



# D2 Training in Motor Sports

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# Motor Sports Athletes

- Drivers
- Pit Crew Members

# Drivers as Athletes

- Travel at speeds up to 200 mph
- Up to 3 Gs of force through turns
- Temperatures in cockpit often over 100
- Temperatures by the floor board up to 170
- HR of 120-150 BPM for 3-5 hours
- Lose between 5-10 lbs during the race

# Pit Crew as Athletes

- Average pit stop 13-15 seconds
- Hit 5 lug nuts
- Take a tire off and put new tire back on
- Run back around the car
- Hit 5 lug nuts
- Take a tire off and put new tire back on

# Skills Set of Motor Sport Athletes

- Vision
- Reaction
- Cognitive Processing
- Focus
- Speed and Agility

# Vision

- Drivers
  - Hitting their “Marks”
  - Seeing the cars and space around them
- Pit Crew
  - Lug Nut
  - Fuel Tank
  - Jack

# Reaction

- Drivers
  - Miss a wreck
  - Avoid after being cut off
  - Correcting when a car “steps out” on them
- Pit Crew
  - Any unplanned event during the stop



# Hand Speed

- Drivers
  - Save a spin
  - Miss a Crash
  - Advert line of car
- Pit Crew
  - Lug nut to lug nut
  - Tire on and off
  - Adjustments on car

# Cognitive Processing

- Drivers
  - What is going on with the car
  - What is going on around them
  - Communication with the crew chief on what needs to be done with the car

# Using the D2 for Training

- Trackable
- Progressive
- Vision
- Reaction
- Cognitive Processing

# Trackable

- Quantitative Data
  - Reaction Time
  - Misses
  - Quadrants
  - Rings
- History

# Program Drivers

- D2 Familiarization
- Program A
- Full Board

# Program Drivers

- Peripheral Vision
- Full Board
- Program A
- Program B

# Program Drivers

- Reaction
- Inner Circles
- Program A
- Program B

# Program Drivers

- Cognitive Training
- Program A
  - 3 Digit numbers
    - Say them in order from left to right
  - 5 Digit numbers
    - Say them in order from left to right
  - 3 Digit numbers
    - Add them together



# Program Drivers

- Cognitive Training
- Program B
  - Green Lights
  - 10%
  - Red light hit
  - Green light don't hit

# Program Drivers

- Cognitive Training
  - Program B
  - Green Light
    - Hit or don't hit
  - 3 numbers say in order
  - 5 numbers say in order
  - 3 numbers add together

# Program Drivers

- Cognitive Training
- Inner Circles
  - Left Hand only
  - Right Hand only

# Program Drivers

- Anyone can react, think and focus fresh, can they do it when they are stressed!!
- Add Physical Stress!!
  - 1 min sprint on treadmill
  - 1 min all out on the rower
  - 1 min all out on the ladder

# Program Pit Crew

- Inner Circles
- Both Hands as one

# Program Progression

- Full Board
  - Program A
    - 3 Numbers
    - 5 Numbers
    - 3 Numbers
  - Program B
    - 3 Numbers
    - 5 Numbers
    - 3 Numbers
    - Green Lights

# Program Progression

- Inner Circles
  - Program A
    - 3 Numbers
    - 5 Numbers
    - 3 Numbers
  - Program B
  - 3 Numbers
  - 5 Numbers
  - 3 Numbers
  - Green Lights

# Program Progression

- Corrective/Improvement drills
  - Quadrants with major differences
  - Rings with major differences



# THANK YOU

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