



Train the Brain

Take the Challenge – Zone Control Language

Experience the “Mental” Aspect of Driving!

Take these Challenges after Practicing
Set 1 Activities

Scroll Slides



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The Driving MIND Strategies encourage Attitudes that Share the Road with Kindness to be in control of situations.

Do you want to acquire these values
and be in control of all situations?

See inside of front cover.

The *Driving MIND System* cultivates Attitudes that Share the Road with Kindness to receive these rewards.

Do you want them for Your Family?

- Be In Control
- No Surprises
- Responsible
- **Courteous**
- Stress-free
- Enjoyable
- Efficient
- Smooth
- **Safe**





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*Pg *i* or Pg 3. What does it take to “cultivate”
the Zone Control Strategies into habits?

*Pages for current and early editions of the Pocket Coach.

Welcome to Professor Mottola's Driving MIND System!

The *Driving MIND System*, which consists of the *Driving MIND Pocket Coach* and the *Driving MIND eCoach*, provides a new model of training that gives **teenagers and adults** choices for what type of actions they want controlling their vehicle. For parents of newly licensed teens it provides effective GDL practice for a life-time of **Zero Crashes!**



This *Pocket Coach* provides MIND Cues that define what and how to practice one action at a time. You will learn about an action from *The Driving MIND eCoach*, then use the MIND Cues in this book to guide you in **repetitions of deliberate practice until habit forms**. Practice can take place while a pedestrian, a backseat passenger, a front-seat co-driver, or a driver.



To cultivate strategic habits requires **awareness** of the need to take an action; knowledge of how to perform the **action** in a timely manner; and desire for the **reward** received by cultivating the Zone Control Strategies into habit.



Any member of the family — from 4-year-olds to 94-year-olds — can cultivate strategic habits as pedestrians, bicyclists, passengers, co-drivers, and drivers, to operate within traffic situations in a responsible, efficient, enjoyable, stress-free, and crash-free manner.

(If you have not enrolled in the FREE *Driving MIND eCoach* program yet, go to NIDB.org)



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Pg *ii*. What are the Four Levels of Driving Performance? Which is the best level?

Four Levels of Driving Performance

There is never a moment of driving when some action is not being controlled unconsciously by habits. Our goal is to help you reach level 4 okay performance.

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

The Habit Cycle



Level 4. Okay - Unconscious Performance is the best level. The driver performs the correct action by habit without thinking about what needs to be done. Habits makes it possible to perform multi-actions.

Level 3. Okay - Conscious Performance is the level where learning takes place. The teen is able to “deliberately practice” a few actions at a time and make corrections when wrong performance occurs.

Level 2. Not Okay - Conscious Performance is the level where the teen becomes aware of the error that was made. With effective coaching the wrong behavior is corrected — not repeated into habit.

Level 1. Not Okay - Unconscious Performance is the level that results in high-risk habits being formed. The driver does something wrong without any recognition that the error was made. The action gets repeated and begins to take place without thought — by habit.



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Pg 3. How do you cultivate a strategy into a Level 4’s Okay Unconscious Performance?

How to Use the Pocket Coach for Teenagers' Training

The objective of the Pocket Coach is to provide guidance for developing the Zone Control Strategies into habits. It is not a book that is meant to be read from cover to cover. Choose an action you would like to cultivate into habit. Select and use a mind cue for guided practice.

Record your name and information on the outside of the back cover. At the bottom of most pages there will be places to record the teens' performance.

The rating system.

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

Teens check this circle when confident that they can explain and demonstrate the action correctly.

Habit 1: Detect and Correct Drowsiness

1C Coach A B C Dates: _____

This tab identifies the Habit number. The Parent or Coach circles their letter and enters the number to represent the teens' performance and the date.

For Parents and Licensed Drivers to use the "Habits" section: Learn how and why to perform a strategy from the **eCoach**, then select a MIND Cue from the *Pocket Coach* and practice that as a pedestrian, passenger (in the back seat), co-driver (in the front seat), or as a driver for 15-20 minutes at a time. Then, come back to the same action on a different day. Test yourself for how accurate your recall is for automatic performance. Place the Pocket Coach in the car held by the lace holder to have cues visible to all in the vehicle.





