



ON TEST

This is the 'Total Workout' kit that Rhys purchased from Ed Lyons, all contents included



The Brock String can help you develop better coordination of the eyes



VISION TRAINING KIT

Rhys Plum tries out the latest eye exercise kit from shooting vision expert Ed Lyons

As a Clay Shooting reader you'll know all about Ed Lyons. Ed has worked with more than 1,200 shotgun shooters, from amateurs to Olympians. During the virus lockdown, Ed was busy developing a series of vision training kits to help shooters maximise their visual potential. His Vision Training Kits have been an instant hit with competitive shooters worldwide.

There are three kits, with different combinations of vision exercises to suit different needs. I purchased the Total Workout kit, and have been using it for over a month now. It has been great to be able to do this at home, especially during the enforced break from shooting.

The kit has equipment and instructions for exercises designed to improve your eyes' teamwork and depth perception. Ed explains: "Vision and shooting are linked, and by optimising the skills of aiming and focusing, you make your visual system more efficient, and yourself a stronger shooter."

The kit includes a training booklet that includes QR links to exclusive videos. The links provide an eye warm-up exercise, as well as instructions on how best to use the equipment. This warmup is important before you begin the training; exercising your eye muscles is the same as any other muscle in your body. Ed recommends that shooters should use the warm-up before shooting, to prepare the eye muscles for activity.

The kit includes a Brock String, Fusion Cards and Hart Charts. In last month's issue, Ed explained what aspects of vision each one helps to develop, so refer back to that for more detail. I found that I can really feel the exercises making me focus and work my eyes. With persistence I have been able to master a couple of the exercises, but I'm still working on one I feel less confident with.

The kit explains how to track your progress, which I have been doing – and I've been surprised to see how much improvement is possible in something we take for granted and use every day. I've shaved seconds off my times on things like

focusing at distance – and Ed promises that these visual improvements should directly influence my shooting.

The potential for improvement doesn't end there, as Ed will shortly be releasing a Visual Training app. I had a sneak preview of the app, and found it to be excellent.

Ed also offers specialist visual assessments, and can tailor a personalised solution for you, with the C19 restrictions meaning online consultations are available. The assessments look at the full range of factors important for shooting, including depth perception, hand-eye coordination, eye movement tracking and eye dominance.

The kit is not the be-all and end-all. But it is something you can use at home to work on developing your vision for shooting, and is well worth the money if you're serious about improving your performance. 📺

The Ed Lyons Sports Vision Training Kits start at £59.99, with the displayed Total Workout kit costing £79. See www.ed-lyons.com/eyewear-shop.