

EYES OF A CHAMPION

A Daily 15-Minute Training Guide To Unlocking
Your Greatest Visual Potential

written by:

DR. ADESOLA FADEYI

Sports Vision Optometrist

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INTRODUCTION

Unlocking Your Athletic Vision Potential

What separates the good from the great? It's not just speed, strength, or skill—it's vision. The ability to track moving objects, react instantly, and maintain elite focus in high-pressure situations is what gives champions the edge.

This 12-week program is designed to take your sports vision to the next level. We start by strengthening your foundation, then we introduce strobe glasses to push your brain's efficiency, and finally, we increase the task difficulty and simulate real-game distractions to make sure your vision holds up under pressure.

Each daily workout is just 15 minutes so there's no excuse. Let's get to work!



PHASE 1

BUILDING THE FOUNDATION (WEEKS 1-4)

The Goal: Strengthen All Visual Skills

Before we level up, we need to master the basics. These four weeks are focused on depth perception, peripheral awareness, hand-eye coordination, reaction time, and visual tracking.



Daily Workout Plan (15 Minutes Per Day)

Minute	Exercise	Focus
0-3	HECOstik (or any alternative) Toss And Choose Color Back and Forth Between Partner. 1-2 Rotations	Peripheral Awareness & Hand-Eye Coordination
3-6	Depth Perception- Tennis Ball Toss Between Partner. Increase The Distance Each Turn	Depth Perception & Reaction
6-9	Rapid Target-Shifting (near-far focus) Hold A Pencil In Front Of You And Shift Between A Distant Target 20ft Away	Visual Tracking
9-12	Quick Hands Reaction Drill. Use Light-Response Drill Or Perform Ball Drop With Partner Holding Ball And Catch Ball	Reaction Speed
12-15	Juggling Fruit/Balls Or Wall Ball Tosses With Increasing Intensities	Coordination & Focus

Key Points:

- Keep your focus locked on the target.
- Start simple, then increase difficulty (speed, reaction time, etc.)
- Work on smooth tracking—no jerky eye movements.



PHASE 2

LEVELING UP WITH STROBE GLASSES (WEEKS 5-8)

**The Goal: Reduce Visual Input to Force
Faster Processing****

Now that your visual skills are stronger, we make things harder by introducing strobe glasses. These limit how much information your brain receives, forcing it to work faster and more efficiently.



Daily Workout Plan (15 Minutes Per Day with Strobe Glasses)

Minute	Exercise	Focus
0-3	HECOstik (or any alternative) Toss And Choose Color Back and Forth Between Partner. 1-2 Rotations (w/ Strobe Glasses)	Peripheral Awareness & Tracking
3-6	Depth Perception-Tennis Ball Toss Between Partner. Increase The Distance Each Turn (w/ Strobe Glasses)	Depth Perception & Quick Adaptation
6-9	Rapid Target-Shifting (near-far focus) Hold A Pencil In Front Of You And Shift Between A Distant Target 20ft Away (near-far w/ Strobe Glasses)	Visual Speed & Focus
9-12	Quick Hands Reaction Drill. Use Light-Response Drill Or Perform Ball Drop With Partner Holding Ball And Catch Ball (w/ Strobe Glasses)	Reaction Time Under Stress

Minute	Exercise	Focus
12-15	Juggling Fruit/Balls Or Wall Ball Tosses With Increasing Intensities (w/ Strobe Glasses)	Eye Hand Coordination Under Stress

Key Points:

- Start with slower strobe settings, then increase difficulty.
- Your brain will struggle at first—stay patient!
- Expect a learning curve before seeing improvement.



PHASE 3

MASTERING GAME-TIME VISION (WEEKS 9-12)

The Goal: Handle Distractions Like a Pro

This is where champions are made. We take everything from Phase 1 and 2 and introduce real-world distractions like balance challenges, motion drills, and auditory/visual chaos.

Daily Workout Plan (15 Minutes Per Day with Distractions)

Minute	Exercise	Focus
0-3	HECOstik (or any alternative) Toss And Choose Color Back and Forth Between Partner. 1-2 Rotations (standing on one leg)	Peripheral Awareness & Balance
3-6	Depth Perception-Tennis Ball Toss Between Partner. Increase The Distance Each Turn (on a half BOSU ball)	Depth Perception Under Movement
6-9	Rapid Target-Shifting (near-far focus) Hold A Pencil In Front Of You And Shift Between A Distant Target 20ft Away (while in motion)	Visual Tracking Under Motion
9-12	Quick Hands Reaction Drill. Use Light-Response Drill Or Perform Ball Drop With Partner Holding Ball And Catch Ball (add loud background noises)	Reaction Speed Under Auditory Stress
12-15	Juggling Fruit/Balls Or Wall Ball Tosses With Increasing Intensities (while in motion & adding auditory and visual distractions)	Coordination Under Pressure

Key Points:

- Balance and movement force your brain to work harder.
- Introduce visual and auditory distractions (music, flashing lights, unexpected sounds).
- The goal is CONTROL—stay locked in no matter what’s happening around you.

The image is a vertical composition. The top half shows a perspective view of a running track with white lane markings receding into the distance under a bright, hazy sky. The bottom half features a woman on the left and a man on the right, both smiling and holding large silver trophies. They are wearing black athletic gear. The background behind them is a dark stadium with bright lights.

CONCLUSION

BECOMING ELITE

If you've stuck to this program, your vision skills are more than likely now on another level. You react faster, track better, and stay focused under pressure—just like the pros.

So What's Next?

- Keep training at least 3x per week to maintain your skills.
- Continue using strobe glasses and distractions to push your limits.
- Consider advanced vision technology tools to refine your abilities even further.

You've invested in your vision and now your competition won't know what hit them.



FINAL WORDS

You owe it to yourself to be the best. The difference between good and elite isn't talent—it's preparation. You just completed 12 weeks of the same vision training the top athletes in the world use.

Now, take these skills and **GO DOMINATE!**
You too will have Eyes Of A Champion!