

YOUR ROLE

Most learner progress happens between professional lessons. Your role isn't to be a "human brake pedal," but to be a Performance Coach. Use these principles to build a driver who thinks for themselves.

THE FIVE COACHING PILLARS**Shift from giving orders to guiding discovery.****Regulate the Cockpit****01** 

Your stress is "noise" that interferes with their learning. A calm environment allows for better cognitive processing. If you feel yourself tensing, take a breath — a calm cockpit produces more logical decisions.

Ask, Don't Tell — The Inquiry Method**02** 

Instead of "You turned too wide," ask: "What could we have done to make that turn feel more controlled?" This forces the student to debrief their own performance.

Objective Observation**03** 

Remove the good/bad labels. Focus on physics and timing. Instead of "That was a bad stop," try: "We felt a lurch at the end — how can we smooth out that final 5% of braking next time?"

Validate Pattern Recognition**04** 

When they spot a hazard early or manage a complex gap well, acknowledge it. "Great early scan on that intersection — you saw that cyclist before I did." This reinforces the predictive instincts we are building.

The 1% Rule**05** 

Don't try to fix everything in one drive. Focus on Micro-Gains. Maybe today is just smooth gear changes or early mirror checks. Small, consistent refinements lead to elite-level roadcraft.

Your Instructor**Rob Oglivie**

20+ Years Instructing

ADI Certified

National Motorsport Competitor

THE POST-DRIVE DEBRIEF

Ask these three questions at the end of every session.

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| 1 | <p>"What felt the most 'in control' today?"</p> <p>Anchors positive performance and reinforces what good feels like.</p> | Builds Confidence |
| 2 | <p>"Was there a moment where you felt under pressure? What would have given us more space or time?"</p> <p>Trains the student to self-analyse and find solutions, not just identify problems.</p> | Builds Strategy |
| 3 | <p>"What is the one thing we should focus on refining in our next drive?"</p> <p>Creates a continuous improvement loop and gives the next session a clear objective.</p> | Builds Accountability |

KEY CONCEPTS TO REINFORCE

The Building Blocks of Roadcraft

The System of Vehicle Control

Ensure they verbalise the sequence: Course → Mirrors → Signal → Brakes → Gear → Accelerate. If the sequence is broken, the car becomes unsettled.

Low-Load Inputs

"Smooth is fast." Heavy braking and acceleration reduce the safety margin. We want the car to feel "balanced" at all times.

Scanning Horizons

If they are watching the bumper ahead, they are reacting. If they are looking 15 seconds ahead, they are planning. Ask: "What are the cars three spots ahead doing?"

SESSION NOTES

Today's Focus — fill in before you drive.

Questions? Get in Touch.

We're partners in building a safe, confident driver.

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