

Using a Quiet Eye is the key to improving target accuracy

Contributed by Joe Slowinski
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In the March 2008 installment of my Slowinski at-large column, I share with readers how important quiet eye targeting techniques are to elite performance in sport. The article begins with an overview of the research on quiet eye techniques' contribution to improving accuracy and consistency. I conclude the article with a 3-step process to improve targeting and accuracy. This includes recommendations on how long to target and where to target. I strongly recommend that readers use both the 3-Point Targeting system and Quiet Eye targeting process together. You will find that these compliment each other well and will contribute to a significant improvement in your performance on the lanes. [Download Using a Quiet Eye is the key to improving target accuracy \(425 KB - PDF\)](#) [Download 3-Point Targeting for Advanced Lane Play: For a Bigger Margin of Error \(1.22 MB - PDF\)](#)