

Using the Quiet Eye to Avoid the Choke

Contributed by Joe Slowinski
Saturday, 12 June 2010
Last Updated Sunday, 31 October 2010

In the July 2010 Slowinski at-large, I discuss new research on the powerful impact of the quiet eye on elite performance as well as maximizing performance under stressful competition environments. In conclusion, I recommend a targeting process utilizing the quiet eye process.

[CLICK HERE TO DOWNLOAD THE ARTICLE \(in PDF\)](#)