grid in 1-point perspective

diagonal method

Divide the front side of a checkerboard into 8 even parts. Connect the marks with the vanishing point.

Define the back side of the board with a horizontal line between the two receding lines on both sides.

Draw a thin diagonal as shown.

Mark where the diagonal crosses the receding lines.

Draw horizontal lines through these marks.

Erase the diagonal.

Fill in the grid.