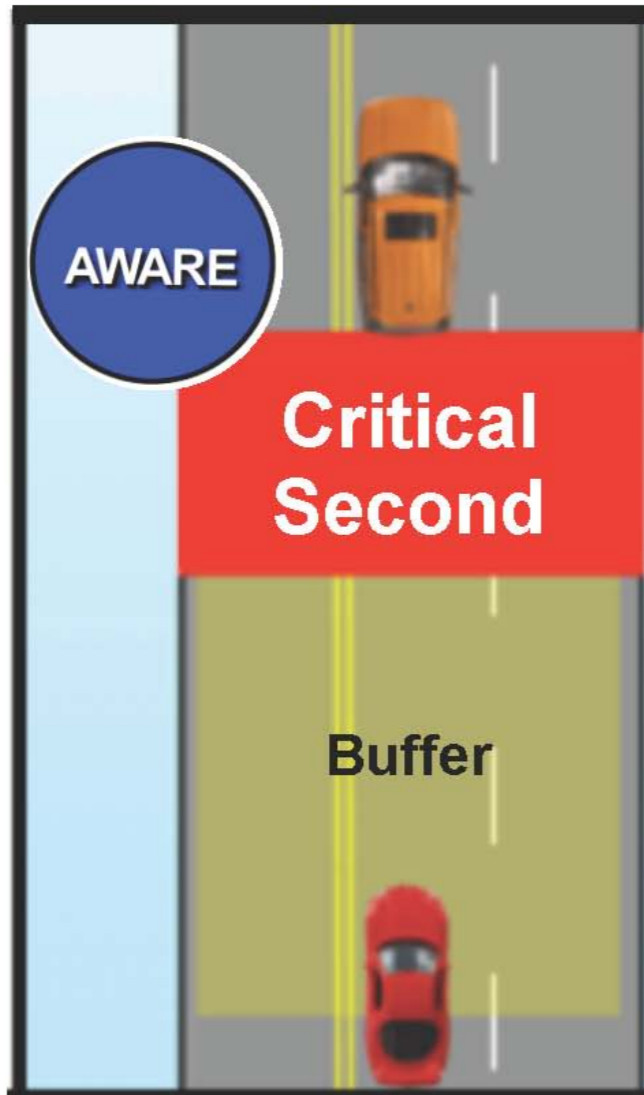
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*Pg 6 or Pg 11. What is the “Critical Second?”

*Pages for current and early editions of the Pocket Coach.



AWARE

Critical Second

Buffer

Find the “Critical Second.”

The “Critical Second” is when other vehicles and users of the roadway are within one second of your vehicle.

It’s the last second before a potential crash!

Challenge: Spend 10-15 minutes while being a Co-Driver to see how many Critical Seconds you Find, and could be in control of if you were driving. Repeat this challenge on several days. Share with the driver the critical seconds you find.

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Pg 7 or Pg 55. How do you Find, Solve, and Control the “Critical Second?”

*Pages for current and early editions of the Pocket Coach.

The “**Critical Second**”—
when you are within one
second of others!



1. **FIND: Critical Second in the A Zone Window (Target Area)**
2. **SOLVE: Critical Second Before Reaching the Danger Zone**
 - Detect LOS-POT Blockage
 - Get Best Speed Control, LP, Communication
3. **CONTROL: 4-Second Danger Zone**
 - Separation, Speed Control, LP, Communication
4. **CONTROL: 2-Second PONR (Point-Of-No-Return)**
 - Cover Brake, **100% Focus**, 45° Search

You're in CONTROL of the Critical Second!

