

4 SQUARE SACCADDES

INSTRUCTIONS

Print out and cut the charts out in squares. Tape the squares on a wall, each 3-4 feet apart. Feel free to create your own custom pattern depending on your sport demands.

Stand 10-15 feet away.

Read the first letter on the first line from each square, then second letter from each square, etc., working all the way through every letter on all four squares until you reach the end.

Remember to move only your eyes and not your head.

Add a motor demand such as standing on one foot or standing on balance board.

You can also call out the letters while jumping on the trampoline on the jump, or a metronome app (start at 60 bpm).



K K S X A P M



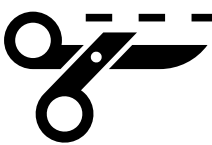
S D U M K A I

W H Y Q X I U

H S P I P X A

F K D X O Z B

P L U U M H C



C X N P U Z C

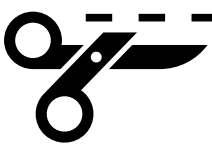
T T T T E E B

O R W F C T U

P I N R V Y I

M A L N L N L

T Z O A N P A



E O Z A F A N



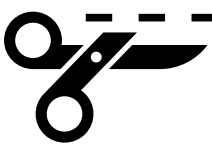
P T O P A X T

U V A E Z C E

N E C T X Y A

R F P R P E P

V D T A Y F N



E P X A Z P A



T A U B Y O S

H E N C X Y D

J T B D T T F

Z Y V E R R H

P N C F E E J

