## On Perceived Control

Wood and Wilson (2012) noted that many quiet eye (QE) training practices involved teaching the learner when and where to [fix] their gaze (gaze strategy or optimal attentional control) as part of an embedded pre-performance routine (PPR). Wood and Wilson (2012) also noted that QE-trained (as part of a PPR) individuals were less likely to choke as compared to individuals with PPR that focused on motor control. QE-PPR strategy may help individuals attenuate pressure and increase an individual's perception of control (perceived control or PC) (Wood & Willson, 2012). PC is defined as "the perception of one's capacities to be able to cope and attain goals under stress" (Wood & Wilson, 2012, p. 722). Wood and Wilson (2012) also noted that a decreasing sense of PC may be an antecedent of anxiety.

Wood and Wilson (2012) described the contingency-competence-control (CCC) model that relates PC to the individual's (athlete's) beliefs about potential success (contingency) and beliefs about their abilities to attain success (competence).

Wood and Wilson (2012) recruited 20 university level soccer players to partake in a study using the CCC framework to see if QE training influenced PC and how PC corresponded to anxiety. The soccer players were randomly divided into 2 groups--QE trained and practice group (no QE training, control). A soccer goal was marked on the wall the the players were to kick a ball from 11 meters away (Wood & Wilson, 2012). All soccer players were told that the best places to aim for were the two top corners; the QE-trained group received QE training prior to kicking (Wood & Wilson, 2012). Both groups received practice times before the actual shootout (pressure situation); the shootout involved a cash prize and a 1-shot chance to hit the goal (increasing the stakes and pressure) (Wood & Wilson, 2012)

Wood & Wilson (2012) found that QE-training was successful in improving performance (better accuracy); improving perceptions on contingency (outcome was attainable based on skill rather than luck); and improved self-efficacy. While both groups improved their PC, only the QE-trained group seemed to maintain their new skills and improved PC during the transfer task which was the pressure-situation/shootout (Wood & Wilson, 2012). The results of Wood and Wilson's (2012) study also supported the CCC model relating anxiety, gaze, and performance. PC was negatively related to anxiety as well; individuals with higher PC experienced less anxiety than individuals with lower PC (Wood & Wilson, 2012). Wood and Wilson (2012) were able to conclude that QE training increased perceptions of control.

## Reference

Wood, G., & Wilson, M. R. (2012). Quiet-eye training, perceived control and performing under pressure. *Psychology Of Sport & Exercise*, *13*(6), 721-728.