

# FOLLOWING A MOVING OBJECT

## PURPOSE

To improve the eye movements that allow the eyes to closely follow a moving object. Developing our tracking system allows us to get better at following moving objects in space and can be particularly beneficial for sports where we need to track an object's movement efficiently and effectively.

## REPEAT

Perform this 3 times with each eye. Record your times.

1

Please print or pull up the attached Infinity Chart to a tablet, iPad, or computer. Gently cover your left eye with your left hand.

2

Pull out your stopwatch/timer and begin timing once you begin the exercise.

3

Beginning at the middle of the chart, start reading the letters/numbers out loud as you track around the pattern. Move your eyes towards the upper right area of the chart and follow it all the way around in figure 8 or infinity pattern until completing all letters/numbers.

4

Once you have completed the full cycle and return to the original center letter, stop the stopwatch/timer and record your time.

5

Next gently cover your right eye with your right hand and switch eyes. Perform this 3 times with each eye. Record these times where indicated in the program.