

# Vision Rings Instructions

## **Available in Mini Ring, Double Ring, Triple Ring and Super Vision Ring.**

Colorful poly balls evenly spaced on a durable plastic ring. Track the balls trajectory and catch the ball, not the ring. Mini ring has one ball. The double, two different colored balls, the Triple, three different colored balls and the Super , our largest ring with four different colored balls for the most versatility.

## **Designed to improve tracking, depth perception, speed of recognition, and fine focus abilities.**

Begin by lightly tossing the Vision Ring up in the air, if practicing alone, or back and forth, if with another player. Concentrate on catching one of the balls, not the ring, using either two hands or one. Remember to always focus on the ball you are trying to catch. Once you feel comfortable with the Vision Ring, move on to one of these games:

1. Call and Catch: Player A calls a color of ball before or during toss, and player B attempts to catch the ball which has been called.
2. Sequence Catch: Call out a sequence of colors. Player must catch that color ball in the order called on the each throw. If player misses a color catch, he/she must go back to the beginning of the sequence. First player to complete the sequence wins.
3. Assign a number value for each ball (e.g. Red=1 point, Blue= 2, etc.) Toss Vision Ring to player who gets points based on the ball they catch.
4. Batting simulation—Best with Mini Ring. Have player take their regular batting stance, and have pitcher toss Mini ring to batter, simulating a pitch, with the ring spinning clockwise. Batter attempts to move top hand towards the ball and catch it with top hand, as if they were hitting the ball.



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