

SELF-COACHING IF ALL ELSE FAILS...

What:

- Look at track map; make notes
- Ask questions:
 - “If I had to find 0.5 seconds, where would most of that come from – which part of the track?”
 - “In that corner, where is there more time – braking, entry speed, rolling/momentum, exit speed?”
 - “What would it take to improve in that area?”
 - “What would that look like? What would I do differently?” (the **What**)
- If available, use video, data, comparison to confirm/adjust the **What**

How:

- Break the **What** down into smallest pieces – pick 1 or 2
- Imagine that – mental imagery of doing the **What**
- Develop trigger – word/phrase to remind and trigger action
- Go do it – look for incremental improvements
- General tactics:
 - Sensory Input Sessions
 - Aware of EoB points
 - Aware of timing and rate of release of brakes
 - Aware of full throttle point
 - Aware of rate of turn-in steering
 - Aware of use of all track surface (including curbs)
 - Aware of corner radius