



NIKE SPARQ
SENSORY TRAINING

v.1



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NIKE SPARQ
SENSORY TRAINING

NIKE STROBE

INTRODUCTION

WHAT IS NIKE SPARQ SENSORY TRAINING?

Nike SST is training for your mind. Wind sprints can improve your endurance, running cones can increase your agility, and together those exercises make you a better all around athlete, but that may not be enough. Research has shown that there is training that can improve skills such as peripheral vision, depth perception, and reaction time to make you a better athlete.

WHAT IS VISION?

Vision is the guiding sense to most of human performance. Vision, for the most part, has been taken for granted by athletes, coaches and trainers. But, the awareness of the critical role of vision in overall performance is growing with the realization of the need for efficient, effective and quality visual skills in maximum sports performance.

Vision goes far beyond visual clarity ("20/20"), which we call "sight." Vision encompasses the collection of quality information of the world around us through our eyes, the most sophisticated cameras ever created. After processing of this visual information with other sensory input, decisions are made resulting in a visually guided motor response, such as catching, hitting or shooting. The visual system guides the "when?" and "where?" reactions required for success in sport.

Approximately 2.2 million nerve fibers leave the eyes and go to the brain. Of these, nearly 10% go to non-sight areas, mostly balance and stability. Research has shown that (1) athletes "see" differently than non-athletes, (2) visual performance varies by sport and even by position, and (3) visual skills are trainable to influence sport performance.

INTRODUCTION TO NIKE STROBE

Strobe is a training product that can help enhance sensory skills. It does this by taking away varying amounts of visual information that an athlete typically uses to make decisions about when and where to react, forcing an athlete to become more efficient with the information that they are given. It is a powerful tool to force an athlete to "keep their eyes on the ball" and to ultimately "slow the game down."

Strobe can be integrated into traditional training drills. The training strategy is to first do a drill without the Strobe, followed by the same drill wearing the Strobe at increasingly difficult levels, and lastly, repeating the drill without the Strobe so the athlete can feel the training effect.

The Strobe can be implemented into batting, pitching, or defensive drills and into agility, balance, and coordination exercises.

Performing drills with Strobe should be challenging, but not frustrating. The trainer or coach should continue to increase the difficulty when the athlete has shown mastery. If the athlete is frustrated, the difficulty should be lowered to give the athlete the opportunity to train with some success.



SKILLS TRAINED BY THE NIKE STROBE

The Strobe trains six visual skills: attention/concentration, anticipation timing, imagery/visualization, reaction time, peripheral vision, and balance. See the table below for the definition and sport relevance for each skill.

SKILL	DEFINITION	SPORT RELEVANCE
Attention/ Concentration	Directing and maintaining attention on the primary task, such as tracking an object through space.	The Strobe forces the athlete to “keep their eyes on the ball” through completion of the catch or the hit.
Anticipation Timing	The precision and accuracy of timing a response to a moving object.	Anticipation timing is critical in any sport that requires judgment of the timing of an event, such as a catch, a hit, a return, or a tackle.
Imagery/ Visualization	Construction of mental images to recreate an object or event.	Prepares the athlete to make the correct physical response in the absence of direct visual information.
Reaction Time	The time required to mentally determine the presence of visual information and take action. Reaction time relates to overall quickness of the athlete.	Soccer or basketball players who are exceptionally quick will have a tremendous advantage with their first step over their opponents.
Peripheral Vision	The field of view outside the direct line of sight. It is used to detect movement and monitor the surrounding world, which influences balance.	Athletes use peripheral vision to monitor the location of teammates, opponents or boundaries, and maintain steady balance.
Balance	The ability to maintain stability while making rapid eye movements to track or search for an object.	All athletes require excellent stability and balance, as this is an indicator of their ability to maintain their feet when shifting direction quickly or when balance is stressed.



FAQ

WHAT HAPPENS IF I STOP TRAINING?

