

Hoop Nightmares

You can train your brain to adjust to unreality.

Try This

- Put on the goggles and take a shot at the hoop.
How do the goggles affect your aim?
- Now train yourself to adapt to the goggles by taking at least 15 shots.
- Take off the goggles and again shoot at the hoop.
How has the training affected your aim?

What's Going On?

The goggles are filled with prisms that make objects in front of you appear to be to the right. When you start shooting, the ball doesn't go where your eyes say it should. After just 15 throws, your brain adapts to the prism distortion and adjusts your aim to the left.

When you remove the goggles, your brain "remembers" the distortion and you continue throwing to the left. It doesn't take long, however, for your brain to readapt to reality.