Quiet eye and performance in sport: A meta-analysis

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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.
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