



SALIVISION

User Manual

Read carefully before use!



Salibandy s.r.o | IČO 09244476

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1. IMPORTANT SAFETY WARNINGS

SALIVISION IS NOT PROTECTIVE EYEWEAR OR FACE PROTECTION.

The product does not provide protection against impacts (balls, pucks, floorball sticks, hockey sticks, or any other sports equipment and objects), nor against physical contact with other persons. The product does not meet protective eyewear standards.

SALIVISION IS PROHIBITED FROM USE:

- Competitive matches and tournaments (official or unofficial).
- Intense play and game drills with uncontrolled movement.
- 1-on-1 situations (defense, attack, ball/puck battles).
- Any situation with risk of personal contact with another player.
- Must not be used outside controlled training environments.
- In regular traffic (walking, cycling, scootering, rollerblading, or driving motor vehicles).

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PRODUCT COMPONENTS



4. Filters



5. Foam frame



1. Frame / 3. Velcro



2. Strap

1. Frame

2. Strap

3. Velcro (hook)

4. Filters (bottom, side, full)

5. Foam frame

2. INDICATIONS AND TRAINING PURPOSE

Purpose and target group:

Salivision is a specialized sports training aid designed for all athletes aged 14+, adults and masters (40+).

Approved environment:

Exclusively for non-contact individual training (e.g., solo ball/puck work, shooting on goal without a defender, coordination drills and specific goalkeeper training) or for controlled exercises under direct coach supervision where contact with another player or impact to face/eyes is completely eliminated.

Training mechanism:

Deliberate and temporary restriction of the field of vision using interchangeable filters. This process stimulates the brain and central nervous system (CNS) for rapid response and adaptation to challenging conditions. The restriction of visual field and reduced spatial awareness is the intended and primary function of the device.

Target benefit:

The product effectively leverages natural physiological processes of the human body. It helps develop specific cognitive and motor skills that are difficult to achieve through standard training methods.

MANDATORY POST-USE PHASE

Immediately after removing the glasses, a physiological process of temporary visual cortex overstimulation occurs. For 2-3 minutes after removal, the athlete must remain still to allow safe visual readaptation to full vision. The positive training effect (enhanced perception sharpness and faster reactions) fully manifests in subsequent play only after this mandatory rest phase.

ABSOLUTE CONTRAINDICATIONS

States where the product MUST NOT be used under any circumstances

- Photosensitive epilepsy and increased susceptibility to epileptic seizures.
- Severe migraines.
- Recent concussion or head injury (within the last 6 months).
- Severe binocular vision disorders (strabismus, amblyopia).
- Recent eye surgery (including laser, within the last 6 months).
- Vestibular system disorders (Ménière's disease, vertigo).
- Under the influence of alcohol, CNS-depressant medications, or drugs.

RELATIVE CONTRAINDICATIONS

States requiring increased caution, supervision, or physician consultation

Use with limitations, modified training plan, or after physician approval:

Age 14–17 (Youth)

Due to ongoing nervous system development, training for persons under 18 must always be under constant adult supervision (parent, coach). Strictly monitor training duration (10–15 min) and stop immediately at the slightest signs of fatigue.

Pregnancy

Only after physician consultation with maximum caution. Due to shifted center of gravity and possible dizziness, there is increased fall risk. Recommended to train only in safe environments (e.g., seated or with support).

Older persons and seniors (40+ / Masters)

Naturally reduced stability. Combined with restricted vision, high risk of falls and fractures. Training must be shorter and focused on static exercises.

Acute health conditions (infection, fever, severe exhaustion)

Weakened organism, CNS lacks capacity for neuroplastic training. Risk of rapid brain overload, fainting, or injury.

High intraocular pressure or glaucoma

Increased concentration and eye muscle strain may slightly elevate eye pressure in at-risk patients. Consult an ophthalmologist.

Common refractive errors (wearing prescription glasses or contact lenses)

If the user wears distance or reading glasses, they must always use their regular contact lenses during Salivision training. The training aid is not designed for simultaneous use over prescription glasses. Training without necessary refractive correction causes faster brain fatigue, sharp headaches, and increased fall risk due to blurred vision.

Dry eye syndrome

During intense concentration, people blink less. Eyes burn, redden, and tire quickly. Training must be shortened with breaks.

Glass eye (prosthesis) or blindness in one eye

Training may help improve spatial perception with one eye, but must proceed very slowly and in strictly static mode to avoid overloading the single functional eye.

Attention deficit disorder (ADHD) or hyperactivity

These individuals may have trouble staying calm during exercises and may behave rashly, which in restricted vision increases collision risk.

Anxiety disorders or claustrophobia

Covering part of the field of view may trigger panic, anxiety, or rapid heartbeat in sensitive individuals. Remove the glasses immediately at first symptoms.

Movement limitations (back pain, joint issues, post-injury conditions)

The brain loses full visual control of the surroundings, so the body must compensate balance more through muscles. This can overload already painful back or joints. Recommended to train without dynamic direction changes.

3. PHYSIOLOGICAL PROCESSES AND FUNCTION

Salivision works based on scientifically described physiological processes with positive significance for athlete development.

