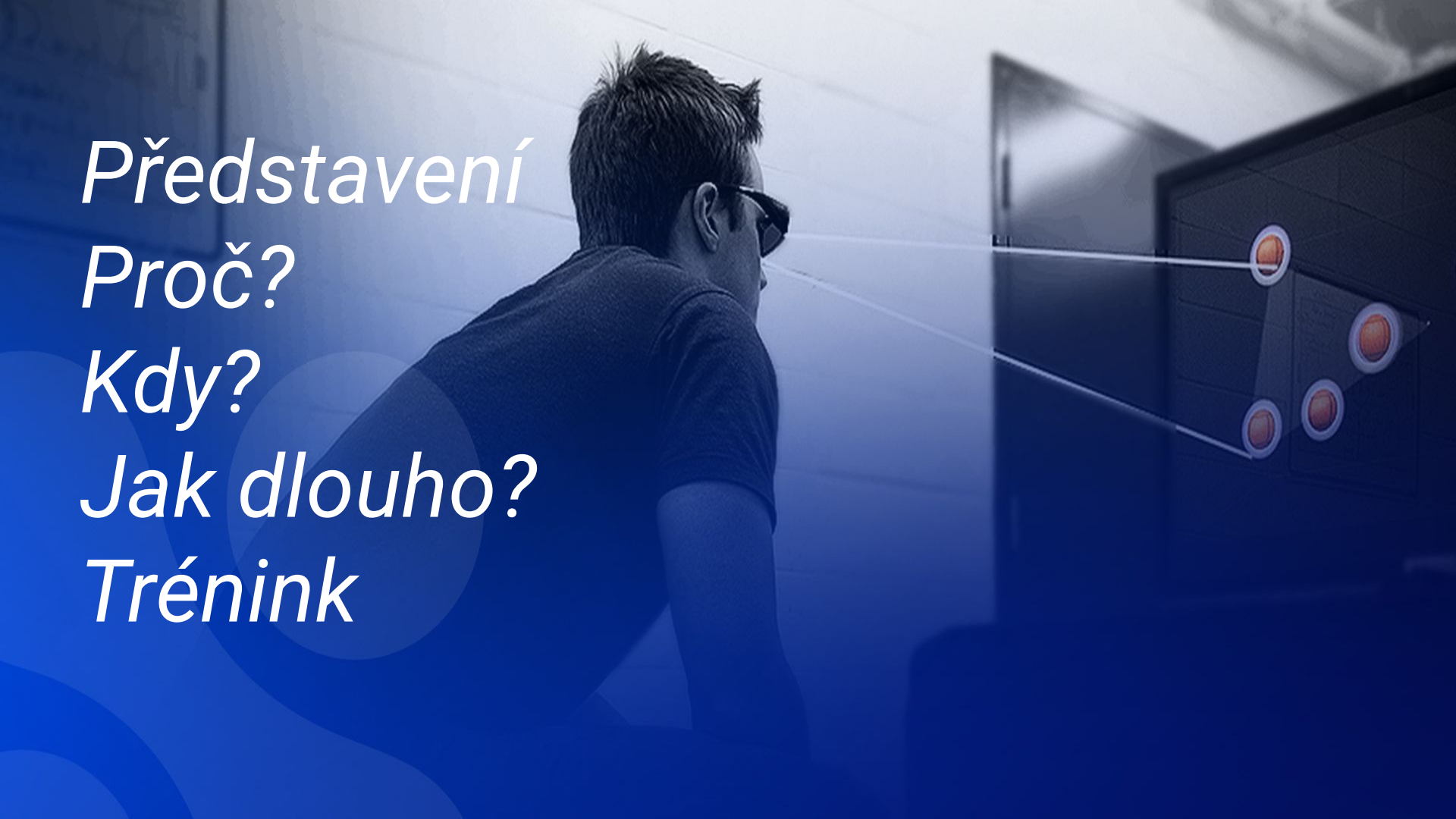
neurotracker

ČESKOMORAVSKÝ SVAZ HOKEJBALU



Představení
Proč?
Kdy?
Jak dlouho?
Trénink

neurotracker
Welcome, Trainer
ORGANIZATION NAME
HOME
ORGANIZATION
PROGRAMS
STATS
HELP
PROGRESSION
CUSTOMIZE
SELECT USERS
BASELINES
HIGH PERFORMERS
ALL GENDERS + ALL AGES
ALL GROUPS
2.567
19
11
2.02
3.09
oculus

“NeuroTracker has grown into the most successful brain-training game in sports”

