



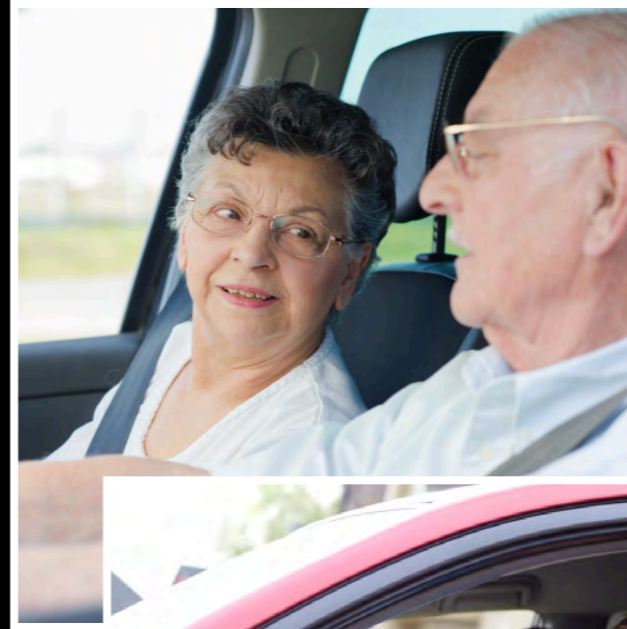
# Train the Brain For All Drivers!

## In-Car Lesson 1D

Guide 4: On Target - Off Target — Page 105

All licensed drivers in the family will benefit from this exercise as if driving the Skid Monster!

They will acquire skills for car control to prevent, detect, and control a skid, as well as prevent vehicle rollovers.



Scroll Slides

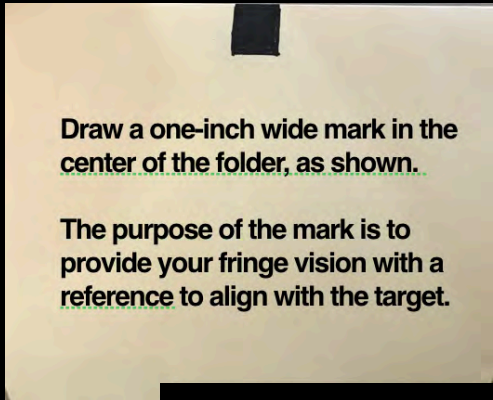


Train the  
Brain

# Preparation Activities before Performance

Guide 4: On Target - Off Target — Page 105

1. Perform all “**Preparation for In-Car Guide 4**” activities listed on *Professor Mottola’s Driving MIND eCoach*.
2. Bring a marked **file folder** to the parking lot.
3. Bring an empty carton box or a traffic cone.
4. Bring your **Pocket Coach** book.
5. Bring this program installed on a mobile device.



Draw a one-inch wide mark in the center of the folder, as shown.

The purpose of the mark is to provide your fringe vision with a reference to align with the target.



## In-Car Lesson 1D

Guide 4: On Target - Off Target — Page 105

*Training the Brain before the hands and feet.*

For families with **teens learning to drive**. The Teen should be a Co-Driver as the Parent drives to the parking lot.

**Parents should do these activities along with the teen.**

To begin, the parent reads to the teen step-by-step what to do. Then, after the teen performs the exercise, **parent and teen should switch roles**. The teen will read from the mobile device and the parent becomes the “trainee.”

Scroll  
Slides



Train the Brain

You will use Guide 4 on pages 104, 105 of the Pocket Coach.

**For Coach:** This practice should only take place in a parking lot after Guide 3's actions are performed successfully three times. The major objective is to have the teen be capable of using vision to the target to steer the car. Have the teen evaluate an open POT (Path-Of-Travel) before the car is placed in motion. To begin, have her identify a target at a 90° angle for a left and a right turn. Have her stop at the transition peg to verify that the Tpeg is being seen correctly. Then, have her make turns using light acceleration to begin the turn. At the Tpeg acceleration should be notably increased.


1. Selection of Target
2. Central Vision to Target
3. Fringe Vision to Wheel
4. Aiming for Targets
5. Looking into Turns
6. Use of Steering Wheel
7. Recovery at Tpeg
8. Smooth Use of Pedals

**Place a piece of tape** of contrasting color on the steering wheel at the 12 o'clock position. The tape increases the effectiveness of fringe vision to see the car when it is on or off target.

