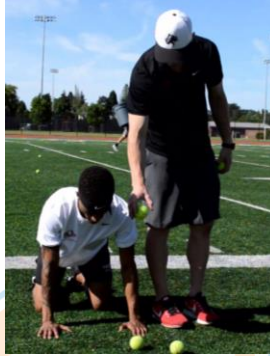


Performance Vision Academy – Fundamental Vision Training Drills

Title: Bear Droppings



Equipment: One tennis ball or bean bag and two people

What do we do?

- Have one player get into a bear position (down on all fours)
- “Dropper” brings ball to level of shoulder and lowers it until the receiver can barely see the ball in their periphery
 - o Receiver says “now” or some signal that they see it
- Dropper drops the ball in line with the receivers arm at a random time
- Receiver tries to catch the ball before it hits the floor
- Move to other side and repeat

How to make it more challenging

- Start from above where the receiver can see the ball
- 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
- Add strobe glasses

For how long

- Approximately 10 drops per side, then switch roles

Goals:

- Try to count how many catches you get per rep – get as high of a score
- Working on peripheral awareness, eye-hand coordination, attention to detail, split attention

https://www.instagram.com/p/BeCaXU_lvz2/?hl=en&taken-by=heytrainereric