Similar to other types of training, you may experience a decrease in skills if you stop training. It is highly dependent on the individual and the specific profile of each athlete.

HOW SOON CAN I SEE RESULTS?

With some skills, you can notice improvement in as little as one day. As a general guideline, you should notice a difference on the field of play within three weeks of training.

IS THE TRAINING SCIENTIFICALLY BASED?

Nike SST is based on over 30 years of scientific research and development with thousands of athletes from every level, all over the world.

DOES IT TRAIN THE EYES?

No. It trains the brain, and the systems of the body that tell an athlete when, where and how to react.

DOES NIKE SST CAUSE DISCOMFORT?

Under most circumstances, no. But similar to physical training, you may feel strain and/or slight queasiness during such sensory training.

WHAT IS THE RISK IF I AM SUSCEPTIBLE TO SEIZURES?

The majority of the settings on the Strobe are outside of the range of seizure-inducing flicker rates; however, you should not use the Strobe if you are susceptible to seizures.

DO I HAVE TO SEE AN EYE DOCTOR FIRST?

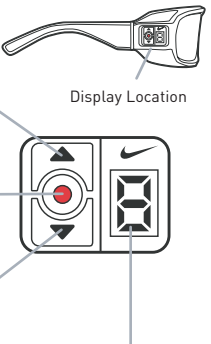
To use Strobe, you don't have to see an eye doctor first. There are assessments within the SST evaluation that will trigger a referral to a certified Nike Sports Vision Specialist, who is a licensed eye care practitioner. These eye doctors are trained to address the higher visual and environmental demands of the athletes and their sport.

NIKE STROBE

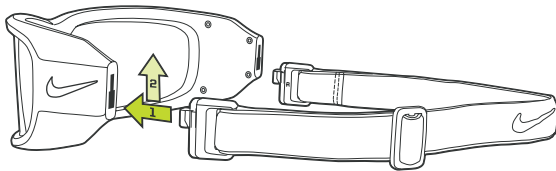
USER INSTRUCTIONS

EMAIL NIKESTROBE@NIKE.COM FOR TROUBLESHOOTING ASSISTANCE
OR TO SUBMIT FEEDBACK

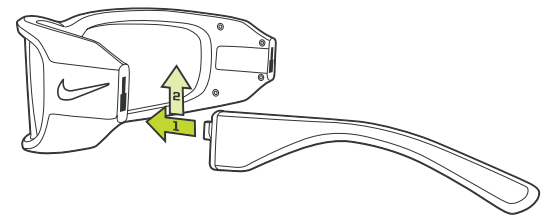
Operating Instructions

- ▲ Press top ARROW button to adjust Strobe Speed UP.
 - Press CENTER button to toggle through left, right and both eye Strobe Modes.
 - ▼ Press bottom ARROW button to adjust Strobe Speed DOWN.
- Press CENTER button to turn unit ON.
- Press and hold CENTER button 3 seconds to turn OFF.
- Display Location
- Displays Strobe Speed
- 

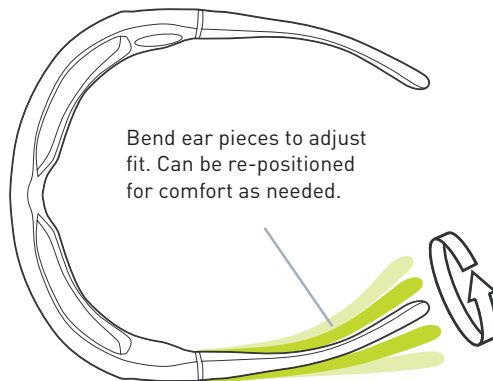
Removable Strap

- 1- Insert Strap Arm into main frame socket.
 - 2- Slide Arm upward to lock in place.
 - 3- Reverse process to remove straps.
- 

