



**Teens will:**

- be able to develop use of central and fringe vision.
- develop car control skills to detect the onset of a skid.
- be able to learn how to steer the car to control skids.
- be able to gain practice using vision to control motion.
- get practice in driving on and off targets.

**ECCCR Coaching Process:** Ask teens to explain each action before being allowed to perform the action. For example: “What is the target the car is aligned with at this moment.” Compliment teens immediately after a correct response is made, or coach for a correct action.

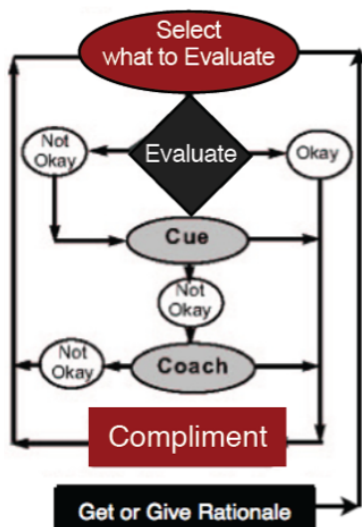
Use an eye-check mirror to observe the teen’s eye movement and whether central or fringe vision is being directed correctly.

If the parking lot is large enough, have the teen select two targets that are 180 degrees apart. Have a search of the left, front, and right zones for a clear POT, turn head to look towards the target, and stop the car when on target.

On some of the approaches to the target have the teen stop with the car at the Tpeg. Compliment when performance is accurate by saying: “Great job of knowing where the transition peg is. Later we will be acceleration at the Tpeg.”

**Targeting Skills - Figure 8**

1. Use Central Vision for Target
2. Fringe Vision to see On Target
3. Be able to steer On Target
4. Effective Acceleration/Braking
5. Effective use of steering wheel
6. Be able to detect Off Target
7. Be able to get back On Target
8. Be able to stop at Transition Peg



**ECCCR Coaching Process**