The New York Times

BENEFiTS

Pozornost & koncentrace

Schopnost plnit více úkolů

Pracovní paměť

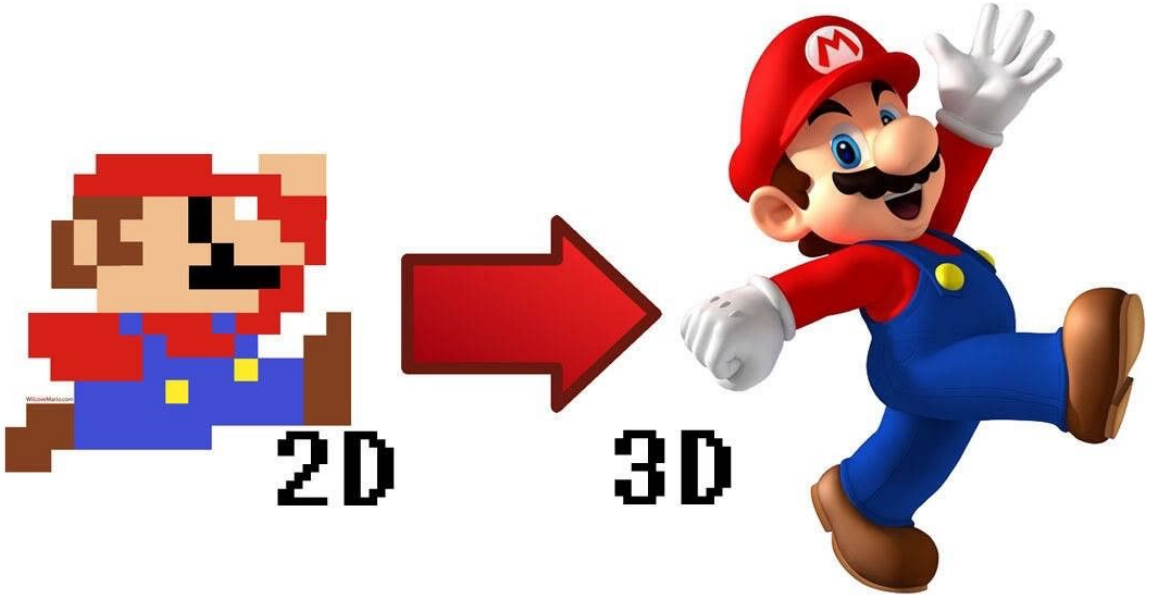
Rozhodovací schopnosti

Vizuální zpracování informací

Periferní vidění

Situační povědomí

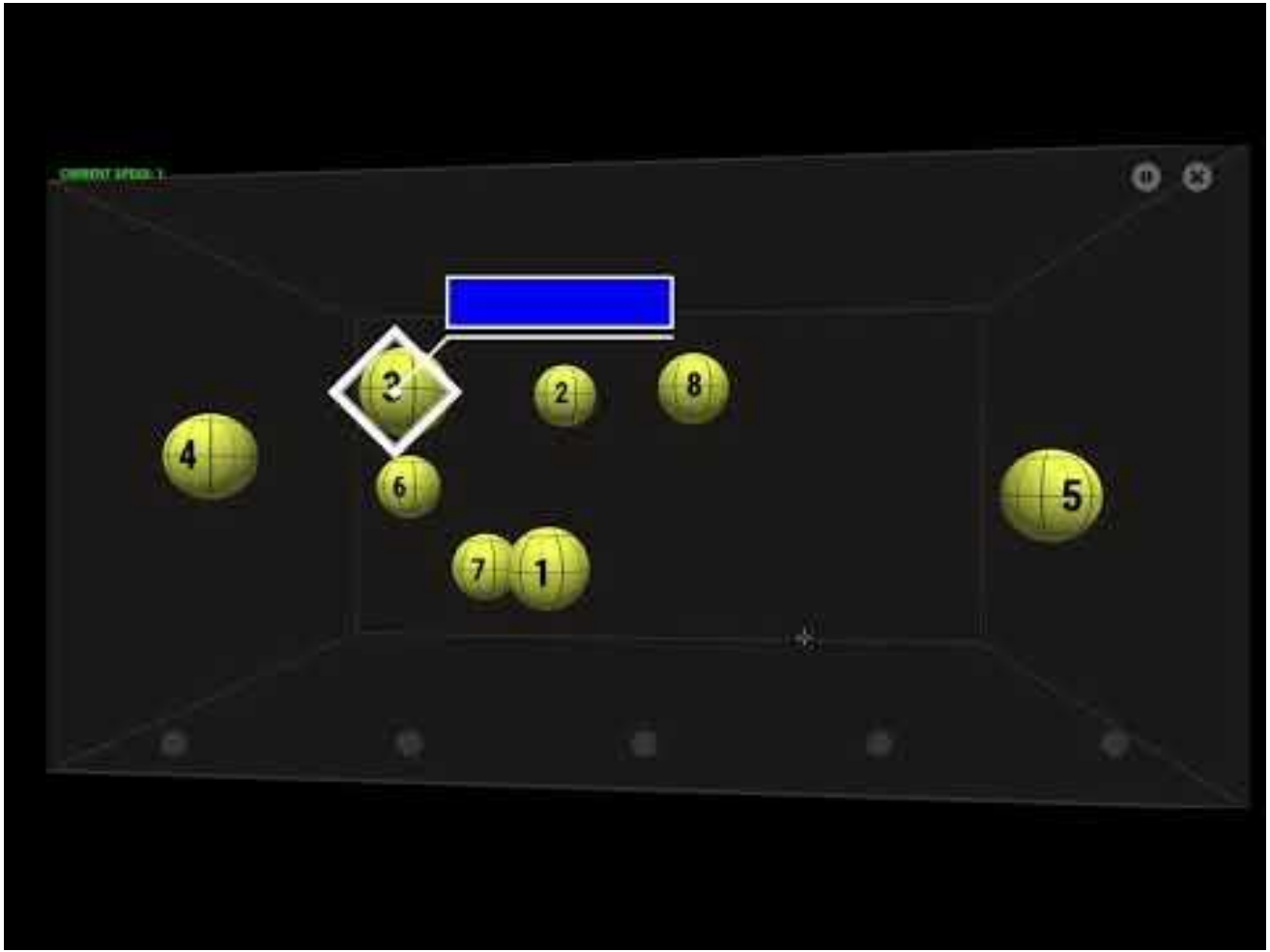
Rychlost reakce

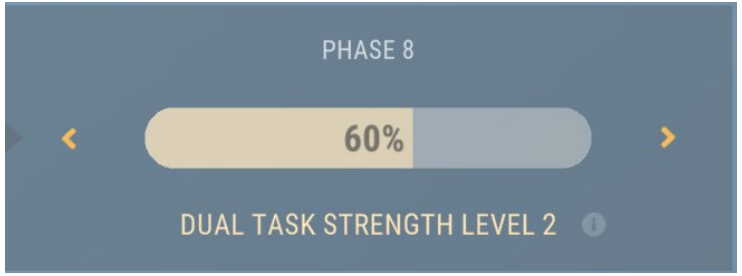

2D
3D

TRÉNINKOVÝ PROCES

V KOSTCE

3
2
1
OZNAČIT
SLEDOVAT
ZACÍLIT / ZAMĚŘIT

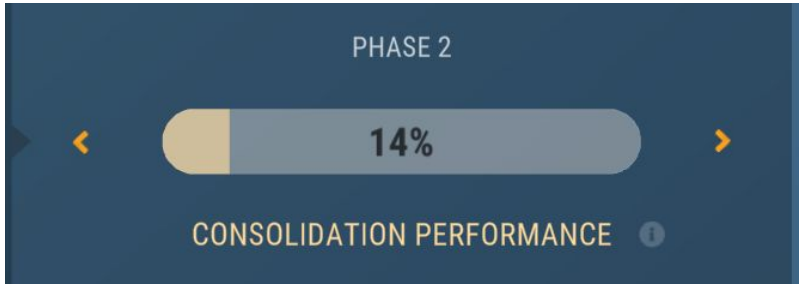

2
2
8
4
6
5
7
1



