

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.****01****Regulate the Cockpit**

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.

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

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.

03**Objective Observation**

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?"

04**Validate Pattern Recognition**

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.

05**The 1% Rule**

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 Ogilvie**

20+ Years Instructing

ADI Certified

National Motorsport Competitor

THE POST-DRIVE DEBRIEF

Ask these three questions at the end of every session.

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

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

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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