

BUNT BALL

PURPOSE: To develop awareness and control of visual prediction of position and direction in space

APPARATUS: Ball on string (from ceiling, tree limb, etc.), cardboard tube from a paper towel roll, or any products with a cardboard tube, including gift wrap which has an extra long one

METHOD:

1. Subject stands facing the ball, feet slightly apart, hands holding towel tube raised to chest level. The ball is to be hung so it can be bunted at about chest level.
2. The ball should be bunted very gently each time, otherwise the fragile towel tube will bend or break.
3. The ball should be bunted in a straight line toward targets in various directions, starting with one straight ahead, and later to the right or left.
4. When appropriate, the assistant should number each broken or bent tube with the number of times it was used prior to breaking. See how high a number can be won before bending tube, as an incentive trophy game.
5. When larger gift wrap tubes are available, the ball can be bunted on the right or left of the hands, as well as in the center of the tube.

ASPECTS TO BE EMPHASIZED:

1. Ability to bunt the ball very gently.
2. Ability to control the direction of the ball.
3. Fragile cardboard tubes are recommended in order to emphasize the role vision plays in predicting the position of the ball so that it can be hit gently.

MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____