F1: TEST BASELINE → **F2: CONSOLIDATION** → **F3: ELEVATED BASELINE** → **F4 DUAL TASK: STANDING**

F5 DUAL TASK: BALANCE → **F6 DUAL TASK: STRENGTH 1** ***(Baseline > 2,0)*** → **F7 DUAL TASK: CARDIO**

F2: CONSOLIDATION



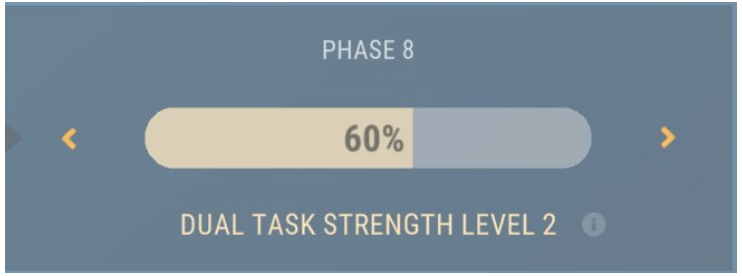
12x NT sessions

Zrychlený efekt učení

Příprava mozku na pokročilý trénink

F4 DUAL TASK: STANDING

DUAL TASK



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F6 DUAL TASK: STRENGTH 1

Baseline > 2,0

Jak často?