4 = By Habit 3 = OKAY Without Coaching  
2 = Okay With Coaching 1 = More Practice

## Guide 4: On Target - Off Target

Dates: \_\_\_\_\_

1A

Coach A B C





**Train the  
Brain**

**You are going to use this parking lot. The red car is your car.  
Trainees will be selecting targets to drive towards.**



**Park the car. Have the trainee get out of the car and  
identify targets that will be used to aim for.**



**Train the  
Brain**



**There will be a Target for all four directions ....**



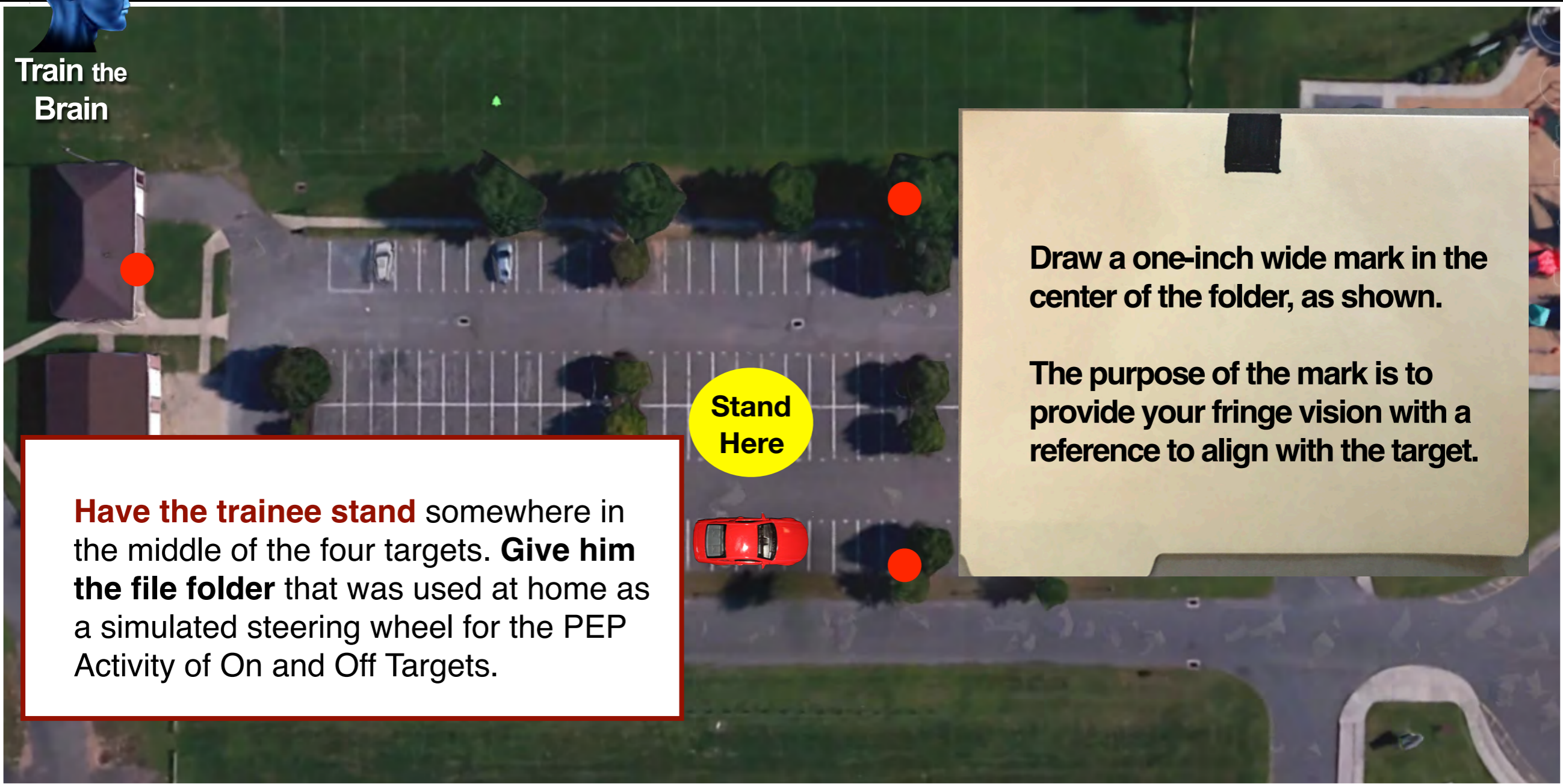
Train the  
Brain



... just as was practiced using the Model Roadway Chip Cars.



