

SIMULATOR TRAINING

GROUP DEVELOPMENT DAYS – CAR

This full day of training has been designed to allow new clients to iZone to experience our unique training methods, our advanced simulators and our range of training tools and aids. The day combines technical briefings with practical simulator training, so that when drivers leave at the end of the day they have a clear understanding of the areas they need to work on to improve their on-track performance.

GROUP DEVELOPMENT DAYS – KART

This half day of training has been designed to allow new clients to iZone to experience both our unique training methods and KartSim's advanced simulator and software system. The programme combines technical briefings with practical simulator training (both in the wet and the dry), so that when drivers leave they have a clear understanding of the areas they need to work on to improve their on-track performance.

GROUP COMPETITION DAYS – CAR

iZone's Group Competition Training is designed to expose drivers to the stress of competition in an environment where they can learn from their mistakes, condition the right mindset and gradually build mental resilience around a clearly understood method. Each day involves up to twelve drivers split into two teams and the cars they will be driving can include single seaters, GT's and Touring Cars. In addition to the simulator drills drivers will also take part in physical and psychomotor tests in the gym.

GROUP COMPETITION DAYS – KART

iZone's Group Competition Training is designed to expose karters to the stress of competition in an environment where they can learn from their mistakes, condition the right mindset and gradually build mental resilience around a clearly understood method. Each day involves up to six drivers split into two teams and in addition to the simulator training and drills drivers will also take part in physical and psychomotor tests in the gym.

TRAINING SEMINARS

Every month we run training seminars on a wide variety of subjects that allow our drivers to broaden their understanding of key aspects of their sport - areas that we would not normally have time to cover in a normal coaching session. Topics that will be covered include: Sponsorship, Media Training, Nutrition, Social Media & PR, Talent Acquisition, Race Car Engineering, etc.

To find out more or to book a session please get
in touch and we'll get back to you:

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