

Guide 3B: Acceleration & Brake Control

- **Acceleration Control**
 - Idle Speed Movement
 - Press Gas Smoothly
 - Keep Steady Speed
 - Increase Speed when Asked
- **Braking Control**
 - Feel Braking Point
 - Constant Pressure
 - Normal Smooth Stop (curl toes up)
 - Hard Smooth Stop (curl toes up)



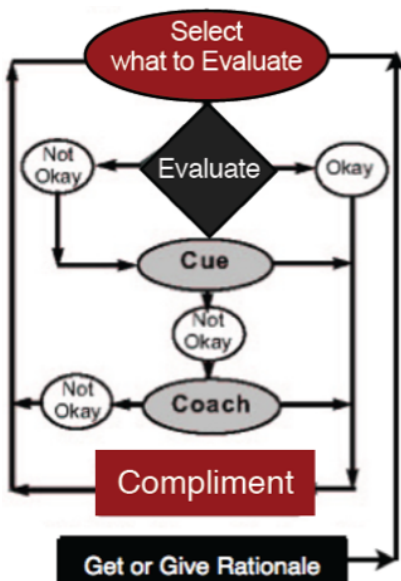
ECCCR Coaching Process



Note: Only have teens perform this In-Car Session after they have completed the eCoach activities, passed the exiting quizzes for each Level, and demonstrated successful PEP performance to earn the Session Key.

This session is only to take place in a parking lot. Use the ECCCR process. Compliment teens immediately after a correct action is taken, or coach them to achieve each action correctly. Record the teen's performance in the Partnership book Guide 3.

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• Placing Car In Motion

- Right Foot on Brake
- Shift to Drive
- Release Parking Brake
- Check Path Of Travel

• Inching & Creeping the Car

- Keep Foot on Brake
- Release Partial Brake
- Inching with Brake Control
- Creeping at Idle Speed



ECCCR Coaching Process

Guide 3A: Inching & Creeping