PHYSIOLOGICAL EFFECT	MECHANISM	SPORTS BENEFIT
Gaze Up Enhancement	Combined neuro-visual effect. The glasses use filters to force the eyes and head to look upward. This triggers all the processes listed below (RAS activation, magnocellular pathway, VOR, and cervical reflexes).	Comprehensive increase in game intelligence. The athlete achieves upright posture, stops watching the ground, sees the field in 3D, and can make decisions up to 30% faster under pressure.
Increased proprioception (Position sense)	Vision cannot control fine foot or hand movement near equipment; movement control must be completely taken over by the motor cortex and tactile receptors (in palms for stick, in feet for boots/ball).	Automation of technique and muscle memory. Ball, puck, or stick control becomes fully automatic. The player frees brain capacity for tactical decision-making. The goalkeeper automates movement patterns to reflex level.
Shortened eye reaction time – Ocular saccades	Restricted visual field forces the eyes to perform faster and more precise jerky movements (saccades) from side to side so the brain gathers maximum information from the surroundings.	Trains dynamic visual acuity and eye muscle speed. After removing glasses, the eye can instantly refocus between detail (ball) and whole (goal/opponent), shortening reaction time.
Reticular Activating System (RAS) activation	Looking upward mechanically stimulates the neural network in the brainstem. This triggers norepinephrine release, which instantly switches the brain into high alertness mode.	Immediate increase in alertness. The athlete stops being passive, their nervous system 'wakes up' and can react instantly to game stimuli.
Magnocellular visual pathway engagement	This fast neural pathway has thicker fibers and carries signals to the brain preferentially. It does not process details or colors but focuses purely on space, direction, and speed of moving objects.	Extreme acceleration of game reading. The player or goalkeeper can perceive opponent and puck/ ball movement across the entire field much earlier than if they had to directly focus with central vision.
Vestibulo-ocular reflex (VOR) modulation	With the head raised, eye muscles must cooperate more intensively with the vestibular system in the inner ear to maintain a stable image of the body in motion.	Higher dynamic stability. The goalkeeper during rapid slides or the player during sharp dekes will not lose spatial orientation. The image stays sharp and perfect balance is maintained.
Cross-Modal Plasticity theory	The brain compensates for visual restriction by temporarily lending unused visual cortex capacity to other senses. Brain areas for vision begin responding to auditory or tactile stimuli.	Unmasking of hidden potential: Unblocks neural pathways the brain normally ignores. Increases auditory and tactile sensitivity for better spatial orientation. Goalkeeper better perceives ball bounces by hearing.
Sensory Reweighting	When the visual field is partially restricted, the brain detects that the visual signal is unreliable. It immediately increases the importance of information from internal body perception (proprioception) and balance (vestibular system).	Improved body sense and balance precision. Enhances dynamic stability. Player better perceives center of gravity during dekes and dribbling. Goalkeeper gains perfect control of positioning in the crease.

3. PHYSIOLOGICAL PROCESSES (continued)

PHYSIOLOGICAL EFFECT	MECHANISM	SPORTS BENEFIT
Sensory compensation and minimum sample theory	Short-term visual field restriction forces the athlete to develop higher sensitivity to peripheral visual stimuli. It teaches the brain to extract key information from an incomplete image.	Development of superior anticipation (prediction). The brain fills in missing data. The player recognizes the opponent's intent from a shoulder or hip movement hint. The goalkeeper reads shot direction from the wind-up alone.
Homeostatic neuroplasticity and neural overshoot	Short-term restriction of part of the visual field triggers rapid adaptation in the primary visual cortex, which tries to maximize sensitivity to remaining stimuli.	Visual overshoot effect after training. After removing the glasses, temporary visual hypersensitivity occurs. The brain processes the full image with extreme efficiency. Both players and goalkeepers perceive object movement more sharply and react visibly faster.
Predictive Coding theory	The brain constantly creates models of what will happen next. If it sees only part of the scene, it must generate much stronger internal predictions to fill in the gaps.	Accelerated visuomotor timing. The player reacts sooner and more accurately estimates pass trajectory. The goalkeeper instantly calculates trajectory and makes the save where the ball is heading.
Efficient Information Processing theory	By limiting visual samples, the athlete is forced to use remaining visual stimuli much more efficiently. The brain learns to infer missing parts of movement from minimal data.	Increased cognitive flexibility. Teaches the brain to work more efficiently under pressure, uncertainty, and difficult conditions. Helps both players and goalkeepers maintain composure during chaotic scrambles in front of the goal.
Visual dominance suppression	In most athletes, vision dominates other senses so much that excessive detail processing can slow reactions. The glasses deliberately weaken this dominance.	Activation of instinctive action. Disabling visual dominance activates lightning-fast subconscious neural pathways. Visual alertness increases. Both players and goalkeepers become extremely focused on key action.
Quiet Eye Effect (key point fixation)	Reducing unnecessary visual stimuli through filters forces the brain to instantly find the most important point in the surroundings and fixate on it steadily for a split second.	Increased action accuracy and save success rate. The player instantly targets the weak spot in the goal just before shooting. The goalkeeper perfectly fixates on the ball at the moment of the shooter's wind-up.
Visual Noise Filtering	The glasses mechanically filter out the lower or lateral chaos on the field. The brain learns during training to ignore irrelevant stimuli and focus only on pure play.	Resistance to visual fatigue and attention loss. Conserves visual cortex energy. Both players and goalkeepers maintain 100% sharpness and concentration in the final minutes of the game when others lose focus.
Cognitive Task-Switching optimization	The glasses constantly change image quality and range during head movement. The brain is forced to continuously update its internal situation model and switch between different tasks at lightning speed.	Speed of adaptation to unexpected changes and deflections. The athlete doesn't freeze on deflections. The player instantly changes plan on ball loss. The goalkeeper reacts instantly to unexpected direction changes or close-range rebounds.

