In-Car Guide Drills
Lesson 1 – In the Parking Lot

Drive #1 – 45 minutes each driver

Why Drills?

- Drills are like acronyms (patterns)
  - makes them easy to remember, even if you get "sidetracked."
- Drills also help assure a standard of performance.
  - Same way every student, every time.
- Drills promote independence.
  - Once a student learns the drill, they can continue with practice with or without the instructor.

Approach Demonstration Drill

- From 15+ feet away from the vehicle
  - Hand student the keys (Mind on task)
  - Check under and around the vehicle for leaks, tire issues, and blockages
- At the car (the “walkaround”)
  - All the way around.
  - Tires (inflation), glass (clarity), lights (mechanically whole) general (all there?)
  - Check backseat before opening the door.

Entry / Pre-Start Drill (LSMILE)

- Keys in ignition when the student sits
- Lock the doors
- Seats-Safety-Steering
  - Seat adjustment (both the bench and the back)
    - Remember posture, use the dead pedal
  - Safety belt on low and snug
  - Steering wheel adjustment is last

Entry / Pre-Start Drill (LSMILE)

- Mirror adjustment
  - all three!
- Ignition On
  - As early as possible, especially in severe weather
- Lights On
- E Brake Off
  - It really is the park brake but LSMILP sounds funny ☺
  - Before or after gear?

Orientation Drill

- Have the student manipulate each of the control devices of the vehicle:
  - Put your foot on the brake
  - Release/Engage the parking brake
  - Right and Left turn signals
  - Raise/Lower the windows
  - Others as specific to the vehicle. All physical controls should be demonstrated by student.

Instructor Safety Demonstration

In the first lesson, demonstrate all of the instructor control measures so that the student is not surprised by their use.

- “Blocking” for steering control
- Instructor Brake application
- Emergency steering application*
- Emergency Neutral application*
    - Open palm

Go / Stop Drill

- Parking lot only.
- Off brake to start “go”
  - Idle speed movement
- Smooth pressure on brake to stop
- Release of pressure for controlled go
- Steady acceleration from stop
- Controlled hard pressure for stop

- ABS brake demonstration works here.

Trail Braking Drill

- Otherwise known as Chauffer stop
- At 5 mph firm stop, release foot pressure at the “pitch” point of the stop.
- At 10 mph firm stop, release foot pressure at the “pitch” point of the stop.

- Trail braking is also used later in the curriculum to teach students to keep the brakes on in a curve or turn until the apex.

Targeting Drill

- Pick 2 “targets” at opposite ends of a parking lot.
- (1) Have student drive slowly towards target.

- Repeat a few times, then

- (2) While approaching, instructor pulls the wheel (nicely) and then asks the student to get back on target.

Figure 8 Targeting Practice

- In parking lot, pick 3-4 different “targets” that are easily distinguishable by name and have the student drive towards a specific target.
- Somewhere along the path of travel, instructor calls out another target to turn the vehicle towards.

