

Visual Performance X-TRAINER

VARIATIONS

Variations and Additional Scan and Search Challenges

1. Do the Scan and Search Challenges and identify out loud each number as you locate it.
2. Do the Scan and Search Challenges and identify the type of ball behind the number out loud.
3. Do the Scan and Search Challenges and identify and react in the direction of the shadow on the ball...left, top, etc.
4. Do the Scan and Search Challenges and identify and react to the direction or color of the triangle on the target...left, top, etc.
5. Do the Scan and Search Challenges in reverse direction.
6. Make up your own combination of numbers, rows and columns.
7. Vary Visual Chart position
8. Use more than two Visual Charts (more Visual Charts are available @ www.SlowTheGameDown.com).
9. Integrate physical movement such as balancing, shuffling, jumping, sit-ups, etc. into the challenges.
10. With a partner, create your own multi-tasking drills and compete against one another.

Visual Performance X-TRAINER

STATIC TRAINING DRILLS

Static Eye-Speed



- Use one Visual Chart
- Call out numbers, identify balls, locate shadow, identify color next to shadow, identify color opposite of shadow, etc. in order as quickly as possible.
- Use your stop watch and time your actions.
- Alt. - Instead of calling out, touch each number

Peripheral Eye-Speed



- Do the Scan or Search Drills on two visual charts
- Spread apart 4-6 feet
- With little head or body movement
- Find numbers in order as quickly as possible
- Alternate posters on each number (Left and right)

Far and near



- Place a poster far, perhaps ten feet away and the other much nearer perhaps three feet away.
- Find numbers in order as quickly as possible
- Alternate posters on each number (out and In)