Habit 2: Search the A Zone (Target Area) for Critical Seconds

2C

Dates: _____ Coach A B C





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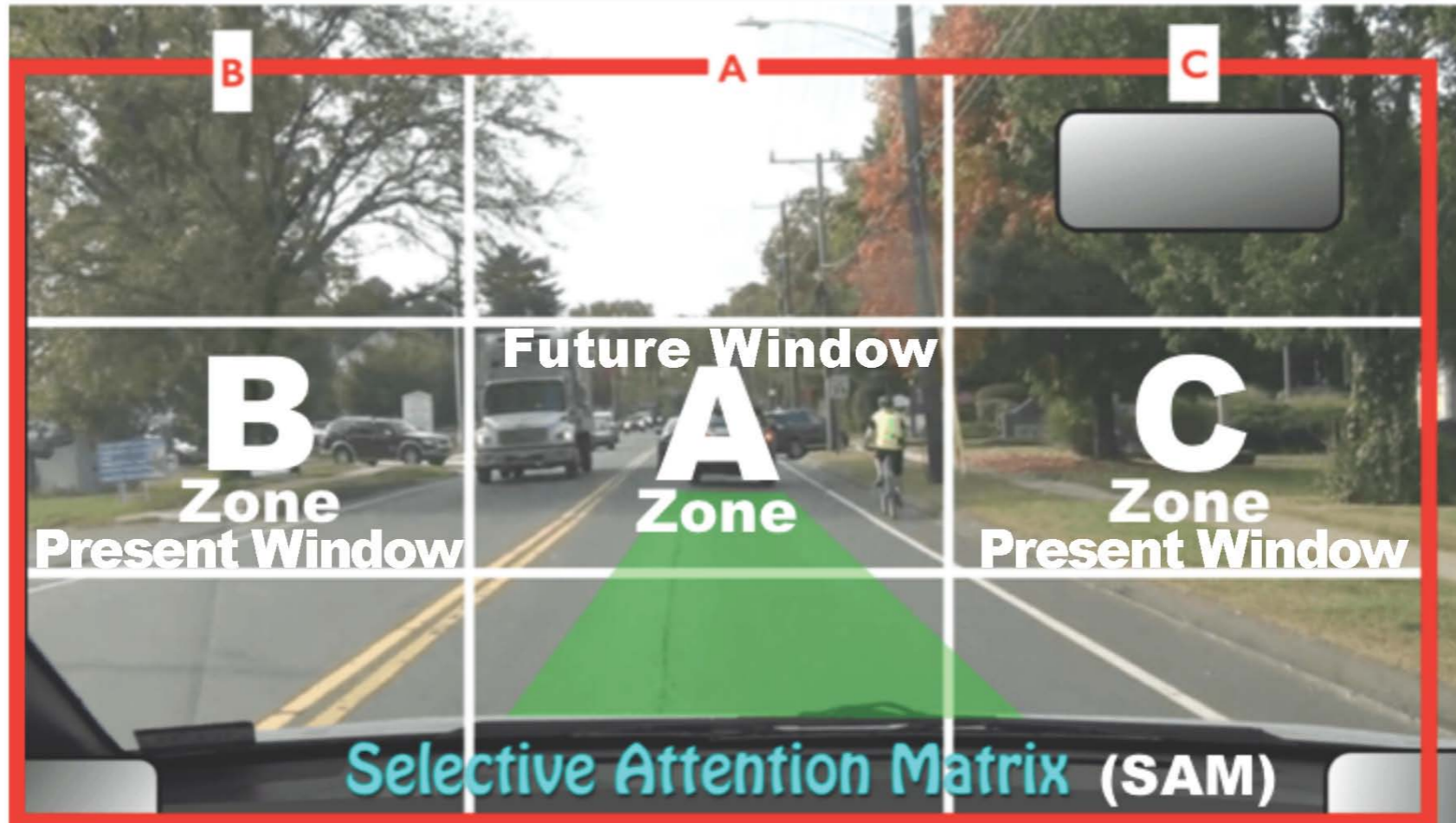
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Pg 9 or Pg 7. Explain where the “B Present Zone” is.

*Pages for current and early editions of the Pocket Coach.

Search A Zone for “Go” or “Slow” and for LP2



Habit 5: Find “Go” or “Slow” Condition

A B C

5A

Dates: _____





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Pg 8 or Pg 6. What do you search the A Zone for?

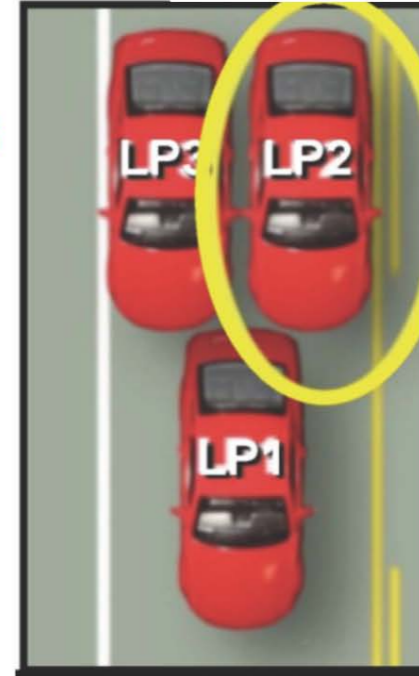
*Pages for current and early editions of the Pocket Coach.



Find "Slow" or "Go" Conditions and LP's of Vehicles

Four things to Search the A Zone for.

1. Look for **Slow** conditions.
2. Look for **Go** conditions.
3. Look for the **LP** of vehicles.
ahead as well as oncoming.



4. Search A Zone for a **car tailgating** a vehicle making a right turn, **who may zigzag** into your path.



1. **Reduce your speed.**
2. **Find Escape Path - Take LP5.**
3. **Flash high beam headlights.**
4. **Blow your horn.**

Habit 4: Find Zigzaggers and Vehicles in LP2





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Pg 10 or Pg 58. What are the three speed control choices you have when you Find a Closed Zone?

*Pages for current and early editions of the Pocket Coach.

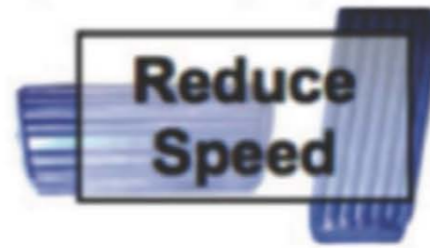


Find Closed A Zones!