**Train the  
Brain**



**Draw a one-inch wide mark in the center of the folder, as shown.**

**The purpose of the mark is to provide your fringe vision with a reference to align with the target.**

**Have the trainee stand** somewhere in the middle of the four targets. **Give him the file folder** that was used at home as a simulated steering wheel for the PEP Activity of On and Off Targets.





## Train the Brain

1. Selection of Target
2. Central Vision to Target
3. Fringe Vision to Wheel
4. Aiming for Targets
5. Looking into Turns
6. Use of Steering Wheel
7. Recovery at Tpeg
8. Smooth Use of Pedals

## Guide 4: On Target

**You will stand next to the trainee** with your mobile device in hand. You will Evaluate only these first five actions on Guide 4.

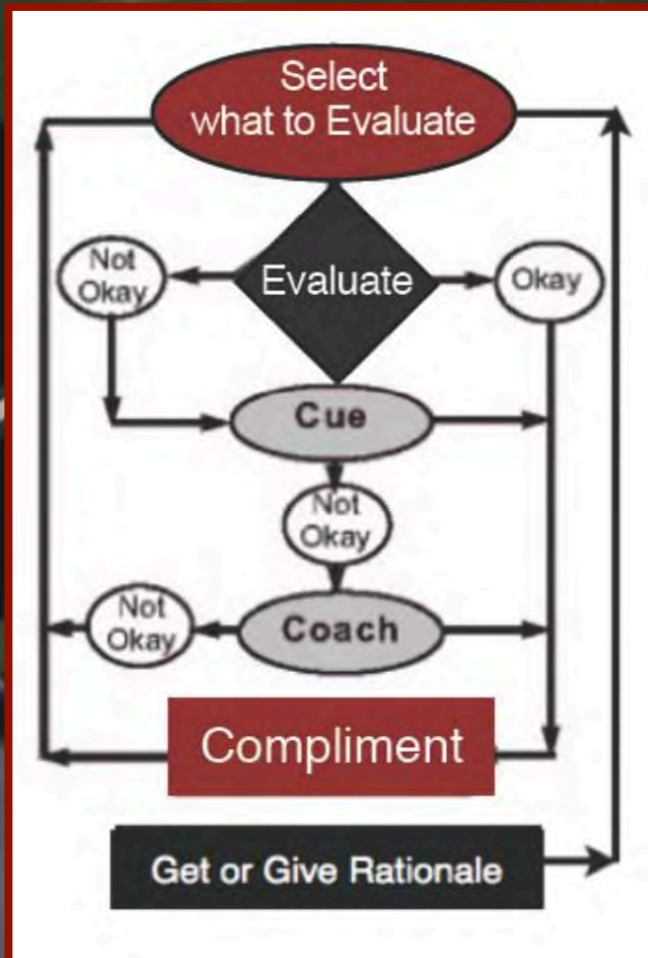
### **G04: Mental Prep for On/Off Target**

**Activity 1: Say**, “hold the ‘steering wheel’ in a 9-3 position and align your body with the **East Target**.” **Ask**, “With which vision are you seeing the target?” (central). Then, **Ask**, “With which vision are you seeing the steering wheel?” (fringe).

**Activity 2:** Tell the trainee he will not need to turn his “steering wheel” but he is to turn his head and rotate his body when going from one target to another. **Say**, “Make a left turn to the “**North Target**” and stop at the simulated Transition Peg.” *(When the left hand is seen with fringe vision aligned to the target, his body should be at a 30° angle from being On Target. This was learned from PEP practice at home).*



Train the Brain



Use the ECCCR  
Process, page 93/94

**G04: Mental Prep for On/Off Target**

**Activity 3: Ask** “what will you see as a Tpeg while making a left turn in a vehicle?” (The driver’s windshield corner post.)

**Activity 4: Say**, “complete your turn to get on target for the North Target.” **Compliment** the trainee when correct; cue if not.