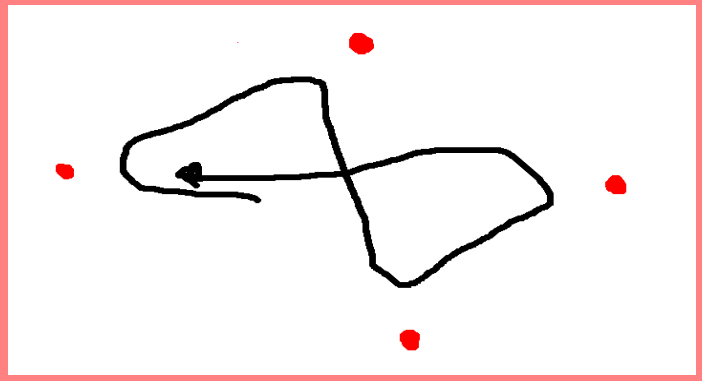
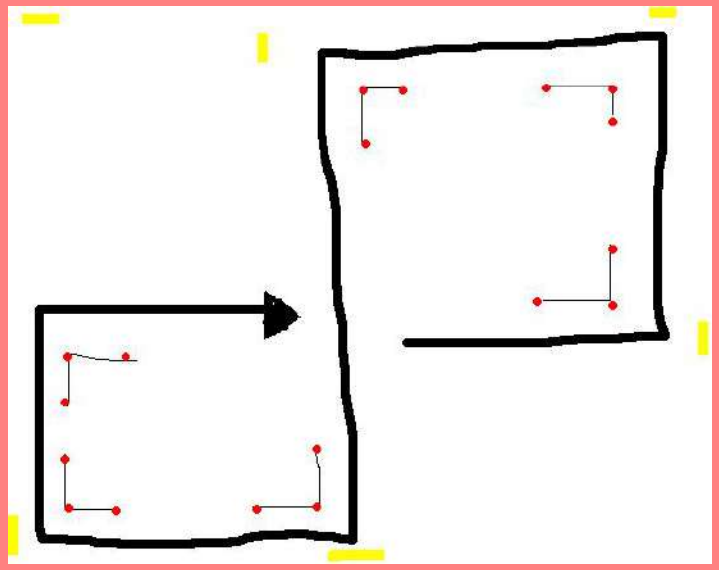


Figure 8 for Transition Pegs

- Vehicle needs to stop at each turn.
- Student needs to turn their head to the target (yellow)
- At the transition peg, the student briefly stops the vehicle and states “Apex”
- Figure 8 allows for both left and right turn practice.



End of Behind-the-Wheel Lesson 1

In-Car Guide Drills
Lesson 2 – In the Parking Lot

Drive #2 – 45 minutes

Total BTW Time – 1 hr. 30 min.

Curb Line Drills

- Basics of reference point driving
- Have student pull forward along curb lines to practice Reference point placement
- Resist teaching lane positions at this time.

Reference Point Drills

- First step of reference point driving
- Have student place the vehicle in all reference point positions as discussed in class.
  - Forward
  - Rear
  - Left
  - Right
  - Right 3-foot

If time allows:

- Backing pivot point
- Right 6 foot (Alleys)

Gap / Hole Drills

- In a parking lot.
- Have student pull forward to the end of a driveway as it empties out onto the street
- Do not have student actually enter street
- As you sit, have the student (and observer) tell you when it would be “o.k.” to enter, and why.

Right Turn – Stopped Drill

- Approach
  - Side Position
  - Forward Position
    - Adjustment needed for LOS-POT?
- Correct stop
- Target Usage
- Proper Acceleration
- Transition Peg Usage
- Vehicle in Balance

Left Turn – Stopped Drill

- Approach
  - Side Position
  - Forward Position
    - Adjustment needed for LOS-POT?
- Correct stop
- Target Usage
- When to Begin steering*
- Proper Acceleration
- Transition Peg Usage
- Vehicle in Balance

Right Turn – Moving Drill

- Approach
  - Side Position
  - Appropriate Speed
  - Forward Position
    - Adjustment needed for LOS-POT?
- Target Usage
- Proper Braking
- Proper Acceleration
- Transition Peg Usage
- Vehicle in Balance

Left Turn – Moving Drill

- Approach
  - Side Position
  - Appropriate Speed
  - Forward Position
- Target Usage
- Proper Braking
- When to Begin steering*
- Proper Acceleration
- Transition Peg Usage
- Vehicle in Balance

Orientation Drill #2

- While in the vehicle ask questions and give commands that make the student orient themselves:
  - How much fuel?
  - How many miles does this vehicle have?
  - Turn the defroster/air conditioning on/off
  - Where is the voltmeter/alternator light?

** You may need to stop the vehicle and then re-turn the key to the “on” but not started position to see all of the warning lights.

Secure Vehicle Drill

PPLI

- Park Brake
- Park
- Lights off
- Ignition off

PPLEI

- Park Brake
- Park
- Lights off
- Electronics off
- Ignition off

Both this drill and the LSMILE drill

are performed every time the student drives

End of Behind-the-Wheel Lesson 2