BENEFITS FOR PLAYERS

Thanks to the described physiological processes, Salivision training helps PLAYERS effectively develop and improve:

1. Correct body posture

Forces upright back and healthy posture during movement with ball or puck.

2. Increased game intelligence

The athlete achieves upright posture, stops watching the ground, sees the field in 3D, and can make decisions up to 30% faster under pressure.

3. Higher dynamic stability

The player won't lose spatial orientation during sharp dekes. The image stays sharp and perfect balance is maintained.

4. Head-up play

Eliminates the habit of constantly watching the ground and equipment at own feet.

5. Scanning (Field awareness)

Significantly increases the frequency and quality of monitoring the playing space around oneself.

6. Technique automation

Refines and sensitizes equipment control (dribbling, handling) and frees brain capacity for tactical decision-making and creativity under pressure.

7. Decision speed and quality

Shortens reaction time for situation evaluation and accelerates visual information processing in the brain (when and where exactly to pass).

8. Dynamic stability

Improves balance and body position awareness during dekes and direction changes.

9. Anticipation and game reading

Develops the ability to anticipate game action and predict opponent's intent from minimal visual data (e.g., from a defender's shoulder movement).

10. Finishing accuracy

Improves targeting of the key point (e.g., goal corner) just before shooting through instant fixation of the most important stimuli.

11. Speed of adaptation

Accelerates reaction and ability to instantly change action plan on unexpected equipment deflections or immediate ball/puck loss.

12. Resistance to visual fatigue

Teaches the brain to ignore distracting stimuli (spectators, ads) and conserves energy for maximum concentration in the final minutes of the game.

13. Immediate alertness boost

The nervous system wakes up and can react instantly to game stimuli.

BENEFITS FOR GOALKEEPERS

Thanks to the described physiological processes, Salivision training helps GOALKEEPERS effectively develop and improve:

1. Stable stance

Forces ideal upright head and body position in stance and on knees, preventing optical dropping into the goal.

2. Increased game intelligence

The athlete achieves upright posture, stops watching the ground, sees the field in 3D, and can make decisions up to 30% faster under pressure.

3. Higher dynamic stability

The goalkeeper won't lose spatial orientation during rapid slides. The image stays sharp and perfect balance is maintained.

4. Eliminating ground watching

Eliminates the habit of looking down, enabling the goalkeeper to constantly track play at distance.

5. Save and reflex automation

Converts basic movement patterns (shifts, angle coverage) to the level of pure, subconscious reflex.

6. Spatial orientation in the crease

Improves body position awareness relative to the goal and orientation in the crease area without visual line checking.

7. Shot trajectory prediction

Develops the ability to instantly read shot direction from the wind-up or shooter's body position, even when the goalkeeper's view is screened.

8. Faster shot reaction

A brain trained on incomplete images calculates the trajectory of a flying object sooner and directs the save where the ball/puck is heading.

9. Catching and deflection success

Trains the ability to perfectly fixate on the detail (ball/puck) at the moment of the shooter's wind-up, significantly increasing save success rate.

10. Deflection and rebound reactions

Significantly accelerates cognitive switching, enabling the goalkeeper to instantly react to unexpected direction changes, screened shots, and close-range rebounds.

11. Scramble management

Teaches the brain to work efficiently and without panic in chaotic, difficult situations in front of the crease.

12. Long-term concentration

Increases visual alertness and ability to maintain 100% eye contact with play throughout the entire game regardless of fatigue from surrounding noise.

13. Immediate alertness boost

The nervous system wakes up and can react instantly to game stimuli.

4. PUTTING ON, REMOVING AND HANDLING THE FRAME

Strap adjustment before first use

Before your first training, you must adjust the strap correctly. The frame must sit firmly on the face. It must not move during rapid movement. However, the strap must not choke or press.

1. Loosen the strap to its maximum size.
2. Put on the glasses with the strap sitting exactly on top of your head.
3. Remove the glasses and slightly tighten the strap.
4. Put the glasses back on. Repeat until the frame fits ideally.

Correct position: The frame must sit on the bridge of the nose. The frame construction must not obstruct your field of vision anywhere.



Correct procedure for putting on the glasses

1. First place the elastic strap on top of your head.
2. Always use both hands to put on the frame.
3. Grip the glasses at the outer edges (where the strap connects to the frame).
4. Pull slightly forward. Gently seat the glasses on the nose and face.

Correct procedure for removing the glasses

1. Always remove the glasses using both hands.
2. Grip the frame at the outer edges near the strap attachments.
3. Pull slightly forward and slowly remove the glasses from the face.