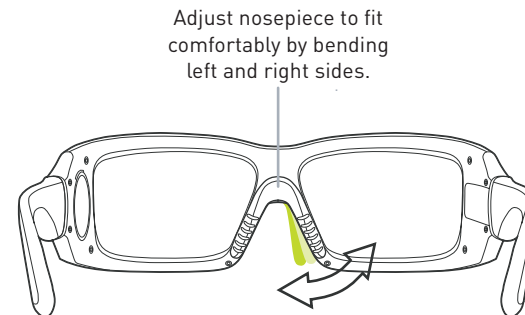
Removable Temple Arms

- 1- Insert Temple Arm into main frame socket.
 - 2- Slide Arm upward to lock in place.
- 

Adjustable Temple Arms

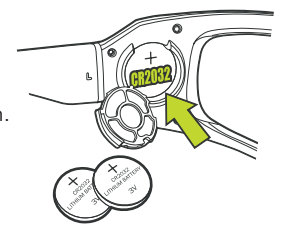


Adjustable Nose



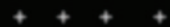
Battery Replacement

- 1- Open Battery Hatch.
- 

- 2- Replace old batteries with new CR2032 batteries. Face PLUS SIDE OUT. Close Hatch.
- 

NIKE STROBE TRAINING PROTOCOL

GENERAL ATHLETICISM



NIKE **SPARQ**
SENSORY TRAINING



TOOLS NEEDED:

- Nike Strobe
- Hacky sack (footbag)
- Tennis ball or racquetball
- Stability devices (platform, ball, foam, etc.)
- Agility Ladder or mini-hurdles

NIKE STROBE TRAINING

PERFORMANCE TRAINING PROTOCOL – GENERAL ATHLETICISM

GENERAL GUIDELINE

First, perform the drills without the Strobe (can be worn up over the forehead), then with the Strobe, and lastly, repeat the drill without the Strobe so the athlete can feel the training effect.

To increase the difficulty level, the following drill modifications may be incorporated:

- a. Decrease the rate of the Strobe by increasing the indicated level
- b. Increase speed of object being rolled, caught, thrown or hit
- c. Change hands
- d. Decrease separation between trainer and athlete
- e. Vary ball location, including having athlete move laterally to reach ball
- f. Change Strobe from binocular (both eyes) to monocular (one-eye).

BALL CATCH DRILL

Primary Skill(s) Trained: Attention/Concentration, Imagery/Visualization

Secondary Skills Trained: Anticipation Timing

Time: 6 minutes

1. Athletes are paired up and stand facing each other on smooth flat surface separated by ~20 feet. One or both may be wearing the Strobe.
2. Taking alternating turns, one athlete tosses a hacky sack (or tennis/racquet ball) toward the other, varying the location, trajectory, and pace.
3. When athlete is able to successfully catch 5 of 5 throws, decrease the rate of the Strobe.

ROLL BALL STOP DRILL

Primary Skill(s) Trained: Anticipation Timing, Imagery/Visualization

Secondary Skills Trained: Attention/Concentration

Time: 6 minutes

1. Athletes are paired up and stand facing each other on smooth flat surface separated by ~20 feet. One or both may be wearing the Strobe.
2. Athletes stand facing the each other in an athletic posture – knees bent, feet planted shoulder-width apart, and hand held above head level.
3. Taking alternating turns, one athlete rolls a tennis ball or racquetball toward the other. Athlete brings hand down at precise moment ball rolls by him/her and stops the ball from above.
4. When athlete is able to accurately stop 5 of 5 rolls, decrease the rate of the Strobe.
5. Go to index finger tip stop as one improves.

WALL BALL DRILL

Primary Skill(s) Trained: Reaction Time, Peripheral Vision

Secondary Skills Trained: Attention/Concentration, Anticipation Timing, Imagery/Visualization, Balance

Time: 6 minutes

1. Athletes are paired up and both stand facing a wall with one standing behind the other. The athlete closer to the wall wears the Strobe and stands approximately 12 feet away from the wall.
2. The athlete farthest from the wall who is NOT wearing the Strobe throws a tennis ball or a racquetball against wall to bounce back to/near the athlete wearing the Strobe.
3. Athlete wearing the Strobe explodes on every ball to catch the ball, whether or not the ball is catchable.
4. When athlete is able to successfully catch 5 of 5 throws, decrease the rate of the Strobe.