**Activity 5: Say**, “Make a right turn to the “**East Target**” and stop at the simulated Transition Peg.” It will be when the right hand is aligned to the target. **Compliment – or, Cue and Coach.**

**Activity 6: Ask** “what will you see as a Tpeg while making a right turn in a vehicle?” (The inside rearview mirror.)

**Activity 7:** Continue to have the trainee go from one Target to another. Observe the head is turned before the body. When at the Tpeg have him call out “**Tpeg**” to show he knows where it is. When he demos consistent performance, reward him by **switching roles**. You become the “trainee.”



Train the  
Brain

**Before the trainee gets in the car,** have the Pocket Coach turned to page 96 to review Guide 1 for actions to improve while Approaching and Entering the Car. You can then make a rating in the middle column of **Guide1**. (You should have previously marked the inside column after Guide 1 was performed. )

**The car is on target for the East Target.**





Train the  
Brain

**Once in the car,** evaluate “**After Entering the Car**” on **Guide 1**. Then, evaluate what needs more practice on **Guide 3**. Provide the practice to have the trainee achieve a “3” rating on all actions. Make your evaluations in the middle column of **Guide 3** on page 98. (The inside column was previously marked) Then, turn to **Guide 4** on page 104.



Simulated Steering Wheel

**The car is on target for the East Target.**



Train the  
Brain


1. Selection of Target
2. Central Vision to Target
3. Fringe Vision to Wheel
4. Aiming for Targets
5. Looking into Turns
6. Use of Steering Wheel
7. Recovery at Tpeg
8. Smooth Use of Pedals

Guide 4: On Target

**G04: On Target - Off Target**

**Activity 8:** Have the trainee “drive the car on target for the East Target and stop the car smoothly when you ask him to do so. Give positive feedback when a smooth stop is made..

**Activity 9:** Say, “make a left turn to the North Target and stop at the Tpeg.” Cue him to check left, front, right zones. Observe if he turns his head before beginning to move the car, and stops the car when it is at the transition peg (the driver’s corner post; **for YOU the Tpeg** is the inside mirror). After identifying the transition peg, continue to get on target and stop. Repeat exercises for right turn targets and stop at the transition peg (inside mirror; **for YOU the Tpeg** is the passenger side corner post). Then direct him to all of the Targets, alternating left and right turns. Now when he makes the turns, have him increase acceleration when at the transition peg. Speed only needs be 10-15 mph. The car could go 5-8 mph from a stopped position to the Tpeg. Then, at the Tpeg increased to 10-12 mph.



**Train the  
Brain**

**It may be helpful for the Trainee to view these images.**



**The car is off target. While making a left turn, the car is almost on target.**



**The car is on target for the East Target.**



**On and Off Target for the West Target (door).**



**At the Transition Peg (Tpeg) while making a right turn to the West Target.**

**Scroll to Continue**



Train the  
Brain


1. Selection of Target
2. Central Vision to Target
3. Fringe Vision to Wheel
4. Aiming for Targets
5. Looking into Turns
6. Use of Steering Wheel
7. Recovery at Tpeg
8. Smooth Use of Pedals

Guide 4: On Target

**G04: On Target - Off Target**

**Activity 10:** After he has success keeping the car on target, give the **command to steer off target to the left or right**, then get back on target. Make certain that he keeps his head focused on the target while the car is moved off target. This will simulate the car moving off target as in a skid situation. It represents what would happen if the car went into a rear-wheel skid and a corrective action is needed.

**Activity 11: Bonus 1 — Coach Pulls or Pushes Car Off Target**

After the trainee has demonstrated success in the above activities, have him focus on a target. At 5-8 mph, tell him to release his grip from the steering wheel, but keep his palms touching the wheel. **You grip the wheel at the 3 position and quickly pull or push it off target.** He must avoid looking at where the car is going and regain control by keeping his vision and steering focused on the target path he wants the car to travel. You can only do this if there are no cars parked near by. **This activity can save the driver's life if confronted with a skid situation.**

**(Switch roles.)**





**Train the  
Brain**



## **Activity 12: Bonus 2 — Vision Controls the Evasive Steering**

**Preparation:** Have a carton box, or an 18” traffic cone. Place it in the center of the space you have to work with. Have the car lined-up with the box and the target.

