Cognitive skills training in hand ball

Cognitive training is the next frontier in sports performance enhancement. The ability to detect opportunities and threats, make better decisions faster, and execute correct motor movements is key to high level performance within complex situations, such as team sports. A collaboration with Lugi handboll, aims to identify if a handball players ability predict other players movement explain their reaction time, and further if prediction skills can be explicitly trained, in order to enhance performance. The project involves using cutting edge eye-tracking techniques. The larger aim is to develop cognitive training methods for athletes. If you are interested, contact Simon Granér (simon.graner@psy.lu.se). Possible supervisors are Simon Granér or Mats Dahl.