



## **Formation ViCo-Trainer for visual-cognitive Training in soccer**

**New: Formation can booked without license contract**

### **Dynamic Eye**

Sabine Nebendahl & Stefanie Hennigfeld

### **Dynamic Brain**


Matthias Nowak & Samir Tanjo

### **Soccer Coach**

Ralf Santelli



Mitglied im  
Bundesverband für  
visuelles und kognitives  
Training e.V.



**While the champions of earlier days were able to win with muscle strength, the athletic heroes of tomorrow will owe their success to their neurons\***

## The ViCo Trainer

Visual and cognitive training in soccer

Every soccer coach is looking for competitive advantages for his player.

It is obvious: the secret lies in the head! The greatest performance potentials are to be found in the visual and cognitive system! It is not only the innate talent we are looking for, but for an athlete with game intelligence, creativity and high adaptability.

In the decision-making chain from image & information acquisition to its processing in the brain and further into motor activities we strive for the perfect "double pass" between the eye and the brain.

Both can be trained specifically. For this purpose, specialists are needed for diagnostics and soccer specific training.

The ViCo-Trainer training links training contents from the concepts of DynamicEye (sports vision) and DynamicBrain (brain training in soccer). It combines all relevant teaching contents with one another, compact, up-to-date, forward-looking, practical and at the cutting edge of time. As a ViCo-Trainer, you are immediately able to incorporate the learned content into your training day.

\*Source:

„höher schneller weiter – alles Kopfsache?“  
ARTE Feature



ViCoTraining

**Keep your eyes on the ball –  
we teach you how!**



**Dynamic-Eye - Institut für SportsVision, leading provider for sports vision training in German speaking countries.**

Since January 2009 Sabine Nebendahl and Stefanie Hennigfeld are working in the field of sports vision-training. The trainer network in Germany, Austria and Switzerland analyzes visual skills of high performance athletes, designs training plans and train either in their own vision labs, at the Olympic Training Centre in Cologne, in training camps etc.

**Dynamic Brain – Brain training in soccer**

Since June 2010 Matthias Nowak and Samir Tanjo are developing a soccer specific brain training using the expertise of Prof. Dr. Thomas Schack (body mechanics, Uni Bielefeld) as well as from Torbjörn Vestberg and his team (Karolinska Institut, Stockholm). They pass on their experience from countless training hours in workshops, publications, lectures etc. Dynamic Brain – Gehirntaining im Fußball

**Soccer Coach Ralf Santelli**

As DFB Soccer Coach, Certified Sport Instructor and Health Coach, Ralf Santelli has a wide range of experience in the training of children, young athletes and German league players. He has been successful with Soccer Leagues Hannover96, Arminia Bielefeld, VfB Stuttgart and Red Bull – hence he can combine his soccer coaching skills with athletic, rehab and goalkeeper training.



**ViCoTraining**

# Vision is more than 20/20 acuity



## Workshop content DynamicEye Soccer:

What visual skills do soccer players need?

Compilation of "visual skills" in soccer using practical examples

How can the trainer find out at what level the athlete is?

Easy-to-use visual skills tests

Tools and equipment in training

Low budget and high-end equipment for soccer-specific training (FitLight, neurotracker, shutter glasses etc.)

Supported computer programs

Tasks for the athlete at home

Scientific background

Soccer-specific studies as a basis for our work

## Where the training starts:



Game intelligence at the highest level is also always a question of brain capacity and speed. Both can be trained well .



### Training content Dynamic Brain Soccer:

Instruction intelligent movement patterns for movement diversity and creation of free resources

Motion learning with ball

Knowledge about the individuality and variability of movement and technology

Feel for the ball beyond the ideal image

Rhythmic movement connections under spatial, temporal and dynamic aspects)

Training and promotion of executive functions

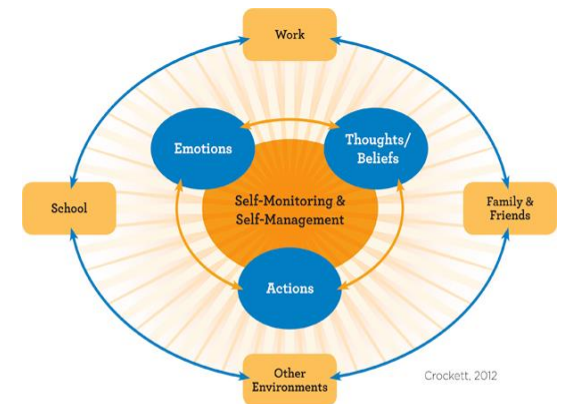
In the form of individual, partner and group exercises as well as playing forms

Imparting of a workout control in an open training architecture

Polyvalent training modules

Soccer-specific studies as basis for our work

### Where the training starts:



Executive Functioning - Internal and Environmental Interrelationships



# A new approach to optimizing success processes in soccer



01

**Physically:**  
fitness  
endurance  
strength

02

**Technically:**  
skills  
and  
tricks

03

**Tactically:**  
kick & rush  
pressing  
counterpressing

04

**Psychologically:**  
augment  
self-esteem  
motivation

05

**ViCo**  
scanning  
memorizing  
inhibition  
cognitive  
flexibility



Source: [www.dc-foundation.org](http://www.dc-foundation.org)



ViCoTraining

# ViCo Trainer Formation



Date: 04.-08.07.2018

Place: Sportschule Hennef  
Sövenner Str. 60  
53773 Hennef

Start: Wednesday, 04.07.2018, 1 p.m.  
End: Sunday, 08.07.2018, 1 p.m.

Please book and pay your accommodation directly :

Sportschule Hennef

Tel.: +49 (0) 2242 -886 0

E-Mail: [sportschule@fvm.de](mailto:sportschule@fvm.de)

Costs: € 1.428,00

incl. double DVD „ Dynamic Brain Gehirntraining im Fußball“ / E-Book „Kreativtraining im Fußball“  
(Price includes 19% VAT)

Participation in the formation can be combined with a license agreement. Cost 39 € per month. But, license agreement is not obligatory. For further information on licenses please see next page.

Registration and information at [sabine@dynamic-eye.de](mailto:sabine@dynamic-eye.de) Tel: +49-2235-985817



ViCoTraining



## The ViCo Trainer License Agreement

### Includes:

- Admission to the circle of ViCo-Trainer with certificate
- Recommendation by the Federal Association for Visual Cognitive Training e.V.
- Admission to the website [www.vico-training.com](http://www.vico-training.com)
- Refresher seminar once a year at reduced cost
- Special conditions for purchase of technical equipment, such as shutter glasses, FitLight etc.
- Access to sub-licenses for Neurotracker training
- Discount on DVDs of the "Dynamic Brain" series with drills

### Summary:

Costs: € 39,00 / month

Duration: 2 years

Can be terminated after 2 years

Monthly collection of the license fee by SEPA direct debit