IMPORTANT WARRANTY NOTICE

Any removal of the glasses with one hand, forceful pulling, or jerking may damage the frame or stretch the strap. The frame is designed only for putting on and removing, not for switching and pulling beyond its intended use. Mechanical damage caused by improper handling will not be accepted as a valid warranty claim.

5. PUTTING ON, REMOVING AND HANDLING FILTERS

This section describes handling the special training filters using the velcro system.

Correct procedure for mounting filters

Always mount filters before putting the glasses on your head. NEVER mount filters while wearing the frame! Risk of eye injury or frame damage.

1. Before each use, check that the velcro is clean, functional, and undamaged.
2. Place the filter at the designated position on the frame.
3. Press the filter firmly against the frame with your fingers at the velcro contact point.
4. Simply placing the filter is not enough. You must manually press the velcro for maximum attachment.



Bottom filter



Side filter



Full filter



Bottom + Side

Correct procedure for removing filters

Always remove filters after taking the glasses off your head.

1. Hold the plastic frame firmly with one hand.
2. Grip the filter as close to the velcro contact point as possible.
3. Slowly and smoothly peel the filter from the frame.
4. Never pull the filter sharply, jerkily, or at points where the velcro doesn't touch.

IMPORTANT WARRANTY NOTICE

Sharp, jerky pulling or pulling at the wrong part of the filter may cause the velcro to peel off or tear from the material. Mechanical damage caused this way is considered user error and will not be accepted as a valid warranty claim.

6. EYE TESTS

Introduction to training tests

Before using the Salivision training aid, we recommend performing a simple eye test. This test will help reveal your natural visual setup and determine which filter combinations will be most effective for your individual development.

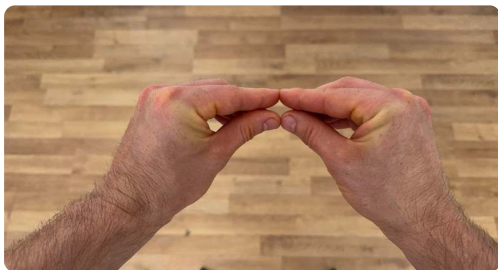
IMPORTANT LEGAL NOTICE

This test serves exclusively for proper configuration of Salivision training filters. It does not in any way replace a professional medical eye examination by an ophthalmologist or optometrist and has no diagnostic character.

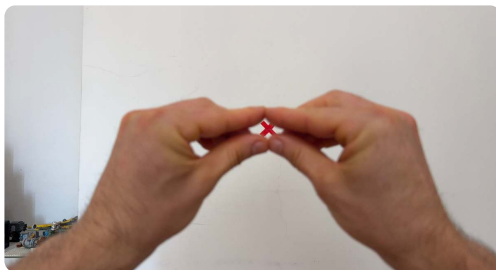
Eye dominance test (Basic test for monocular filters)

The athlete must perform this test to know which eye to cover for weak/dominant eye training.

How to perform the test:



1-2. Join fingers to form a triangle



3. Look through at a distant point

1. Extend both hands in front of you.
2. Join the thumbs and index fingers of both hands to create a small triangle.
3. Look through this window with both eyes at a small distant object in the room.
4. Close each eye one at a time.

DOMINANT RIGHT EYE - if you closed your left eye and the target remained visible and didn't jump.

DOMINANT LEFT EYE - if you closed your right eye and the target remained visible and didn't jump.

Why it's relevant: Determines which filter (left or right) to use for eye dominance training and the unmasking effect.

INDIVIDUAL FILTER MOUNTING

Correct mounting of individual filters

FILTER	MOUNTING METHOD	PHOTO
Bottom filter	Bottom filter placement is defined by the frame shape, positioning so the bottom edge of the filter precisely aligns with the bottom edge of the frame.	
Side filter	Side filter intensity can be adjusted. Maximum coverage: outer edge copies the frame's outer edge. Minimum: at least 50% velcro contact between filter and frame.	
Full filter	Full filter placement is defined by the frame shape, positioning the full filter on the frame edges so no filter material protrudes.	
Bottom + Side filter	When combining bottom and side filters, always mount the side filter first (which has front-facing velcro). Then attach the bottom filter to this velcro.	

IMPORTANT WARNINGS AND PROHIBITIONS

Each filter is designed exclusively for its specific position and training type according to the approved usage table.

PROHIBITED position swaps: Strictly forbidden to place filters in positions other than manufacturer-designated ones.

PROHIBITED unapproved combinations: Strictly forbidden to combine filters in ways not expressly permitted in this documentation.

Any change of designated filter position or creation of an unapproved combination may cause dangerous visual field restriction. The manufacturer fully disclaims any liability for resulting damages.

7. APPROVED FILTER COMBINATIONS - PLAYERS

BOTTOM FILTER			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
1. Bottom filters on both eyes	Completely blocks the lower visual field of both eyes. The player loses visual control of the ball/puck below their feet.	Why: Forces upright posture, chin up, and technique automation. When: To broadly eliminate the habit of watching equipment on the ground.	1. Ball handling while walking with head up. 2. Passing in pairs at slow pace. 3. Slalom through cones blindly.
2. Bottom filter on one eye	Blocks lower view for one eye only. Disables 3D perception of equipment on that side. Forces the brain to switch to monocular ground tracking.	Why: Eliminates side imbalance. Filter on weak limb side activates tactile receptors. When: To train weak foot, place filter on same-side eye.	1. Ball handling exclusively with weak foot. 2. Stationary dribbling left to right. 3. Deking toward the filtered side.