**Tell the Trainee,** “Hold the steering wheel in a 9-3 balanced position. Focus to the target. You will be performing an evasive steering action as if there was suddenly a blockage to your path of travel and you would need to go to the left or to the right to avoid it, and then get back on target. When I tell you to go, accelerate to 5-10 mph. And, don’t steer off target until I say ‘left’ or ‘right’. **Most important, once you take a steering action, take you foot off the pedals, no brake until the car is back on target.**”

**When the car is 3-seconds away, Say,** “left!” Observe the steering action and the path of the car. Repeat exercise alternating between “left” and “right” directions until correct actions take place.

**Activity 13: Give the Command, “left or right” when the car is 1-sec away.** Have trainee compare the level of difficulty from 3 seconds away to 1 second away. **Ask,** “if you were on the highway and the car ahead suddenly stopped, **which separation space would you want?”**

**Scroll to Continue**



Train the  
Brain



## The dynamics of taking an evasive steering action.

There are **Three Steering Actions** that **must always** take place.

1. The **First Steering Action** is to avoid the object. **Eyes and Head to Target Area, Foot Off Pedals.**
2. The **Second Steering Action** must be twice as great as the first.
3. The **Third Steering Action** must be the same amount and in the same direction as the first steering action. **Brake when on Target!**



**Activity 14: Say,** “Drive up to the box and stop as if it's the tires of a car ahead. Then, **take only the first steering action** and stop the car. Secure it and get out.” See the position of the tires. **Say,** “**take only the second steering action** and stop the car. Secure it and get out.” See the position of the tires. **Ask,** “where would the car go without the third steering action?” **Say,** “in this next activity you will experience why texting drivers crash.”

**Scroll to Continue**

## Evasive Steering Requires Both Hands on the Wheel

Eyes and Head to the Target Area • Feet off the Pedals



Two hands in a balanced 9-3 position.



Evasive Steering to the left.



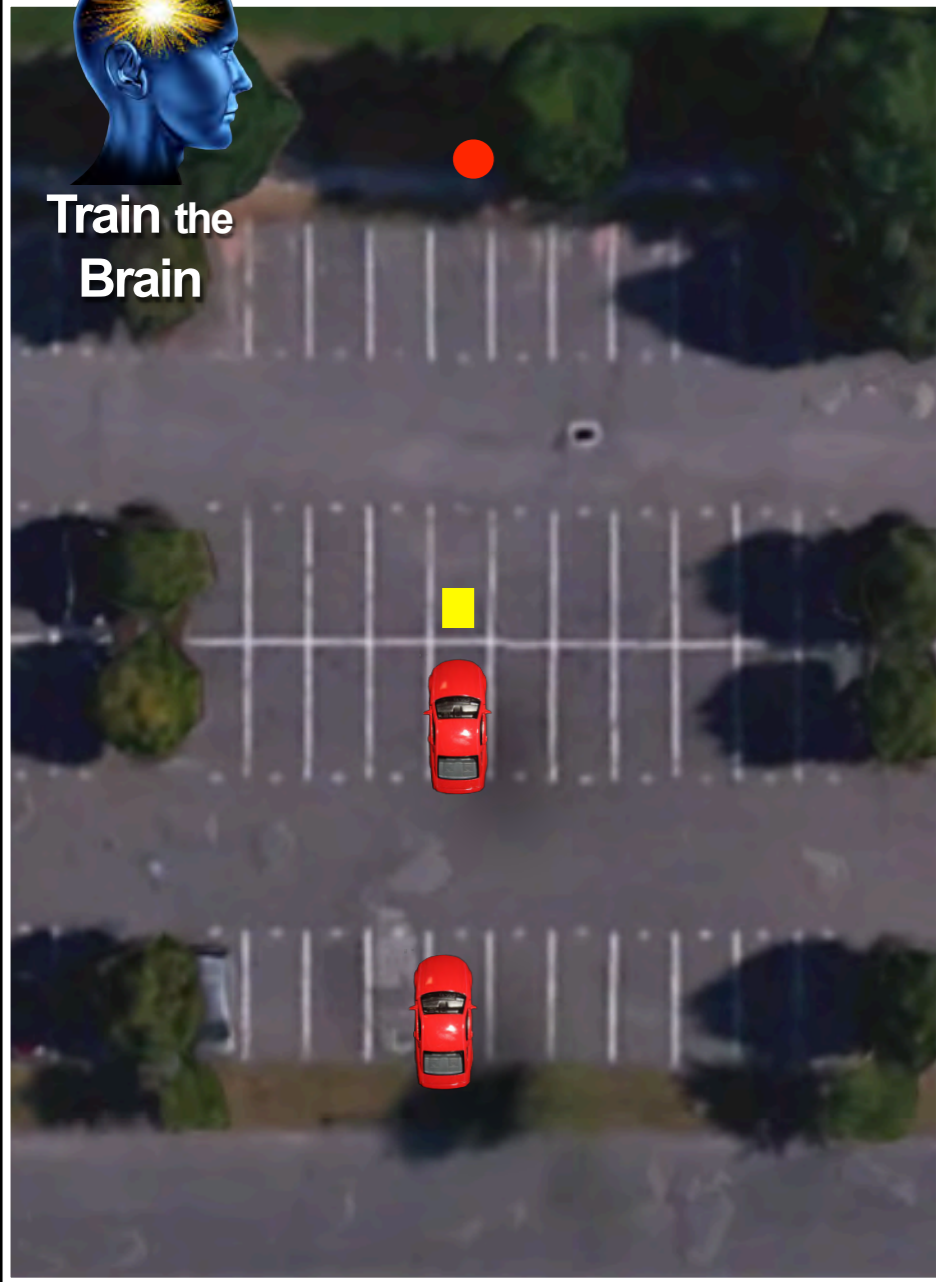
Steering to re-enter travel lane.



