

QUIET EYE PERIOD

can greatly reduce mental distractions

EXCERPT ...

Quiet Eye (QE) is emerging as the primary indicator of optimal focus and concentration. This period is essential because your **HANDS** are controlled by your **brain**. The brain gets valuable information from your eyes. As you shoot, your brain needs to organize more than **100 billion neuron networks** - that are informed by your gaze and then control your HANDS, arms, and body as the shot is performed.

These networks will stay organized for only short period of time; a window of opportunity opens that must be used when it is optimal. **This is the Quiet Eye Period.**

Adapted from... "Perception, Cognition, and Decision Training:

The Quiet Eye in Act" – Joan Vickers