BALANCE DRILL

Primary Skill(s) Trained: Balance, Peripheral Vision

Secondary Skills Trained: Imagery/Visualization

Time: 6 minutes

1. Athlete stands on balance device or on one foot.
2. Introduce movements such as eye movements, head turns, squats, body movements as one improves.
3. Toss a ball or hacky sack to the athlete to catch while balancing as one improves.

AGILITY DRILL*

Primary Skill(s) Trained: Balance, Peripheral Vision

Secondary Skills Trained: Imagery/Visualization

Time: 6 minutes

1. Athlete lines up at the end of an agility ladder or a row of mini hurdles placed ~2 feet apart.
2. When trainer says "Go!" the athlete starts to quickly step through the ladder or over hurdles moving laterally.
3. When trainer says "Switch!" the athlete must quickly reverse the direction of movement.
4. When trainer says "Hold!" the athlete must quickly come to a stable one-foot stance with opposite knee held high.

*contributed by Rett Larson, Velocity Sports Performance

**NIKE STROBE
TRAINING PROTOCOL**
FOOTBALL (AMERICAN)

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NIKE SPARQ
SENSORY TRAINING

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NIKE STROBE TRAINING

PERFORMANCE TRAINING PROTOCOL – FOOTBALL (AMERICAN)

TOOLS NEEDED:

- Nike Strobe
- Football
- Tennis ball or racquetball
- Stability devices (platform, ball, foam, etc.)

ROLL BALL STOP

Individual Training: Athlete + Trainer

Skills trained: anticipation timing (AT)

1. Trainer and athlete on smooth flat surface separated by ~10 yards.
2. Athlete stands facing the trainer in an athletic posture – knees bent, feet planted shoulder-width apart, and hand held above head.
3. Trainer rolls tennis ball or racquetball toward athlete. Athlete brings hand down at precise moment ball rolls by him/her and stops the ball from above.
4. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Increase speed of ball roll
 - c. Change hands
 - d. Go to index finger tip stop
 - e. Decrease separation between trainer and athlete
 - f. Vary location ball rolled to, including having athlete move laterally to reach ball
 - g. Change Strobe from binocular (both eyes) to monocular (one-eye).

Athlete will receive immediate feedback as to his/her anticipation timing. Improvement is quick.

For most effective training athlete should hold his/her hand well above floor until ball is immediately below.

FOOTBALL CATCH

Individual Training: Athlete + Trainer

Skills trained: AT, visual concentration/focus (VC/F), peripheral vision (PV), imagery/visualization (I/V), reaction time (RT), balance

1. Trainer to athlete separated by ~10 yards.
2. Trainer throws football to athlete.
3. When athlete is able to successfully catch 5 of 5 throws, decrease the rate of the Strobe.
4. To increase difficulty or add stress to the task:
 - a. Continue to decrease the rate of the Strobe by increasing the indicated level
 - b. Vary the trajectory and speed of the throw
 - c. Decrease separation between trainer and athlete
 - d. Vary location football thrown to, including having athlete move laterally and fore/aft to reach football
 - e. Have athlete catch while standing on Bosu ball or other balance system, including standing on one foot
 - f. Change Strobe from binocular to monocular
 - g. Athlete to stand facing lateral or away from trainer
 - h. Athlete to kneel on one knee and face lateral or away from trainer.

Use caution when throwing object to prevent impact with eyes or face. Be certain area surrounding athlete is clear to avoid a collision or fall.

