

Performance Vision Academy – Fundamental Vision Training Drills

Title: **Ball Pass**



Equipment: one or two tennis balls or bean bags for each player; space

What do we do?

- Space at least 10 feet apart
- Toss a ball back and forth
 - o Toss it to a certain hand of your partner's
 - o If the ball has different colors/shapes/numbers on it – try to pick those out before you catch the ball or as soon as you catch it
 - o If you are using two balls - try to toss your ball when your partner tosses theirs
- Try to toss back and forth as quickly as you can, but key is to try and make the catch

How to make it more challenging

- Add side to side shuffle movement with each toss – shuffle to where the ball travels to
 - o Mirror your partner's movement
- Stand on foam or a balance board
- Add strobe glasses
- Ask math or other cognitive questions

For how long

- 30 – 60 seconds

Goals:

- Try to count how many catches in a row you and your partner make – get as high of a score
 - o Once you are feeling pretty comfortable, introduce a challenge
- Working on eye hand coordination, attention to detail, split attention

Other resources:

<https://www.youtube.com/watch?v=N3N8Eiyir4Y>