Steering to the left to straighten the tires.



**Train the  
Brain**



### **Activity 15: Bonus 3 — Evasive Steering While Texting = CRASH!**

**Tell the Trainee,** “Hold your phone in your right or left hand, whichever hand you normally use, and pretend you are checking a message. Hold the steering wheel with your other hand. When I tell you to go, go about 8 mph. You will **steer to the left** when I say “left,” which will be when you are 1 second away. We will do the same evasive activity, but I want you to **yank the steering wheel as fast as possible** for the first steering, then take the second and third steering action without delay. Be prepared to stop the car when I say Stop.”

**Warning for Parent:** You should be prepared to have the car stop before it travels too far off target. Be aware of other vehicles in the parking lot and avoid doing this exercise when there are parked cars in the recovery area of the evasive.

**Say,** “What you experienced is why **texting, or drowsy drivers** are involved in head-on crashes and why they roll the vehicle over. When they drift off the road because of losing fringe vision, and they attempt to get back on the road they:

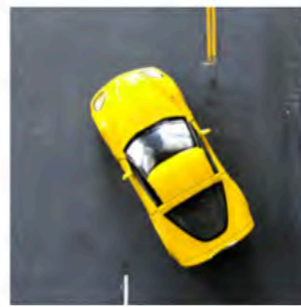
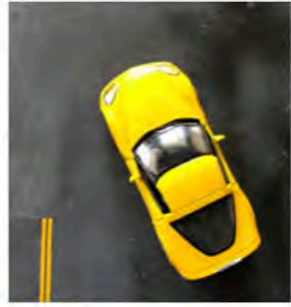
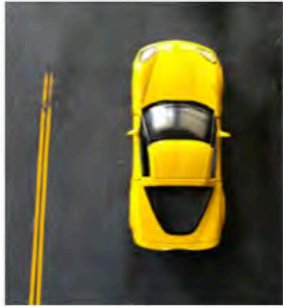
1. Yank the wheel putting in too much steering. Cannot take the third steering action, so the car goes into the oncoming lane, and
2. They never learned how to project vision to the target area to determine the correct steering action.”

**Switch Roles!**

**Scroll to Continue**

Show to  
Trainee

# Evasive Steering with One Hand = Failure!



The right hand  
is holding  
the wheel.



Evasive steering  
to the left.



With one hand,  
there is only  
enough steering  
to straighten the tires.



The car travels into  
oncoming traffic...



...or, rollover!

**Over-steering also happens  
when a drowsy driver attempts  
to get back onto the travel lane.**

REWARD



**Place phone on back seat.**  
You'll be a **positive influence** on your  
family and friends to keep all safe.

Habit 1: Get Rid of the Texting Habit!