WALL BALL

Individual Training: Athlete + Trainer

Skills trained: RT, AT, VC/F, PV, I/V

1. Athlete stands ~12 feet from a wall and faces it. Trainer stands behind the athlete.
2. Trainer tosses a tennis ball /racquetball against wall to bounce back to/near the athlete.
3. Athlete explodes on every ball to catch the ball, whether or not the ball is catchable.
4. When athlete is able to successfully catch 5 of 5 tosses, decrease the rate of the Strobe.
5. To increase difficulty or add stress to the task:
 - a. Continue to decrease the rate of the Strobe by increasing the indicated level
 - b. Vary toss/throw of ball in terms of direction, height, and speed
 - c. Decrease separation between athlete and wall
 - d. Vary location ball thrown to, including having athlete move laterally to reach ball
 - e. Change object to smaller ball such as a "Super Ball"
 - f. Change Strobe from binocular to monocular
 - g. Change from 2-handed, to 1-handed (R and L)
 - h. Change ball catching to stopping flight with the foot.

When Strobe training session completed athlete to perform same tasks for immediate comparison to ease of task.

FOOTBALL CATCH / THROW

Team Training: Integrated with team drills

Skills trained: RT, AT, VC/F, PV, I/V

To challenge and enhance visual skills while catching and moving, ball handlers can use the Strobes with their position-specific drills.

1. Quarterbacks –wearing the Strobe, throw to moving targets, roll out of pocket to throw, receive the snap in shotgun formation, or pitch on option plays.
2. Offensive ball handlers –wearing the Strobe, catch the ball while running routes.
3. Defensive ball handlers - wearing the Strobe, drop back into coverage and defend the pass.
4. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Increase the pace of the throw
 - c. Change Strobe from binocular to monocular.

During team drills, limit the use of Strobe to one side of the ball to minimize the risk of collisions.

HEAD TURN & CATCH

Team Training: Integrated with team drills

Skills trained: RT, AT, VC/F, PV, I/V

1. Receiver stands 10 yards away from the thrower with back to the thrower.
2. Receiver turns only his head back to look at the thrower.
3. Once the thrower starts his throwing motion, the receiver turns his head to the opposite shoulder to find the ball and catch it.
 - a. Body should remain facing away from the thrower during the catch.
 - b. The thrower throws the ball to the opposite side of the initial head rotation.
4. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Increase the pace of the throw
 - c. Decrease separation between trainer and athlete
 - d. Vary location football thrown
 - e. Change Strobe from binocular to monocular.

During team drills, limit the use of Strobe to one side of the ball to minimize the risk of collisions.

QB PERIPHERAL REACTION

Team Training: Integrated with team drills

Skills trained: RT, AT, VC/F, PV, I/V

1. Quarterback stands in shotgun and receives a snap.
2. Trainer stands in front of the QB and directs the quarterback to shift in the pocket. There are at least two other assistants behind the trainer split on opposite sides of the field.
3. After 2 to 5 shifts, the trainer signals the quarterback to throw.
4. When the trainer gives the signal to throw, one of the assistants gives a signal (raising a hand) to indicate the side for the QB to direct the throw.
5. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Replace shifting in the pocket with the trainer holding up fingers for QB to keep reading
 - c. Replace shifting in the pocket with the trainer throwing foam balls at the QB to dodge
 - d. Instead of the trainer giving the signal to throw, one of the assistants in the background raises their hand as an indicator to throw
 - e. Provide moving targets for QB
 - f. Change Strobe from binocular to monocular.

NIKE STROBE TRAINING PROTOCOL

BASKETBALL



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SENSORY TRAINING



NIKE STROBE TRAINING

PERFORMANCE TRAINING PROTOCOL – BASKETBALL

TOOLS NEEDED:

- Nike Strobe
- Basketball
- Tennis ball or racquetball
- Stability devices (platform, ball, foam, etc.)

