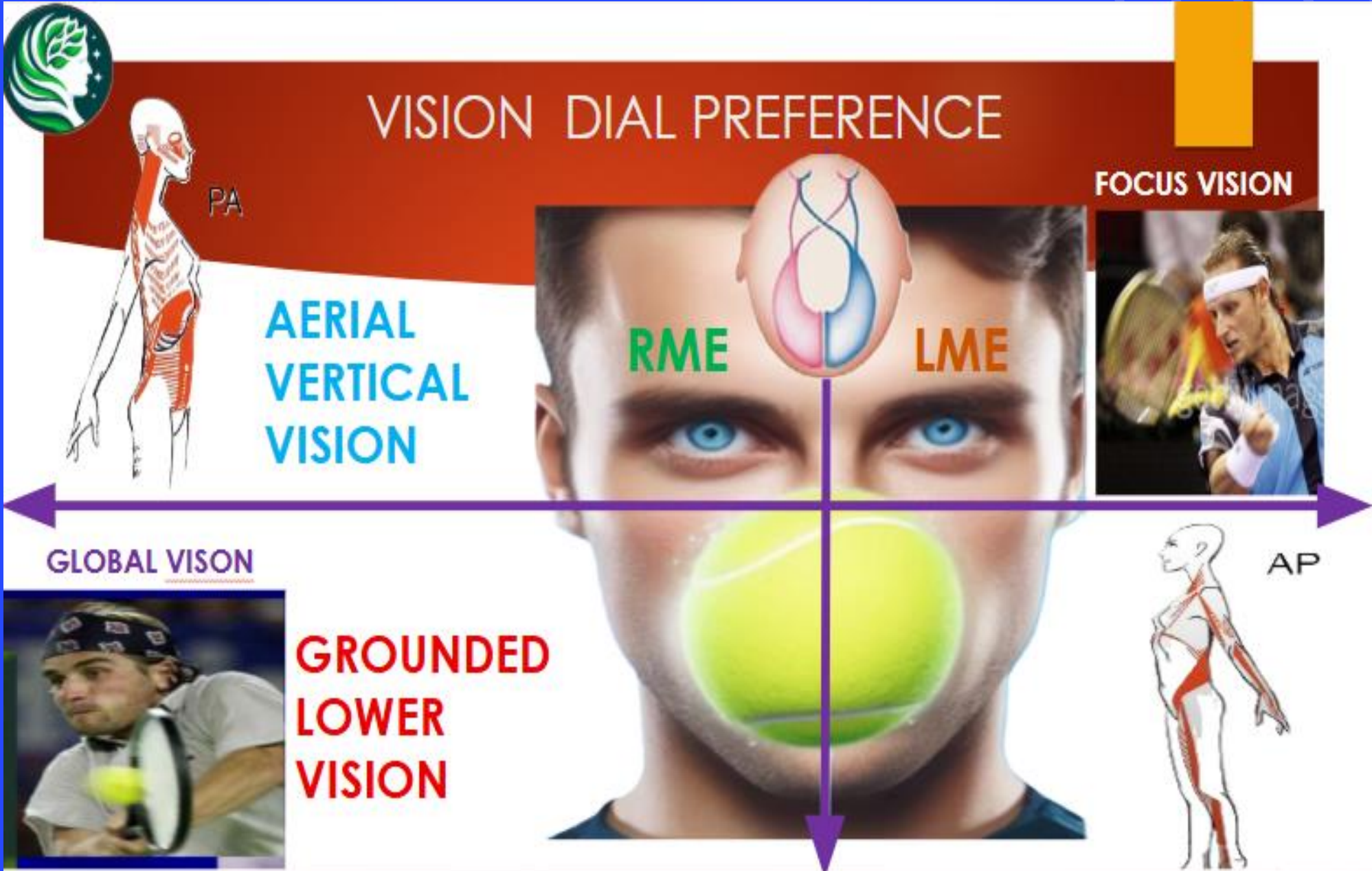
70 %

35 %

kuerten , williams



VISION DIAL



THANK YOU AND QUESTION TIME

