

## The Use of Eye Tracking in Evaluating the Success of Golfers in Putting

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**Abstract :** The aim of this study was to examine the quiet eye method and its components using the mobile eye tracking device. Quiet eye training was proven to be beneficial for different sports, including golf. The main idea of this method is to prolong your fixations on a specific place in order to improve your performance. The shot examined in this study is called putt. Its importance is based on its role on a golf course because, many times, it is the last putt that decides whether you win or lose. Quiet eye training helps players be more focused under pressure, control their attention and overall improve their putting success. Six highly skilled golfers with a handicap ranging from - 4 to + 4, aged 23 to 26, participated in a pilot study with the usage of an eye-tracking device. The study took place in an indoor training area at the golf club Hostivař. Crosstabs showed significant differences between individuals' laterality and their gaze into AOI - areas of interest (middle part of the ball, top of the ball, bottom of the ball, back side of the ball). Statistically significant differences were also discovered between the mean fixation duration of participants with AOI on the middle part of the ball and all other AOIs. The results of this study helped us understand the examined phenomena and showed us the next aim in future quiet eye research. Future research should focus on examining a quiet eye on the golf course. Applying a quiet eye and therefore changing the way we concentrate might be beneficial for coaches and players themselves.

**Keywords :** eye tracking, golf, laterality, quiet eye

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