ROLL BALL STOP

Individual Training: Athlete + Trainer

Skills trained: anticipation timing (AT)

1. Trainer and athlete on smooth flat surface separated by ~10 yards.
2. Athlete stands facing the trainer in an athletic posture – knees bent, feet planted shoulder-width apart, and hand held above head.
3. Trainer rolls tennis ball or racquetball toward athlete. Athlete brings hand down at precise moment ball rolls by him/her and stops the ball from above.
4. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Increase speed of ball roll
 - c. Change hands
 - d. Go to index finger tip stop
 - e. Decrease separation between trainer and athlete
 - f. Vary location ball rolled to, including having athlete move laterally to reach ball
 - g. Change Strobe from binocular (both eyes) to monocular (one-eye).

Athlete will receive immediate feedback as to his/her anticipation timing. Improvement is quick.

For most effective training athlete should hold his/her hand well above floor until ball is immediately below.

BASKETBALL CATCH & PASS

Individual Training: Athlete + Trainer

Skills trained: AT, visual concentration/focus (VC/F), peripheral vision (PV), imagery/visualization (I/V), reaction time (RT), balance

1. Trainer to athlete separated by ~10 yards.
2. Trainer passes basketball to athlete or athlete throws ball against a wall.
3. When athlete is able to successfully catch 5 of 5 throws, decrease the rate of the Strobe.
4. To increase difficulty or add stress to the task:
 - a. Continue to decrease the rate of the Strobe by increasing the indicated level
 - b. Vary the pace and type of passes (e.g. bounce pass)
 - c. Vary separation between trainer and athlete
 - d. Vary location thrown to, including having athlete move laterally and fore/aft to reach ball
 - e. Athlete passes to a moving trainer
 - f. Have athlete catch while standing on Bosu ball or other balance system, including standing on one foot
 - g. Change Strobe from binocular to monocular
 - h. Athlete to stand facing lateral or away from trainer.

Use caution when throwing object to prevent impact with eyes or face. Be certain area surrounding athlete is clear to avoid a collision or fall.

WALL BALL

Individual Training: Athlete + Trainer

Skills trained: RT, AT, VC/F, PV, I/V

1. Athlete stands ~12 feet from a wall and faces it. Trainer stands behind the athlete.
2. Trainer tosses a tennis ball /racquetball against wall to bounce back to/near the athlete.
3. Athlete explodes on every ball to catch the ball, whether or not the ball is catchable.
4. When athlete is able to successfully catch 5 of 5 tosses, decrease the rate of the Strobe.
5. To increase difficulty or add stress to the task:
 - a. Continue to decrease the rate of the Strobe by increasing the indicated level
 - b. Vary toss/throw of ball in terms of direction, height, and speed
 - c. Decrease separation between athlete and wall
 - d. Vary location ball thrown to, including having athlete move laterally to reach ball
 - e. Change object to smaller ball such as a "Super Ball"
 - f. Change Strobe from binocular to monocular
 - g. Change from 2-handed, to 1-handed (R and L)
 - h. Change ball catching to stopping flight with the foot.

When Strobe training session completed athlete to perform same tasks for immediate comparison to ease of task.

OFFENSE

Team Training: Integrated with team drills

Skills trained: RT, AT, VC/F, PV, I/V

1. To challenge and enhance visual skills while dribbling, passing, catching and shooting:
 - a. Guards – integrate Strobe to assist in court awareness while dribbling, "seeing" the developing play, recognize the open passing lanes, and timing/accuracy of passes and shooting
 - b. Forwards/Centers – integrate Strobe to assist in court awareness, "seeing" the developing play, response to defenders, anticipating rebounds, and timing/accuracy with catches, passes, and shooting.
2. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Change Strobe from binocular to monocular.

During team drills, limit the use of Strobe to one side of the ball to minimize the risk of collisions.

SHOOTING / REBOUNDING

Individual Training: Athlete + Trainer

Skills trained: RT, AT, VC/F, PV, I/V

1. Shooting –
 - a. Free throws
 - b. Around the horn and shoots again until completed
 - c. Athlete receives pass, dribbles to a specified spot on the floor, squares up and shoots
 - d. Spot-up: after breaking pass/inbound from the trainer.
2. Rebounding –
 - a. Trainer or player throws ball off backboard
 - b. Back to the basket
 - c. Around the horn going after every rebound and either shooting or making an outlet pass.
3. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Increase the pace of the pass
 - c. Change Strobe from binocular to monocular.

