

**KINGS’ SP**

**QUIET EYE**

The "quiet eye period" is a term used in the field of sports psychology, and it refers to a critical phase of visual attention observed just before the execution of a skillful movement, such as shooting in basketball, putting in golf, or aiming in archery. This concept was introduced by Professor Joan Vickers of the University of Calgary.

Key aspects of the quiet eye period include:

* Duration and Timing: The quiet eye period is a final fixation or tracking gaze that occurs right before the critical phase of a movement. It typically lasts at least 100 milliseconds and can last several seconds, depending on the activity.
* Focus and Concentration: During the quiet eye period, an athlete's gaze is directed to a specific location or object that is critically relevant to the performance of the task. This focused visual attention is believed to be related to effective motor control and successful performance.
* Improved Performance: Studies have shown that a longer quiet eye period is often associated with higher levels of performance in precision sports. Skilled athletes tend to exhibit a longer and more stable quiet eye period compared to novices.
* Training Tool: Quiet eye training involves teaching athletes to extend the duration and enhance the stability of their quiet eye period. This training has been shown to improve performance in various sports, especially those requiring precise movements and accuracy.
* Mental Preparation: The quiet eye period is not just about where athletes direct their gaze, but also about their mental readiness. It reflects an athlete's ability to focus attention and control anxiety under pressure.
* Neurological Basis: Research suggests that the quiet eye period is linked with more efficient brain processing. It allows for better coordination between the visual and motor systems, and it helps in planning and controlling the movement.
* Applications Across Fields: While primarily studied in sports, the concept of the quiet eye has implications in other fields that require precision and accuracy, such as surgery or military training.
* In essence, the quiet eye period is a critical component of motor skill performance, especially in tasks that require high levels of accuracy and precision. It's a reflection of an athlete's ability to effectively focus their visual and cognitive attention in the moments leading up to a critical action.