

## RECENT PUBLICATIONS

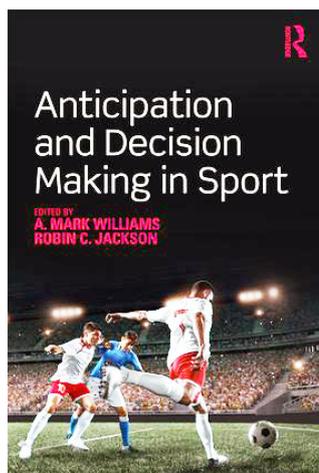
### Book reviews

#### **Anticipation and decision making in sport**

*Editors: A. Mark Williams, Robin C. Jackson*

Routledge; 1st edition, March 7, 2019

428 pages; price: £39.99 (paper) /from £20.00 (eBook)



Two editors and a considerable number of 48 world-renowned researchers in the field have fruitfully collaborated to this first edition of a book that will probably remain the reference work in anticipation and decision making in sport for at least the next decade. A book for good reason considered the first which identifies the science underlying the anticipation and decision making processes in sport and approaches both topics not only from a psychological point of view, but also from the perspective of related fields, such as biomechanics, neuroscience, physiology, computing science and performance analysis.

The text of the work is distributed into three parts. The first one, dedicated to the characteristics of expert anticipation in sport – in other words to the mechanisms underpinning anticipation – is the most substantial; it contains 10 of all 21 chapters. Certainly, each of these 10 chapters is important and interesting, but those teaching us about contextual information (3), visual search behaviors (4) and the role of peripheral vision (5) offer the key

knowledge for both understanding and training anticipation. On the other hand, taking into consideration the significant harmful impact of anxiety on performance in sport, Chapter 7 – “Emotion and its impact on perception” – needs special attention and deep understanding, especially in the case of practicing psychologists and coaches.

The second part, “Characteristics of expert decision making in sport”, is composed of much fewer chapters, but although so small it represents a comprehensive and systematic approach of the unfortunately not so exhaustive research base existing in decision making in sport. The scarcity of extensive information and clarifications in the field is also evidenced by the fact that none of the four chapters strictly and specifically addresses the decision making process of athletes. Thus, if Chapter 11 reviews research on creativity and decision making, the next chapter focuses on the role of heuristics and biases in... business and economics. Somehow more specific to the practice of high-performance sport seems to be the Chapter 13, which explores the effects of stress on decision making, but the closing section only refers to how match officials and judges (not athletes) make accurate decisions.

The last part is more applied and evidently more useful to practitioners, as it teaches them how to design and implement training interventions aimed at effectively improving anticipation and decision making. It first shows why and how non-coach-led and game-related practice sessions (Chapter 15), film-based simulation training (16), and so-called less prescriptive methods such as guided discovery and implicit learning (17) are of real help in this attempt. Chapter 18 presents the benefits of performance analysis, while Chapter 19 highlights the perspectives the use of virtual reality opens to enhancing perceptual-cognitive expertise in sport. Finally, the ending sections of the work provide up-to-date information on the favorable effects of training under pressure (20), and on the question whether superior anticipation and decision making can be transferred within and across sports.

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