

Quiet eye and performance in sport: A meta-analysis

Lebeau J.-C.

Liu S.

Sáenz-Moncaleano C.

Sanduvete-Chaves S.

Chacón-Moscoso S.

Becker B.J.

Tenenbaum G.

Research linking the "quiet eye" (QE) period to subsequent performance has not been systematically synthesized. In this paper we review the literature on the link between the two through nonintervention (Synthesis 1) and intervention (Synthesis 2) studies. In the first synthesis, 27 studies with 38 effect sizes resulted in a large mean effect ($d = 1.04$) reflecting differences between experts' and novices' QE periods, and a moderate effect size ($d = 0.58$) comparing QE periods for successful and unsuccessful performances within individuals. Studies reporting QE duration as a percentage of the total time revealed a larger mean effect size than studies reporting an absolute duration (in milliseconds). The second synthesis of 9 articles revealed very large effect sizes for both the quiet-eye period ($d = 1.53$) and performance ($d = 0.84$). QE also showed some ability to predict performance effects across studies. © 2016 Human Kinetics, Inc.

Attention

Perceptual-cognitive skill

Sport expertise

Vision

attention

controlled study

effect size

human

meta analysis

skill

sport

synthesis

vision

achievement

athletic performance

eye fixation

eye movement

learning

professional competence

psychomotor performance

spatial orientation

Achievement

Athletic Performance

Attention

Eye Movements

Fixation, Ocular

Humans

Orientation, Spatial

Practice (Psychology)

Professional Competence

Psychomotor Performance

Spatial Navigation