iZONE PERFORMANCE

REMOTE SIMULATOR COACHING

ENGINEERING THE DRIVER

"I HAVE NO IDOLS. I ADMIRE WORK, DEDICATION AND COMPETENCE"

– AYRTON SENNA

IZONE DRIVER PERFORMANCE

iZone (based at Silverstone Circuit) is Europe's leading driver training facility, developed by triple World Touring Car Champion Andy Priaulx. It is a genuine Elite Performance Centre, focussed on the development of world class drivers (both amateur and professional), motorsport athletes and mentally-resilient competitors.

IZONE ETHOS

Our mission is to train drivers of all levels to become the best they can be, whether they are just preparing for their next race or developing a professional career in motorsport.

Our approach is built on the following principles:

Focus on skills:

- Practicing core skills until they can be performed automatically.
- Knowing your strengths and turning them into super strengths.
- Understanding your weaknesses and turning them into opportunities.

Performing under pressure:

- Creating 'Robustness' – the essential ability to execute the right skills at the right time, no matter what pressures you face.
- Conditioning the mindset and focus required to perform at your best, be it in qualifying, race starts, first laps or even pit stops!

Becoming natural:

- Understanding how preparation, mental rehearsal and process-focus create 'flow' in your driving.
- Become instinctive and naturally adaptive to new tracks, cars and changing grip levels.
- Understanding your unique Peak Performance State to create optimum lap times.

THE PROGRAMME

With the start of the season now put back for at least a month iZone have created a remote training package designed to support drivers who have home simulators and want to take this down time to further develop their skills and resilience. The package includes:

SETTING UP YOUR SIMULATOR

1) Our Engineer will need to book an hour (free of charge) with you to gain remote access to your simulator's computer. He will check the Internet connection and install the software that will enable us to coach remotely by seeing a live stream of your simulator whilst you are driving.
2) At this time we will also send you a link to our training forms on Google Sheets (see below) for you to log into

STARTING A SESSION

1) We call you to discuss the track, objective and the drills that we are going to run during the session.
2) We start live streaming of your simulator for us to see
3) You log into Google Sheets to access our Training Drills and Assessments.

COACHING COMMENCES

1) The session will consist of an agreed number of runs during which we will be coaching live.
2) After each run you complete the Driver Assessment on Google Sheets (we can see this live).
3) This is followed by a detailed de-brief and lap review.
4) This process is then repeated throughout the session – training runs followed by de-briefs.

POST SESSION ANALYSIS

1) After the session you will complete the Post Session Analysis on Google Sheets.
2) We will discuss this over the phone highlighting exactly what has been learned.

PRICE PER HOUR: **£95 + VAT**

IZONE DRIVER PERFORMANCE

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ENGINEERING THE DRIVER