

Peripheral Vision Training

With Partner:

1. Identifying objects
2. Identifying finger numbers
3. Catching objects
4. Peripheral tracking/following target
5. Tennis ball

Without Partner

1. Environment scanning
2. Tossing ball against wall
3. VOR - peripheral vision focus
4. Rotation + peripheral focus
5. Snellen Chart
6. PV charts
7. Grabbing/Pin pointing objects