Effects of Eyebasics Training on the Batting Accuracy in University Female Softball Players
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Introduction
Eyebasics is a visual skills training program for athletes. The function of this training is to develop rapid responses to visual stimuli and concentration. Concentration, interchangeably used with attention, is usually required in any task performed. It is a skill that can be learnt and developed [3, 9].

Batting is an action that needs a combination of physical fitness, biomechanical and psychological skills. Ability to pay attention, concentrate and observe the fast movement of the ball plays an important role in batting.

The eyes send information to the brain to process and then send it to the body to respond to the situation. Without starting with full attention on the pitcher and ball, the batter might not estimate correctly and respond to hit the ball inaccurately although they are very good in physical and batting techniques [2].

Attention, concentration and focusing are very important in most sports. The higher the probability of a specific event, the greater is the attention paid to it [7]. Expert athletes are more efficient than non-experts or regular people to modulate their allocation of attention resources in order to better accomplish a task-specific information processing. For those sports that need more attention like skiing, skiers were more rapid in focusing on the cue and maintained focused attention for a longer time [10].

The most imposing restriction on vision is the very short duration of many sporting actions or events. Visual function can be improved by visual training and lead to improvement in batting performance [11]. It is supported by the study of Kohmura & Yoshigi (2004) on college male baseball players, with one of the experimental groups using the Speesion (a computer software program for improving and measuring visual function), while the other experimental group practiced watching high speed pitched baseballs and identifying the color of stickers on a ball. As a result, both experimental groups had significant improvements in some visual functions. Therefore, the training methods utilized here improve visual functions.

The effects of the Eyebasics training have been tested on different areas. McLeod & Hansen (1989) examined the effects of the Eyebasics training on static balance. After 4 weeks of the Eyebasics training for the experimental group, the performance by the trained group improved significantly. McLeod (1991) continued examining the effects of the Eyebasics training on motor behavior.
Effects of Thera-Band Training on the Performance of New Archers

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Introduction
Archery is the art, practice, or skill of propelling arrows with the use of a bow. Archery has historically been used for hunting and combat; in modern times, however, its main use is that of a recreational and competitive sport. It can be described as a relatively static sport requiring strength and endurance of the upper body in particular the forearm and shoulder girdle [8].

Skill in archery is defined as the ability to shoot an arrow to a given target in a certain time span with accuracy. Archery shooting is described as a three-phase movement as drawing, aiming and release [13]. Each of these phases represents a stable sequence of the collective movements and is ideal for studying the motor control and skill-acquired. The release phase must be well balanced and highly reproducible to achieve commendable results in an archery competition.

Resistance training is a form of strength training in which each effort is performed against a specific opposing force generated by resistance (i.e. resistance to being pushed, squeezed, stretched or bent). Resistance exercise is used to develop the strength and size of skeletal muscles [1]. Properly performed, resistance training can provide significant functional benefits and improvement in overall health and well-being.

Elastic resistance devices such as Thera-bands are being increasingly used for muscular conditioning for different aims and population types, as they are more affordable and more accessible than strength training equipment [17]. These devices allow for a larger range of motion with both concentric and eccentric muscle contractions [14]. Thera-bands also allows one to exercise in a controlled, safe manner by changing grip width or rubber stiffness to achieve a greater or lesser intensity of effort [11]. In addition and unlike free weights, the direction of the resistance does not depend on gravity since it is aligned with the orientation of the elastic device. The effects of Thera-band training have almost always been compared in mixed programs using Thera-bands together with weight machines and/or other equipment [5], and with participants using them in unsupervised home programs [4].

Thera-band training as an alternative to weight machines has been a recognized by physical therapists as an effective strategy to rehabilitate patients by providing a new strength base from which to move back into more traditional forms of weight machine training. Thera-bands can offer a significant physiological benefit that is comparable to weight machines in the early phase of strength training [6]. They demonstrated that even with minimal resistance training stimulus the Thera-bands were able to produce modest increases in strength and fat free mass.