SIDE FILTER			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
3. Side filters on both eyes	Completely blocks peripheral field on both sides (tunnel vision). The player sees only what is directly ahead.	Why: Forces constant head turning (scanning) before receiving passes. When: Player plays blind and doesn't notice defenders approaching from sides.	1. Receiving pass with head turn. 2. Ball handling + reading numbers on teammates' hands. 3. Keep-ball game with mandatory visual check.
4. Side filter on one eye	Blocks peripheral view on one side only. The player has a dead angle and cannot see there with peripheral vision.	Why: Forces extreme head rotation to the restricted side. When: Training the weaker body side when player only turns to their preferred side.	1. Handling along the boards. 2. Triangle passing from blind side. 3. Slalom with sudden obstacles from the side.

FILTER COMBINATIONS - PLAYERS (cont.)

FULL FILTER			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
5. Full filter on dominant eye	Completely shuts off the eye the brain normally prefers. Forces the brain to immediately activate and train the weaker, non-dominant eye.	Why: Balances hidden visual imbalances. Expands visual field on previously neglected side. When: Player one-sidedly overloads vision.	1. Stationary dribbling focused on fixed point. 2. Receiving passes from various directions. 3. Slow slalom through cones while walking.
6. Full filter on non-dominant eye	Isolates dominant eye. It must do all work alone without support and 3D image composition from the other eye.	Why: Sharpens visual targeting on detail, trains extreme concentration (Quiet Eye). When: Training absolute finishing accuracy.	1. Stationary shooting for corner accuracy. 2. Fast-paced ball juggling. 3. Catching tennis balls by hand from the side.
BOTTOM + SIDE			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
7. Bottom and side filters on both eyes	Extreme tunnel vision only forward and up. No peripheral vision to sides, no view below feet.	Why: Total isolation from equipment and side noise. Forces absolute technique automation. When: For advanced players who still drop their gaze at speed.	1. Ball handling at speed with head turning. 2. Receiving pass in motion + scanning. 3. Blind slalom with coach signals.
8. Bottom both + side on one eye	The player can't see below feet. Complete dead angle on one side, while peripheral vision works on the other.	Why: Creates asymmetric pressure. Forces equipment control by feel and compensating overview loss on one side. When: For wing forwards at the boards.	1. Handling with weak hand/foot. 2. Passing from blind side. 3. Dribbling with audio signal reaction.
9. Side both + bottom on one eye	Side view completely blocked. Downward view cut for one eye only, disrupting 3D depth perception below feet.	Why: Isolates forward game view and causes motor confusion in one specific limb. When: Training rapid forward play transition.	1. Fast dribbling with under-foot shift. 2. Ball reception and immediate finishing. 3. Running centrally reacting to colored targets.

CRITICAL WARNING: SIMULTANEOUS USE PROHIBITED

Monocular occlusion filters are designed exclusively for single-eye training.

STRICT PROHIBITION: It is strictly forbidden to use two full filters simultaneously (i.e., mounting a filter on both the left and right eye at the same time). Simultaneous use of both full-eye filters is a gross violation of the user manual. The manufacturer bears no responsibility for any resulting health or property damage.

FILTER COMBINATIONS - PLAYERS (final)

FULL + BOTTOM			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
10. Dominant eye covered + non-dominant bottom filter	Stronger eye is completely off. Weaker eye is the only active one but has blocked downward view. The player sees only the space ahead through their weaker eye.	Why: Extreme eye dominance tamer. Forces the brain to transfer equipment control to touch and muscle memory. When: Maximum side imbalance removal.	1. Stationary dribbling watching the coach. 2. Receiving and one-touch returning. 3. Balance exercises on bosu with dribbling.
11. Non-dominant eye covered + dominant bottom filter	Weaker eye is off. Dominant eye works alone but cannot see the ground below. The player sees only forward through dominant eye.	Why: Isolates dominant eye, sharpens visual targeting (Quiet Eye). Forces hemisphere to rapidly evaluate situations. When: Training absolute finishing accuracy.	1. Stationary shooting without preparation. 2. One-hand ball catching. 3. Maximum frequency dribbling for 10 seconds.
FULL + SIDE			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
12. Dominant eye full filter + non-dominant side filter	Completely shuts off dominant eye. Brain must receive information only from non-dominant eye. Side filter removes its peripheral vision.	Why: Removes one-sided visual overload. Forces brain to trust information from weaker eye. When: Early prep for players who can't see space on their weak side.	1. Stationary dribbling reading numbers. 2. Triangle passing on the spot. 3. Shooting after receiving from dead angle.
13. Non-dominant eye full filter + dominant side filter	Weaker eye is off. Strong dominant eye leads but has no lateral space. Brain must force rapid saccades to the side.	Why: Speeds up dominant eye work. Teaches head turning instead of just eye movement. When: Improving game awareness behind the player.	1. Reading cone colors around the player. 2. Catching tennis balls slowly. 3. Stationary shooting at precise target.
SIDE + BOTTOM			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
14. Dominant eye side + non-dominant bottom filter	Dominant eye loses side overview, non-dominant loses ground control. Extreme cross-hemispheric loading.	Why: Breaks automatic visual habits. Teaches the player to perceive ball at feet only peripherally and look up. When: For advanced players looking down at feet.	1. Controlled slalom with head up. 2. Passing with head turning. 3. First-touch shooting after turning.
15. Non-dominant eye side + dominant bottom filter	Strong dominant eye has blocked downward view. The player sees space ahead but loses visual contact with ball/puck. Side space on weaker side also cut.	Why: Maximum proprioception training (touch in hands/feet). Forces 100% tactile equipment control. When: Advanced phase of technical preparation.	1. Stationary dribbling with obstacle. 2. Slow handling copying coach. 3. First-touch passing without looking down.

