



Eye of the Champion

Unlocking the Power of Sports Vision for Peak Performance

by Daniel Laby



Non-Fiction - Sports

202 Pages

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Book Review

Reviewed by Jamie Michele for Readers' Favorite

In *Eye of the Champion*, Daniel Laby delineates sports and performance vision as a comprehensive discipline merging ophthalmology, neurology, psychology, and physics, sparked by his fellowship project scrutinizing visual tests at a baseball facility. Laby stresses the necessity of evidence-based practice, emphasizing vision's critical role in sports, especially in rapid decision-making against issues in accurately gauging athletic vision. He discusses in detail the development of the "Ratner ring" to refine baseball players' visual-motor skills, speaks of phenomena like the "Quiet Eye," and teaches about ocular anatomy and light's significance in the visual process, advocating for understanding these aspects to optimize sports performance. Laby analyzes reaction times, discusses various training systems, and champions tailored approaches to enhance athletic prowess, all within the context of evidence-based sports vision research and continual advancement in the field.

As a former pole vaulter who found myself at a disadvantage due to a strabismus that had me holding my head at a severe angle, I was drawn to *Eye of the Champion* by Daniel Laby, and it helped answer a lot of underlying questions I had. Laby's writing style is academic but straightforward, making even the most complex scientific concepts accessible to readers of all backgrounds. This is strengthened by his use of relatable examples and analogies. I found that Laby's discussions on visual perception and decision-making offered the greatest insights into the workings of the human brain, particularly in the realm of athletic performance. I also liked that, by integrating real-world examples and practical applications, Laby effectively demonstrates the relevance of visual processing in both sports and everyday life. He makes a compelling case for the importance of understanding and optimizing one's visual abilities, and even though this is a book I would love to have read twenty years ago, it will no doubt be extremely helpful to athletes, trainers, coaches, and anyone connected to sports today. Very highly recommended.