

Four-Square Chart Fixations

The purpose of these charts is to improve eye-speed, concentration, coordination and accuracy through left-to-right organization, rhythmic flow, accuracy of fixation and the ability to process complex figure-ground information.

What you will need:

1. Letter Charts (included)
2. Stopwatch
3. Sample Progress Chart (included)

Procedure:

1. Place the 4 charts on a wall to form a square approximately 8 feet x 8 feet. The center of this chart should be at eye level.
2. There are several chart sequences you can use. Here is a brief introduction to a few of them, in order of difficulty. Start with the first sequence. Do it for the first week then switch to the second sequence for the second week, third sequence for 3rd week, and finally the fourth sequence for the 4th week. These charts should be used for 5-10 minutes per day.
3. When you have finished the first month, go back and compare your time on each sequence to see how much you have improved.
4. To make these exercises more difficult you can add the following variables:
 - a. Stand on a balance board while reading the charts
 - b. Read the charts while music is playing in the background (something you like to listen to)
 - c. Read the charts while tossing and catching a baseball, softball or the ball of your chosen sport

If you have any questions about this program please call us at 800-685-7042 or e-mail us at sales@sports-training-aids.com

Sequence 1 – start with top Left chart, read entire 1st **horizontal** line. Go to top Right chart, read entire 1st line. Go to bottom Left chart, read entire 1st line. Go to bottom Right chart, read entire 1st line. Then go back to top Right chart and proceed as above on the 2nd, 3rd and last line on each chart.

Sequence 2 – start with top Left chart, read entire 1st **vertical** line. Go to top Right chart, read entire 1st line. Go to bottom Left chart, read entire 1st line. Go to bottom Right chart, read entire 1st line. Then go back to top Right chart and proceed as above on the 2nd, 3rd and last line on each chart.

Sequence 3 – start with top Left chart, read the 1st letter of the top line. Go to top Right chart, read the 1st letter of the top line. Go to the bottom Left chart, read the 1st letter of the top line. Go to the bottom Right chart, read the 1st letter of the top line. Go back up to the top Right chart read the 2nd letter of the top line and proceed as above.