7. APPROVED FILTER COMBINATIONS - GOALKEEPERS

BOTTOM FILTER			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
1. Bottom filters on both eyes	The goalkeeper's view of feet, crease, and goal line is blocked. They can only see the shooter and the trajectory of the flying ball/puck from above.	Why: Forces 100% trust in spatial orientation (goalkeeper's internal GPS). When: When the goalkeeper looks down while making saves.	1. Quick lateral slides without looking at posts. 2. Catching shots while kneeling. 3. Charging out toward the shooter and quick return.
2. Bottom filter on one eye	Blocks the downward view for one eye only. The goalkeeper loses depth perception for objects low on the ground on that side.	Why: Balances body asymmetry. Forces the brain to engage the weaker limb reflexively. When: For training weak-side low saves.	1. Catching low shots to the bottom corner. 2. Clearing rebounds on the blind side. 3. Tracking cross-ice passes along the ground.
3. Side filters on both eyes	The goalkeeper loses awareness of cross-ice spaces and corners. They can only see the shooter directly ahead, not players on the sides.	Why: Forces lightning-fast and aggressive head turning from side to side. When: When the goalkeeper only rolls their eyes sideways instead of turning their head.	1. Tracking quick passes from corner to corner. 2. Catching shots with players crashing the net. 3. Lateral movement with head-turn orientation.

FILTER COMBINATIONS - GOALKEEPERS (cont.)

SIDE + FULL FILTER			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
4. Side filter on one eye	Blocks peripheral vision on one side only. The goalkeeper has a blind spot and cannot see peripherally on that side.	Why: Forces extreme head turning toward the restricted side. When: For training the weaker side of the body.	1. Stick handling along the boards. 2. Triangle passing from the blind side. 3. Slalom with sudden obstacles from the side.
5. Full filter on dominant eye	The goalkeeper loses 3D vision. The brain must immediately recalculate distance estimation using only the weaker, non-dominant eye.	Why: Forces the brain to heavily engage hearing and internal orientation. When: When the goalkeeper reacts slower to shots on the visually weaker side.	1. Catching long-range shots in ready position. 2. Tracking trajectory from various angles. 3. Static angle coverage on the goal line.
6. Full filter on non-dominant eye	Completely isolates the goalkeeper's dominant eye. It must instantly locate the key detail (ball/puck) without help from the other eye.	Why: Trains the ability to instantly fixate on a flying object at the moment of the shot. When: When the goalkeeper loses eye contact during fast shots.	1. Catching hard shots from distance. 2. Saving shots from behind a stationary screen. 3. Catching rebounded balls from a rebounder.
BOTTOM + SIDE			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
7. Bottom and side filters on both eyes	The goalkeeper has extremely narrowed vision, seeing only the shooter ahead. Cannot see feet, goal line, or cross-ice passes.	Why: Forces maximum alertness and rapid head turning. 100% reliance on muscle memory. When: For advanced goalkeepers to eliminate head passivity.	1. Tracking passes around the crease perimeter. 2. Saving shots with lateral movement without checking lines. 3. Angle saves in upright stance.
8. Bottom on both + side on one eye	The goalkeeper cannot see below and simultaneously has completely blinded peripheral vision on one side.	Why: Trains guarding the near-post area by feel while fully focusing on center and opposite side. When: When the goalkeeper fails on cross-ice passes from the weak side.	1. Sliding from post to post. 2. Catching ground-level shots to the blind corner. 3. Charging out from the blind side toward the shooter.
9. Side on both + bottom on one eye	Blocked side awareness. Ground view cut for one eye, disrupting depth perception for low shots.	Why: Isolates eye contact on the play ahead and forces one leg/hand to reflexive saves without 3D targeting. When: For balancing reflex asymmetry on ground-level shots.	1. Catching shots just above floor level. 2. Clearing close-range rebounds. 3. Knee-sliding with gaze fixation.

