

SMOOTH TRACKING



PURPOSE

This exercise works on your eye movement control, also known as your ocular pursuit eye movements. This will help your eyes move together more smoothly, quickly, and efficiently, when following a moving object like following a flying bird or tracking a ball.



REPEAT

Replay the video 5 times in a row for your right eye and then 5 times in a row for your left eye.

1

Open the cross tracking resource video provided on your tablet, iPad, or computer.

2

Cover your left eye with your left hand, keeping your right eye uncovered. Press play on the video.

3

You will see a ball that moves up and down and side to side along the dotted line. Do your best to follow the ball with your open eye. Do not try to predict where the ball is going. Just keep your eye on the ball and make sure your head stays still the entire time.

4

Replay the video 5 times in a row for your right eye. Now cover your right eye with your right hand and repeat this with your left eye. Complete the same task 5 times in a row for your left eye.