

## FOCUS OF ATTENTION

This area of research examines how the individual's focus of attention affects the performance and learning of motor skills. In numerous studies, we have shown that instructions and feedback that direct the performer's attention to the movement effect on the environment (e.g., an implement) (external focus) facilitate performance and learning compared to those that direct attention to the movements themselves (internal focus), or no attentional focus instructions (control conditions). The adoption of an external focus promotes the utilization of relatively automatic control processes – making performance more effective and efficient. These findings have important implications for practical settings, such as sport, music, and physical or occupational therapy.

### *Related publications:*

#### Books:

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Wulf, G. (in press). Blending the expertise of coaches and scientists. *International Journal of Sports Science & Coaching*.

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