



Component Coaching

When a driver development plan is laid out there will be many times when component coaching will be called upon. Just like any business, a DDA driver development plan will have two key elements to the plan - Strategic & Tactical. Strategic is the “long view” with tactical being the short view of what will happen. The tactical is used to satisfy the strategic over the course of the development of the driver. Under the tactical umbrella comes what we call component coaching.

A component coach might be an on site driver coach who works with the driver on his lines or gear changing or foot work etc. Many teams now have driver coaches for this purpose. A component coach might be brought in to build the drivers physical abilities. The faster the car the more physical effort it will take to drive it. A component coach might be used to develop a drivers mental skills. Essentially, as components of the plan need to be strengthened, a specialized component can be brought in to target that need.

As a driver develops the need for component coaching will change. In the early days of race car driving there may be a need for heavy emphasis on race lines or braking. Drivers will naturally pass through these stages and the next need will become obvious. Drivers are very individual in the need for component coaching and the speed at which they pass through specific learning times.

Component coaching can be used in for the following:

- On site driver coaching
- Media training
- Exercise physiology (mental skills)
- Physical development
- Mechanical education
- Commercial education (sponsorship/ fundraising)
- Persona development

