

SIMULATOR TRAINING

SIMULATOR COACHING

Using advanced simulation and training technology our coaches utilise structured training drills that are designed to develop your skills whilst progressively increasing the levels of challenge. Our bespoke training software records every aspect of your performance; technically, physically and mentally. This enables us to identify key areas for focus and development, providing rapid and lasting gains in both learning and performance.

MONTHLY DEVELOPMENT PROGRAMME

iZone's Monthly Development Programme is designed to provide drivers with a structured training programme that ensures that key aspects of their training are addressed on an ongoing weekly/monthly basis to ensure that they are learning fast. The programme is broken down into two parts: 1) Simulator Training, which is combined with Assessment and Review sessions which we run at iZone (unless the driver has a home simulator, in which case we can train remotely or a combination of both), and 2) Daily Performance & Mindfulness Clinics and remote Physical Group Training Sessions (3 x per week), both delivered over Zoom.

INTERNATIONAL DRIVERS – TWO DAY INTENSIVE TRAINING

The iZone Intensive Training Programme is targeted at international drivers who want to take a jump in performance and develop their skills in the key areas that affect their on-track success, regardless of whether they are driving single seaters, saloons or GT's. The programme takes place over two days and covers the broad range of both on and off-track skills that drivers need to master if they are going to make careers in the sport.

DETAILED PERFORMANCE ASSESSMENT

Our Detailed Performance Assessment is a comprehensive analysis of a driver's strengths and weaknesses across all areas (technical, physical and mental) that affect their on-track performance. Following the assessment the driver will be sent a 40 page Detailed Performance Assessment that will be produced from the information that has been gathered across all of the disciplines and will detail a structured and prioritised action plan that, over time, can turn strengths into super strengths and weaknesses into opportunities.

KART-TO-CAR TRANSITION TRAINING

Whether you're moving to single-seaters or saloons/GT's, making the transition from karts into cars is one of the most critical times in a driver's career. We all know how important first impressions are, and alongside learning new skills, vehicles and tracks, making an impact in your first season can be crucial for future success and support. As such, it's important to get this change right, and be ready to hit the ground running!

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

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