See *Pocket Coach*, page 32

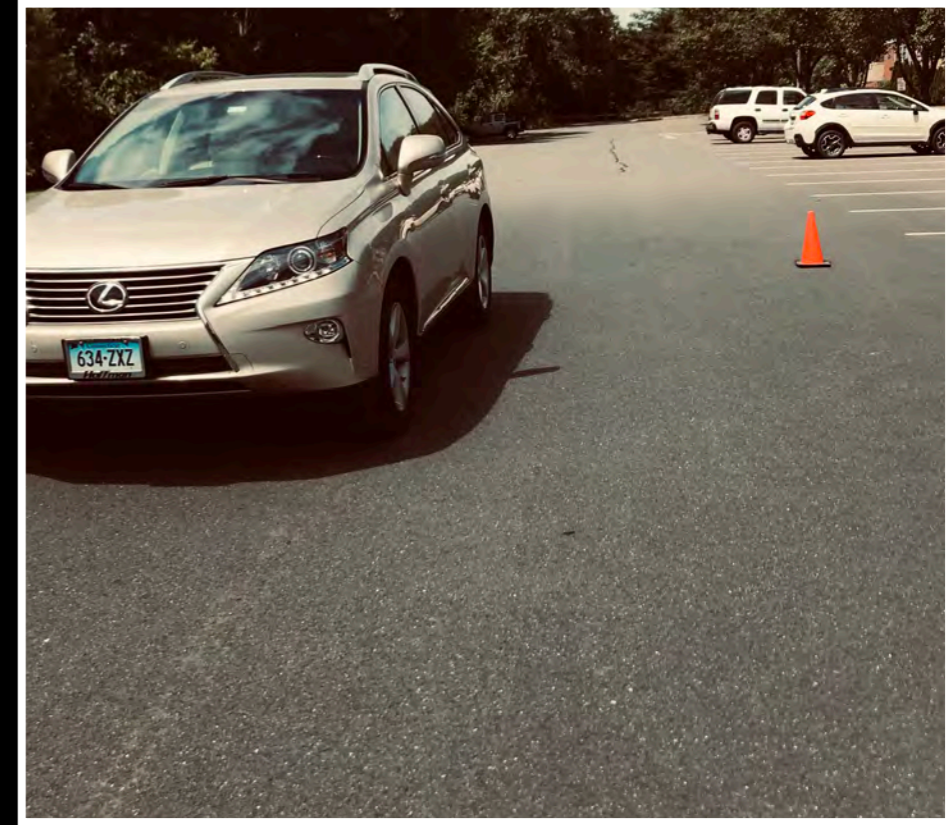
# Texting Driver with One Hand on the Steering Wheel



**Makes the first steering action.**



**Makes the second steering action, and only has enough steering to straighten the tires.**



**Not able to make the 3rd steering action. The car goes off the road, or head-on into oncoming traffic.**

After the trainee performed getting on target for all four targets at least three times, record the progression on Guide 4 by entering the number that best represents the final overall performance. Use the inside column. Enter today's date. Circle Your Letter.

You will not record the "Bonus" Activities at this time. We will do more later.



Come back on another day and repeat Activities 8 to 15.

Note what actions are performed effortlessly by Habit.

**End**

Practice pages 96-105 before returning.

**For Coach:** This practice should only take place in a parking lot after Guide 3's actions are performed successfully three times. The major objective is to have the teen be capable of using vision to the target to steer the car. Have the teen evaluate an open POT (Path-Of-Travel) before the car is placed in motion. To begin, have her identify a target at a 90° angle for a left and a right turn. Have her stop at the transition peg to verify that the Tpeg is being seen correctly. Then, have her make turns using light acceleration to begin the turn. At the Tpeg acceleration should be notably increased.


1. Selection of Target
2. Central Vision to Target
3. Fringe Vision to Wheel
4. Aiming for Targets
5. Looking into Turns
6. Use of Steering Wheel
7. Recovery at Tpeg
8. Smooth Use of Pedals

**Place a piece of tape** of contrasting color on the steering wheel at the 12 o'clock position. The tape increases the effectiveness of fringe vision to see the car when it is on or off target.

4 = By Habit 3 = OKAY Without Coaching  
2 = Okay With Coaching 1 = More Practice

## Guide 4: On Target - Off Target

Dates: \_\_\_\_\_

1A

Coach A B C

