

COACHING PLAN TEMPLATES

Below, you'll find three templates of a *coaching plan* for three different levels of drivers. As these are generic, they're based on my experience of what works best for each level. However, don't be afraid to mix and match a little – if you're an advanced level driver, that doesn't mean you can't improve by using the tactics I've outlined for a less experienced driver, and vice versa. Each session has a main theme – what to focus on. Each also has a trigger – a word or phrase to keep you on task.

Since I have no idea how many on-track sessions you have in any particular event, I've arbitrarily chosen eight. You may do all of these in one day, over the course of two days, or it may take a couple of events to work through them. If you work through all of them because you have more sessions at an event, go back and revisit the ones you felt were most beneficial. If you don't have that many sessions, then eliminate the one(s) you feel will have the least impact. And finally, don't be afraid to duplicate some if you feel that you either didn't stay focused enough to accomplish what you wanted to accomplish, or if you feel that additional time on this task will help.

Most important, notice that each session has one focus – one task to accomplish – along with a trigger to remind you and keep you focused during the session on track. You can use this same approach no matter what the task is that you've decided is most important to work on.

After each session, ask yourself some of the Self-Coaching Questions I've provided you – the ones most appropriate to what you were just working on, and then others that will help you identify what the next priority is to work on.

The overall process for Self-Coaching is:

1. Identify **What**
2. Clarify **How**
3. Drive focused
4. Debrief
5. Repeat

I've provided the **What** and **How** in these plans, as well as a trigger to help you stay focused while driving. Then it's up to you to debrief with yourself after each session, and repeat the process. Have fun!

Novice

- *Session #1:* Warm-up; familiarize/re-familiarize with track; establish baseline; use trigger "Rhythm"
- *Session #2:* Work on the line; address any specific issues with the line; be sure to use all the track width; use trigger "Use track"
- *Session #3:* Work on your vision; look further ahead; use peripheral to be more aware; mentally look farther ahead; use trigger "Eyes up – look ahead"
- *Session #4:* Work on corner exit speed; focus on doing whatever it takes to get to full throttle sooner; use trigger "Full throttle"

- *Session #5:* Work on shortening brake zones; use hard initial application of brakes; look for End-of-Braking point; compress brake zone; use trigger “Brake hard”
- *Session #6:* Do Sensory Input Session, where you focus only on Visual, Kinesthetic or Auditory sensory information; focus on one sense only during this session; make note of what you saw, felt or heard that you’d never saw/felt/heard before; use trigger “Visual,” “Kinesthetic,” or “Auditory”
- *Session #7:* Work on smooth brake release; practice a gentle and smooth release of the brake pedal as you approach and enter corners; use trigger “Smooth release”
- *Session #8:* Be aware of how much grip your tires have; as you drive around the track, just be aware of how close the tires feel to being at their limits – be prepared to rate that traction on a 1-10 scale; use trigger “How much grip?”

Intermediate

- *Session #1:* Warm-up; familiarize/re-familiarize with track; establish baseline; use trigger “Rhythm”
- *Session #2:* Work on the line; address any specific issues with the line; be sure to use all the track width; use trigger “Drive track”
- *Session #3:* Work on your vision; look further ahead; use peripheral to be more aware; mentally look farther ahead; practice glancing ahead; use trigger “Eyes up – look ahead”
- *Session #4:* Work on your brake application and release; use a hard initial application of the brakes; be aware of your timing and rate of release of the brakes; use triggers “Hard initial” and “Release”
- *Session #5:* Work on shortening brake zones; use hard initial application of brakes; look for End-of-Braking point; compress brake zone; use trigger “Brake hard”
- *Session #6:* Work on corner exit speed; focus on doing whatever it takes to get to full throttle sooner; use trigger “Full throttle”
- *Session #7:* Do Sensory Input Session, where you focus only on Visual, Kinesthetic or Auditory sensory information; focus on one sense only during this session; make note of what you saw, felt or heard that you’d never saw/felt/heard before; use trigger “Visual,” “Kinesthetic,” or “Auditory”
- *Session #8:* Work on “hustling” the car, where you get to full throttle even for a fraction of a second in between corners – places where you may not have been going to full throttle before; squirt to full throttle wherever you give it even 50% throttle; use trigger “Hustle”

Advanced

- *Session #1:* Warm-up; familiarize/re-familiarize with track; establish baseline; use trigger “Rhythm”
- *Session #2:* Work on the awareness of your brake application and release; be aware of your timing and rate of release of the brakes; don’t judge it, just be aware of it; use triggers “Aware” and “Timing and rate of release”
- *Session #3:* Work on moving your brake zones in; focus on the End-of-Braking point; begin and end your braking later, moving the entire zone in; use trigger “Move brake zone in”

- *Session #4:* Work on releasing brakes sooner; focus on the End-of-Braking point; begin releasing brakes sooner and quicker; use trigger “Release”
- *Session #5:* Work on braking lighter; focus on the End-of-Braking point; begin and end braking in same place as before, but brake lighter to carry more entry speed; use trigger “Light brake”
- *Session #6:* Work on adapting your braking to each corner – compress brake zone, move brake zone in, release brakes sooner or brake lighter; find what works best for each brake zone; use trigger “Brake right”
- *Session #7:* Work on your brake-to-throttle transition - hesitate or speed up; use the time between ending braking (foot completely off brakes – the EoB point) and beginning to apply throttle to manage the rotation of the car more or less; use trigger “Rotate car”
- *Session #8:* Work on spending more time at full throttle; your goal is to spend 3% more of the lap at full throttle by staying on it longer approaching brake zones, getting back to full throttle sooner exiting corners, or giving a squirt of full throttle in between corners; use trigger “Commit to throttle”