DEFENSE

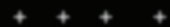
Team Training: Integrated with team drills

Skills trained: RT, AT, VC/F, PV, I/V

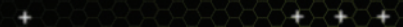
- To challenge and enhance visual skills in all defensive situations:
1. Defending a player in man to man and zone
 2. Defending the inbound pass
 3. Full-court press
 4. Defensive rebounds with outlet passes to open teammate.

NIKE STROBE TRAINING PROTOCOL

BASEBALL / SOFTBALL



NIKE **SPARQ**
SENSORY TRAINING



NIKE STROBE TRAINING

PERFORMANCE TRAINING PROTOCOL – BASEBALL / SOFTBALL

TOOLS NEEDED:

- Nike Strobe
- Baseball / softball
- Tennis ball or racquetball
- Stability devices (platform, ball, foam, etc.)

ROLL BALL STOP

Individual Training: Athlete + Trainer

Skills trained: anticipation timing (AT)

1. Trainer and athlete on smooth flat surface separated by ~20 feet.
2. Athlete stands facing the trainer in an athletic posture – knees bent, feet planted shoulder-width apart, and hand held above head.
3. Trainer rolls tennis ball or racquetball toward athlete. Athlete brings hand down at precise moment ball rolls by him/her and stops the ball from above.
4. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Increase speed of ball roll
 - c. Change hands
 - d. Go to index finger tip stop
 - e. Decrease separation between trainer and athlete
 - f. Vary location ball rolled to, including having athlete move laterally to reach ball
 - g. Change Strobe from binocular (both eyes) to monocular (one-eye).

Athlete will receive immediate feedback as to his/her anticipation timing. Improvement is quick.

For most effective training athlete should hold his/her hand well above floor until ball is immediately below.

BALL CATCH

Individual Training: Athlete + Trainer

Skills trained: AT, visual concentration/focus (VC/F), peripheral vision (PV), imagery/visualization (I/V), reaction time (RT), balance

1. Trainer to athlete separated by ~20 feet.
2. Trainer hacky sack to athlete.
3. When athlete is able to successfully catch 5 of 5 throws, decrease the rate of the Strobe.
4. To increase difficulty or add stress to the task:
 - a. Continue to decrease the rate of the Strobe by increasing the indicated level
 - b. Vary the trajectory and speed of the throw
 - c. Decrease separation between trainer and athlete
 - d. Vary location of hacky sack thrown to, including having athlete move laterally and fore/aft to reach hacky sack
 - e. Have athlete catch while standing on Bosu ball or other balance system, including standing on one foot
 - f. Change Strobe from binocular to monocular
 - g. Athlete to stand facing lateral or away from trainer
 - h. Athlete to kneel on one knee and face lateral or away from trainer.

Use caution when throwing object to prevent impact with eyes or face. Be certain area surrounding athlete is clear to avoid a collision or fall.

WALL BALL

Individual Training: Athlete + Trainer

Skills trained: RT, AT, VC/F, PV, I/V

1. Athlete stands ~12 feet from a wall and faces it. Trainer stands behind the athlete.
2. Trainer tosses a tennis ball /racquetball against wall to bounce back to/near the athlete.
3. Athlete explodes on every ball to catch the ball, whether or not the ball is catchable.
4. When athlete is able to successfully catch 5 of 5 tosses, decrease the rate of the Strobe.
5. To increase difficulty or add stress to the task:
 - a. Continue to decrease the rate of the Strobe by increasing the indicated level
 - b. Vary toss/throw of ball in terms of direction, height, and speed
 - c. Decrease separation between athlete and wall
 - d. Vary location ball thrown to, including having athlete move laterally to reach ball
 - e. Change object to smaller ball such as a "Super Ball"
 - f. Change Strobe from binocular to monocular
 - g. Change from 2-handed, to 1-handed (R and L)
 - h. Change ball catching to stopping flight with the foot.

