Abstract A sensorimotor training system and method are provided for retraining hand-eye coordination through inverted visual feedback. In a basic embodiment, inversion goggles and a handheld laser pointer challenge the user to perform sensorimotor tasks under reversed visual conditions. In an advanced embodiment, a virtual reality system with a digitally inverted display and an integrated electronic laser pointer is used, wherein markings are permanently recorded on a virtual canvas. The advanced system further incorporates a gamification module that awards points, sound effects, and virtual rewards, and supports competitive tournaments, thereby transforming the training into a recreational sport with global participation. The invention offers both a cost-effective physical model and an advanced virtual model with enhanced feedback, data analysis, and gamification capabilities.