

COMMON DRIVING ERRORS

There are some common errors that many drivers make, so with the goal of helping you feel more prepared, we have provided a list of them – what causes them, and how best to manage, control and fix them.

ERROR	CAUSE	SOLUTION
Not looking far enough ahead	Bad mental programming/habits	"Look ahead"; Point to focus point
Unsmooth with controls	Bad mental programming/habits	Build awareness of smoothness – rating
Doesn't drive correct line	Lack of programming; Lack of reference points; Not looking far enough ahead	Mental Imagery; Sensory input sessions; "Look ahead"; Point to focus points
Early turn-in	Bad/lack of mental programming/habits; Not looking through turn; Lack of reference point	"Look ahead"; Point to focus point; Sensory input session
Late turn-in	Bad/lack of mental programming/habits; Not looking through turn; Lack of reference point	"Look ahead"; Point to focus point; Sensory input session
Not using all of the track	Lack of mental programming/habits; Not looking far enough ahead; Lack of awareness	"Look ahead"; "How close to the edge of the track is the car?"
Too much corner entry speed	Lack of sensory input; Bad mental programming/habits; Lack of knowledge (slow in – fast out)	Sensory input session; Slow in – fast out discussion
Too little corner entry speed	Lack of sensory input; Bad mental programming/habits	Sensory input session; "Focus on E-o-B point"; "Release brakes"
Unbalances the car	Bad mental programming/habits; Lack of sensory input	Sensory input session; Awareness of smoothness – rating
Too late on the brakes	Not looking far enough ahead; Not looking at E-o-B point	"Look ahead"; "Focus on E-o-B" point"
Too early on the brakes	Not looking far enough ahead; Not looking at E-o-B point	"Look ahead"; "Focus on E-o-B" point"
Does not brake hard enough	Bad mental programming/habits; Lack of sensory input	Demo pedal pressure; Sensory input session; Practice/programming
No feel for the limits of traction	Lack of sensory input	Sensory input session
Doesn't feel under/oversteer	Lack of sensory input; Lack of knowledge	Sensory input session; Knowledge discussion
Inconsistent	Lack of sensory input	Sensory input session
Brake release too early	Bad mental programming/habits; Lack of sensory input; Not looking for E-o-B point	Sensory input session; "Focus on E-o-B point"
Brake release too late	Bad programming; Lack of sensory input; Not looking at E-o-B point	Sensory input session; "Focus on E-o-B point"
Holds breath	Bad mental programming/habits	Exaggerate your breathing; "Breathe"