Slow Condition requires a speed reduction, which could be achieved by any one, or all three, of these techniques:

1. Ease Off Gas Pedal
2. Cover Brake
3. Apply Brake • Check Rear



Go Condition means you have an open "A (Front) Zone" with space to enter.

1. Keep Same Speed
or
2. Increase Speed



Habit 6: Select the Best Speed Choice

A B C

Dates: _____





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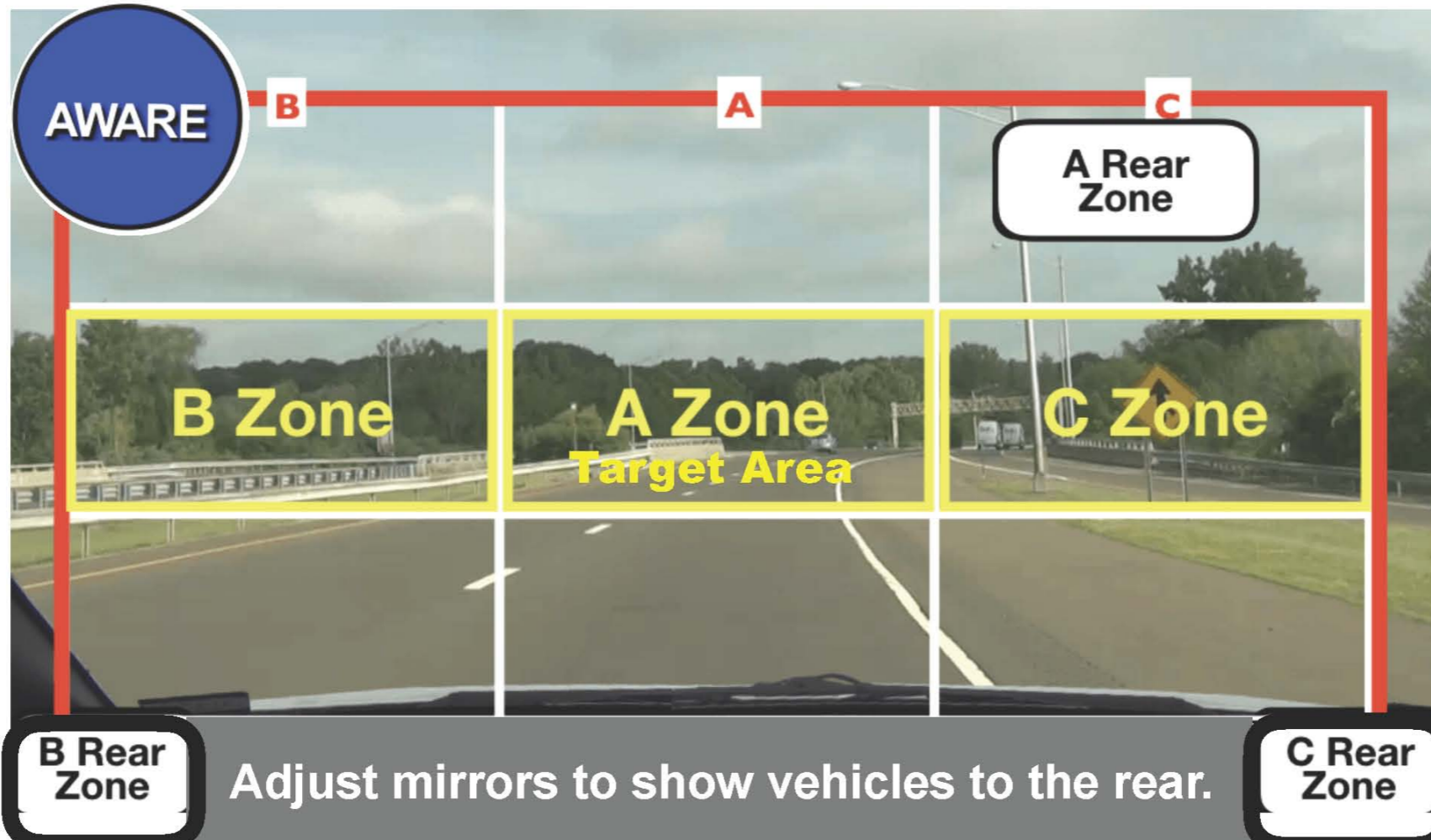
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Pg 11 or Pg 9. Where are the Six Searching Locations?

*Pages for current and early editions of the Pocket Coach.

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



Habit 5: Six Searching Locations

A B C

5B

Dates: _____



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Pg 11 or Pg 9. How should the mirrors be adjusted to see the B and C Rear Zones?

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

AWARE

B **A** **C**

A Rear Zone

B Zone **A Zone Target Area** **C Zone**

B Rear Zone **C Rear Zone**

Adjust mirrors to show vehicles to the rear.

Habit 5: Six Searching Locations

A B C

5B

Dates: _____

Exit