FILTER COMBINATIONS - GOALKEEPERS (final)

FULL + BOTTOM			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
10. Dominant eye covered + non-dominant bottom filter	Stronger eye is blind. Weaker eye is active but cannot see the ground, knees, or goal line.	Why: Forces the brain to rapidly compensate for the visual deficit. The weaker eye is trained to track long-range shots. When: When the goalkeeper reacts slower to shots on the visually weaker side.	1. Catching light shots from a stable stance. 2. Catching balls from a rebounder. 3. Static angle coverage on the goal line.
11. Non-dominant eye covered + dominant bottom filter	Weaker eye is off. Stronger eye works in isolation but has completely blocked downward view.	Why: Triggers maximum visual alertness (overshoot effect). Trains puck/ball fixation at the moment of the shot. When: When the goalkeeper loses eye contact on screened shots.	1. Catching hard shots from distance. 2. Saving shots from behind a screen. 3. Catching colored reaction balls.
FULL + SIDE			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
12. Dominant full filter + non-dominant side filter	The goalkeeper is entirely dependent on the non-dominant eye. The side filter blocks periphery, forcing the brain to extremely speed up trajectory estimation of the flying object.	Why: Improves depth perception and speed estimation with the weaker eye. Forces the goalkeeper to move their body more toward the shot. When: For training reaction to long-range shots.	1. Catching rebounds from a reaction net. 2. Touching cones around the goalkeeper. 3. Tracking trajectory of rolling balls.
13. Non-dominant full filter + dominant side filter	Uses the strength of the dominant eye but its periphery is artificially cut off. The goalkeeper loses information about the space from which corner passes arrive.	Why: Forces active space scanning (head-turns). Prevents gaze freezing on one spot. When: For training situations when play quickly moves from behind the net.	1. Tracking a pass from the corner + quick lateral move. 2. Juggling two tennis balls. 3. Shots from behind a screen with active peeking.
SIDE + BOTTOM			
COMBINATION	MECHANISM	WHY AND WHEN	EXERCISE EXAMPLE
14. Dominant eye side + non-dominant bottom filter	The goalkeeper has limited side vision on one side and the weaker eye loses control of the space just above the ground.	Why: Improves reaction to bounced balls on the ground and forces more body movement downward. When: For practicing quick reactions to close-range rebounds.	1. Covering low-flying balls. 2. Scanning the lower space from left/right. 3. Catching rebounds from distance.
15. Non-dominant eye side + dominant bottom filter	Dominant eye is cut off from the lower field, the goalkeeper cannot see below their hands/equipment. Non-dominant eye has its side cut. Reduced estimation on shots under the pads from an angle.	Why: Forces the goalkeeper to keep their head in active alert and work with weight transfer. When: For goalkeepers who fail on shots between the legs or under the arm from an angle.	1. Catching tennis balls below waist level. 2. Shadowing the puck in the crease. 3. Reaction to a clap with a low start.

TRAINING SCHEDULE AND FILTER SESSION FREQUENCY

Training with the spatial occlusion method places high demand on the central nervous system (CNS). Neuroplasticity and the brain need recovery time after training, just like muscles. Excessively long sessions can lead to eye fatigue, headaches, and loss of coordination.

AGE CATEGORY	RECOMMENDED TIME	WEEKLY FREQUENCY	RATIONALE
Youth (14-17 years)	10-15 minutes maximum	2x-3x per week (min. 48h rest)	The nervous system and visual apparatus of adolescents are still developing. The brain responds to neurostimulation very quickly (high plasticity) but also fatigues rapidly.
Adults & Pro (18-40 years)	15-25 minutes maximum	3x-4x per week (can be pre-game)	The adult CNS is fully developed and highly resistant to cognitive load. This time range is optimal for achieving the visual overshoot effect and automating muscle memory.
Veterans & Masters (40+ years)	10-20 minutes maximum	2x per week (with static drills)	After age 40, focusing speed and eye convergence reaction time naturally slow down. The brain needs more time to adapt. Shorter but regular training effectively maintains eye fitness.

General Mandatory Rules for All Categories

1. Principle of Progression: For the first two weeks, always start at the lower time limit (5-10 minutes) with the simplest bottom filter. Only increase time after the brain has adapted.
2. Mandatory Post-Training Adaptation: Immediately after removing the glasses, the athlete must remain completely still for 2-3 minutes. During this time, the CNS re-adapts to full vision. It is strictly forbidden to sprint or engage in contact play during these 3 minutes.
3. Immediate Training Stoppage: If the athlete feels dizziness, nausea, eye pressure, visual flickers, or sharp headache, the glasses must be removed immediately.
4. No Time Accumulation: The stated times are maximum daily limits. It is strictly forbidden to train with the glasses for extended continuous periods (e.g., 60 minutes).

MANDATORY CATALOG OF APPROVED CONFIGURATIONS

User safety and correct training effect are guaranteed only when approved configurations are followed. The manufacturer strictly defines the permitted ways to use the Salivision training aid.

I. List of Exclusively Approved Training Filter Configurations

1. Basic standalone filters: Use of only bottom filters OR only side filters on both eyes simultaneously.
2. Asymmetric standalone filters: Use of one bottom OR one side filter on one chosen eye.
3. Standalone monocular filter: Complete coverage of only the left OR only the right eye.
4. Bottom and side filter combination: Simultaneous use of bottom and side filters according to approved training options.
5. Bottom and side filter combination: Simultaneous use of a bottom filter on one eye and a side filter on the other eye.
6. Monocular and bottom filter combination: One eye fully covered, the other eye covered only with a bottom filter.
7. Monocular and side filter combination: One eye fully covered, the other eye covered only with a side filter.