When Strobe training session completed athlete to perform same tasks for immediate comparison to ease of task.

FOCUS & CONCENTRATION

Pitching: Pitcher + Catcher/Trainer

Skills trained: VC/F, balance

1. Pitcher stands on a mound with catcher squatting behind home plate.
2. Catcher provides a spot with his glove for the pitcher to throw.
3. Level is deemed successful when pitcher has thrown 5 consecutive pitches to that spot. The catcher decides if the pitch was to the spot.
4. To increase difficulty or add stress to the task:
 - a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Increase the pace of the throw
 - c. Catcher to call different types of pitches to throw to the spot.

BP IN CAGE

Batting: Batter + Pitching Machine

Skills trained: RT, AT, VC/F, I/V, balance

The Strobes should be used in a batting cage with a pitching machine launching the ball rather than against a live pitcher for safety considerations. Ensure that the pitching machine is well maintained and in perfect working order before taking BP with the Strobes.

- To increase difficulty or add stress to the task:
- a. Decrease the rate of the Strobe by increasing the indicated level
 - b. Increase the speed of the pitch
 - c. Change Strobe from binocular (both eyes) to monocular (one-eye) – occluding the left eye for a right-handed batter and the right eye for a left-handed batter.

Training in monocular mode will affect head biomechanics and get the head around to be more square to the pitch.

NIKE STROBE

SAFETY INSTRUCTIONS / WARNINGS

Read all safety and user instructions before training with the Nike Strobe to avoid injury.

IMPORTANT SAFETY INFORMATION

WARNING: NOT A MEDICAL DEVICE. Should not be used to diagnose, treat or prevent any disease or medical condition.

WARNING: USE ONLY AS DIRECTED. Failure to follow these instructions could result in injury.

WARNING: DO NOT USE IF YOU ARE PRONE TO SEIZURES, BLACKOUTS, OR EYE STRAIN. Discontinue use and consult a physician if you experience: convulsion, eye or muscle twitching, loss of awareness, involuntary movements, or disorientation.

NIKE STROBE uses replaceable batteries that could be a choking hazard. Take proper precaution to keep these batteries away from children.

Avoid water and wet locations. Do not use Nike STROBE in rain or other wet situations. Do not drop, crush, puncture, burn, or force open Nike STROBE.

Other than changing the battery, do not attempt to repair Nike STROBE yourself. Email nikestrobe@nike.com if you are having problems.

USE NIKE STROBE SAFELY. Allow an adequate amount of space when training. Be sure there are no objects in close range which could cause a user to trip, or which could cause injury if struck when falling. Use only as directed in the FAQ section of test sample user manual.

The following activities constitute misuse of this product and should not be performed under any circumstances.

- Flying a plane
- Flying a helicopter
- Driving a car
- Riding a motorcycle or ATV
- Riding a snowmobile
- Operating heavy machinery of any type
- Playing baseball or softball using a live pitcher
- Riding a bike
- Skateboarding
- Rollerblading
- Roller skating
- Snowboarding
- Skiing
- Swimming

IMPORTANT HANDLING INFORMATION

NOTICE: Failure to follow these handling instructions could damage Nike STROBE.

- Always store Nike STROBE in the hard case provided when not in use.
- Nike STROBE should be stored and used within acceptable temperatures. (0 to 100 F) Do not leave Nike STROBE in your car as temperature may exceed 100 F.
- Clean the Nike STROBE lens using a micro fiber cleaning cloth or other soft cloth. Be sure cleaning cloth is clean and free of any lint or debris. Wipe lens lightly to remove any dirt or smudges. Do not use cleaning products on lens.
- Recycle old batteries and packaging from Nike STROBE properly. Nike STROBE must be disposed of properly according to local laws and regulations.