



“Deliberate Practice” Tactics

1. Use mental imagery to program changes
2. Use Sensory Input sessions
3. Turn your head to look *around* and through corners
4. Practice *dampening* your movements
5. Practice unwinding the steering sooner
6. Use more track
7. Focus on the End-of-Braking point
8. Experiment with the timing & rate of release of the brakes
9. Consider “4 ways to go faster using your brakes”
10. Fast in – *Faster* out: Minimize your Change-of-Speed
11. Change your apex angle
12. Re-prioritize corners - focus on the fastest corner
13. Focus on driving your car, not the track
14. Experiment with different “Fast corner speed adjustment” techniques
15. Try hesitating before applying full throttle
16. Use the \$100,000 track map
17. Use a Debrief Sheet
18. Prioritize 3 well-defined, specific tactics per session