

#1 - STRING & BALLS

Collected by R. Lynch, Photos by BJ McDaniel

This drill exercises binocular vision and the ability to focus on a specific point, called eye convergence.

- This exercise uses an eight-foot length of string with balls fixed at every two & one-half ft. Anchor one end of the string to the wall near the ceiling.
- Hold the free end of the string to your nose and focus your vision on the ball closest to you. Hold this focus for five seconds. (You should see two strings running to the ball).
- Then focus your vision on the next ball and hold it for five seconds.
- Do this for all the balls on the string, then repeat the exercise, this time coming toward you, ending with a five second focus on the ball nearest to you.



#2 - PRE-SHOOT ROTATION

Collected by R. Lynch, Photos by BJ McDaniel

This drill strengthens the “aiming” muscles of the eyes, thereby reducing eye fatigue, which leads to whole-body fatigue and the inability to concentrate.

By strengthening the muscles that steer and rotate the eyes up, out, down, and in, it will increase speed of recognition for quickly centering on targets at all angles and in all quadrants of the visual field.

It also serves to warm up and loosen the neck and shoulder muscles.



PRE-SHOOT ROTATION (continued)

- Focus your vision on a distant point at about the level of your eyes. Then keeping your shoulders fixed, rotate your head to keep the point in focus, but at the extreme angles of your vision.
- First position is to focus on the distant point, then tilt your head downward so that you must look “up” to see your “target”. Hold this for five seconds.
- Bring your head back to its “neutral” position, looking straight forward, keeping your vision on the target.
- Then, without taking your eyes off the distant point, tilt your head as far back as you can and still keep your “target” in sight. Hold for five seconds.
- Come back to the neutral position.
- Now turn your head as far to the left as you can and keep looking at your target. Hold for five seconds.
- Return to the neutral position.
- Then turn your head to the right as far as you can while keeping the target in sight. Hold for five seconds.
- Bring your head back to its “neutral” position, looking straight forward, keeping your vision on the target.
- Finish the exercise by tilting your head down as much as possible while keeping the target in sight, then while keeping the target at the extreme limit of your vision, rotate your head clock-wise. When your head has come back to the beginning position, go back the other way (counter-clockwise).

#3 - PUSH UPS

Collected by R. Lynch, Photos by BJ McDaniel

This is a near / far fixation drill that exercises and strengthens the muscles that help your eyes zoom in and out during focus changes. It will reduce the lag time in changing eye fixation from near to far and strengthen centering and concentration ability.

- Hold your thumb as close to your eyes as you can and still keep it in clear focus.
- Then as quickly as you can, refocus your eyes on a distant object and bring it into clear focus in the center of your vision.
- Repeat this twenty (20) times.

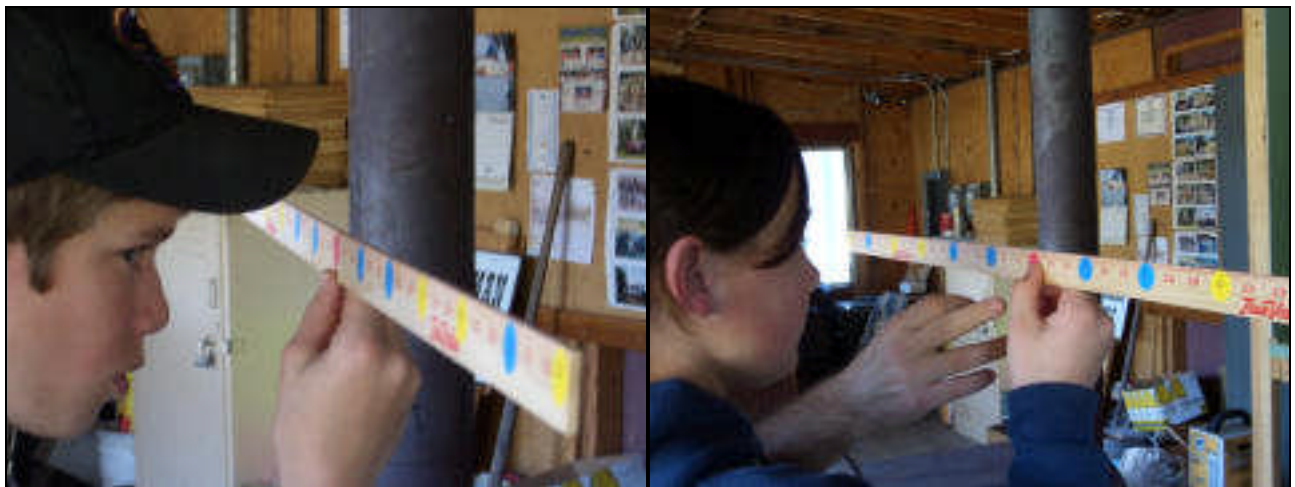


#4 – THE YARDSTICK

Collected by R. Lynch, Photos by BJ McDaniel

This exercise develops eye control in the horizontal plane, increases speed in change of vision direction, and improves balance. It is a little tedious but worthwhile.

It uses a yardstick with a red “Home” dot at the 18” mark and dots of other colors at other marks.



- Hold a yardstick at eye level horizontal to the floor. Hold it as close as you can and keep it in focus. Keep your head straight, move only your eyes during the entire exercise. Your 1-2-3 count starts after you have the numbers on each dot in clear focus.
- Fixate your vision on the red “Home” dot. Count 1-2-3.
- Move vision to left and focus your vision on dot #1. Count 1-2-3.
- Return to the red dot. Count 1-2-3.
- Move vision to the right and focus your vision on dot #2. Count 1-2-3.
- Return to the red dot. Count 1-2-3.
- Move vision left to dot #3. Count 1-2-3.

YARDSTICK (continued)

- Return to the red dot. Count 1-2-3.
- Move vision right to dot #4. Count 1-2-3.
- Return to the red 18" dot. Count 1-2-3.
- Continue through all the dots, alternating from left to right, always stopping to focus on the red dot in the middle, throughout the entire yardstick.
- Make sure you keep your head straight and make a clear focus on each number.
- **Change the yardstick from horizontal to vertical and repeat the same exercise.**

#5 - THE CLOCK

Collected by R. Lynch, Photos by BJ McDaniel

This exercises the muscles that steer your eyes toward the target. It will increase speed of target recognition, and help you to quickly center the target in your field of vision. This exercise will help build a physical reserve to reduce fatigue, important at an extended competition.



- Imagine your eyes are at the center of a clock face. You must look straight up to see the “12”, and straight down to see the “6”. The “3” is to your right and the “9” is on your left.
- Keep your head straight during this exercise.
- Look straight up as far as possible toward where the “12” would be. Hold this eye position for a count of 4.
- Now move your eyes to where the “1” would be and hold that for a count of 4.
- Move your eyes to “2” and hold that for a count of 4.
- Go around the entire clock, ending with another 4-count at “12”.