II. Absolute Prohibition of Unapproved Combinations

Any other filter combination not explicitly listed above is STRICTLY PROHIBITED. The following are considered prohibited and health-hazardous:

- Complete coverage of both eyes simultaneously (total loss of vision).
- Use of unapproved or homemade modified filters.
- Placing more than two training filters on one eye simultaneously.

III. Legal Clause and Liability Disclaimer

1. Warranty Void: Use of the product in violation of this catalog constitutes a gross breach of the user manual. It results in immediate loss of warranty rights.
2. Liability Rejection: The manufacturer, importer, and distributor bear no responsibility for any injuries, accidents, or damages resulting from the use of prohibited filter combinations.
3. Assumed Risk: The user acknowledges that intentional restriction of the field of view beyond approved training configurations radically increases the risk of disorientation and falls. Such actions are taken entirely at the user's own risk.

EQUIPMENT CARE

1. Storing in the Case and Transport - Velcro Protection

You will receive your Salivision aid in a protective hard case. The glasses inside are wrapped in a textile insulation pouch and have full (monocular) filters attached. Each additional pair of training filters is stored in separate insulation pouches.

After every use, you must return the glasses and filters to exactly this state:

1. Attach full (monocular) filters to the glasses frame.
2. Place the glasses back into their textile insulation pouch.
3. Place all other filters into their separate pouches.
4. Only then place the pouches into the hard protective case.

Why: The inside of the case and elastic strap are made of fine textile. If you do not place the glasses in protective pouches, the Velcro will catch and irreversibly tear them.

2. Velcro Care and Temperature Protection

Velcro naturally collects sweat, dust, hair, and jersey fibers during training.

1. Regular cleaning: After every use, gently clean the Velcro with a soft brush or remove caught debris with your fingers.
2. Protective storage: Immediately after cleaning, store filters in insulation pouches.
3. High temperature prohibition: Never expose the glasses to high temperatures. It is strictly forbidden to dry on a radiator, blow-dry with hot air, or leave in direct sunlight behind a car window.

3. Hygiene, Filter Washing, Strap and Foam Frame Care

Human sweat contains salts and acids that can damage the strap structure and filters over prolonged exposure.

1. Frame cleaning: After every training session, wipe the plastic frame with a microfiber cloth. Never use cotton towels or paper tissues near the Velcro.
2. Filter washing: Rinse under lukewarm water with a drop of mild soap. Let air dry.
3. Strap drying: After training, let the glasses air dry in the open. Never leave a damp strap in a closed case.
4. No sharing: The Salivision aid is designed for personal use by one athlete.

EQUIPMENT CARE (continued)

4. Storage Conditions and Temperature Limits

Plastics, foam padding, and Velcro adhesives are sensitive to extreme temperatures and prolonged UV exposure.

1. Pre-storage preparation: Store the glasses in the case only after the foam frame and elastic strap are completely dry at room temperature.
2. Proper location: Store exclusively in a dry place, at room temperature, and inside the supplied hard protective case.
3. Extreme temperature prohibition: It is strictly forbidden to leave the glasses and filters in direct sunlight, behind a car window in summer, or on a heater. Temperatures at these locations commonly exceed 50-70 °C. Such high temperatures irreversibly deform plastic filters and melt the adhesive under the Velcro and foam.

5. Pre-Training Wear Check (Safety Inspection)

Before every use of the Salivision aid, the user is required to visually and mechanically inspect the condition of all components.

Before starting exercise, check:

1. Plastic frame and filters: For cracks, sharp edges, or deep scratches.
2. Elastic strap: Whether it is stretched out, torn, or firmly holds the glasses.
3. Velcro and foam frame: Whether they are peeling from the frame and whether Velcro reliably holds the filters.

PROHIBITION OF USING DAMAGED PRODUCT: If you find any damage, deformation, or peeling of parts, the product must not be used.

6. Unauthorized Modifications

Any unauthorized changes, alterations, interventions in the construction, or modifications of this product are strictly prohibited. The product may only be used in its original state as delivered by the manufacturer.

Consequences of unauthorized modifications:

- Warranty void: Any unauthorized intervention immediately voids the right to file a warranty claim.
- Liability termination: Neither the manufacturer nor the seller bears any responsibility for damages caused by operating a modified product.
- Safety risk: Unapproved modifications can fundamentally compromise the safety, functionality, and certification of the product.

WARRANTY AND CLAIMS

This product comes with a statutory warranty of 24 months.

Claims can be filed directly with the seller:

Salibandy s.r.o.

info@salibandy.shop

Okrajní 156, Krmelín, 739 24

The complete claims procedure and instructions for filing a claim can be found at:

<https://www.salibandy.shop/vymena-a-vraceni-zbozi>

ECOLOGICAL DISPOSAL AND ENVIRONMENTAL PROTECTION

Packaging materials (cardboard box, paper leaflet) should be placed in sorted recycling (paper bin).

At the end of the product's life or in case of irreparable damage, do not dispose of components in regular household waste.

- Plastic frame and training filters should be handed over for ecological recycling in the plastics bin.
- Elastic strap and textile pouches belong in a textile recycling bin or mixed waste.



SALIVISION

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