3-4x týdně

Možnost každý den, bez rizika

Kolik?

1 session = 20x8sek.

2-3 session / den

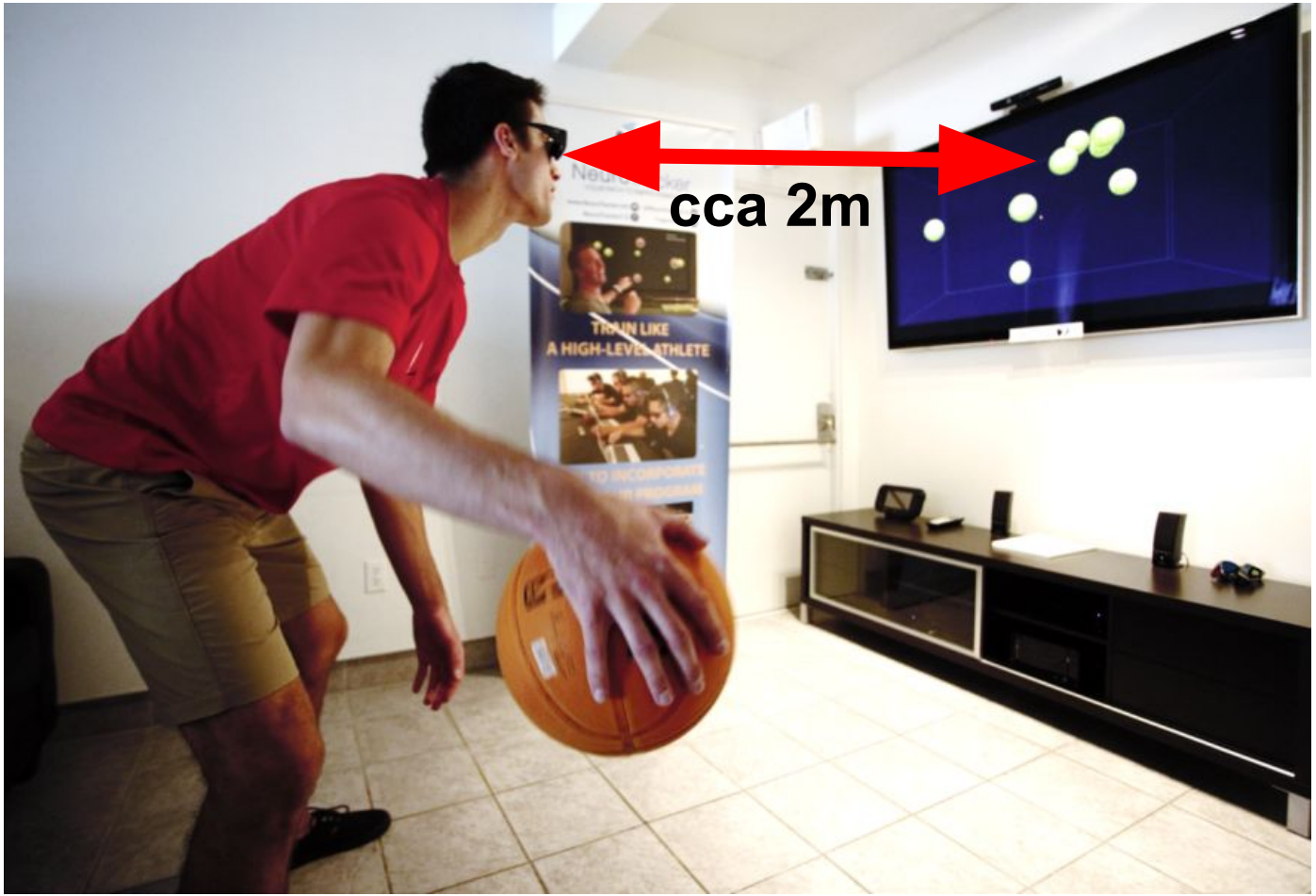
(Min. 2 sessions hned za sebou)

Kdy?

Stálá rutina

Dopoledne vs odpoledne

*NE **před** / **po** zápasu*

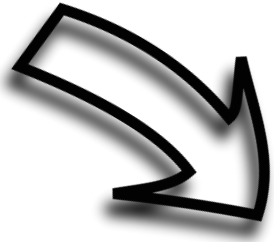

cca 2m
TRAIN LIKE
A HIGH-LEVEL ATHLETE

Uživatelský účet
+ stažení aplikace

Brýle (pošta)

BAUER

LIBEREC
BIG TYGŘI LIBEREC
VAUGHN



BONUS
BONUS
BONUS

neurotracker

ČESKOMORAVSKÝ SVAZ HOKEJBALU

Thank You