



# COACHES *Curriculum*

A SPORTS-CENTRIC GUIDE FOR COACHES TO DISCUSS SAFE DRIVING WITH THEIR TEAMS



# Impact

Teen Drivers

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# WHAT DO YOU CONSIDER LETHAL?

## *Letter from our Executive Director*

What do you consider lethal? Perhaps cancer, guns, war, lightning, shotguns, or even piranhas come to mind. The **Impact Teen Drivers** program poses this startling question to jumpstart the discussion about reckless and distracted driving in a dynamic and evidence-based education program designed to empower teen drivers and passengers with specific strategies. Ultimately, we are reducing injuries and saving lives. We need your help for maximum impact!

**Background:** Car crashes are the #1 killer of teens in America. Teen drivers are four times more likely to be involved in a fatal crash than adult drivers. Most of these tragic deaths are the result of inexperience and distractions. While teen drivers may understand the dangers of driving under the influence of alcohol or drugs, they are less aware of the fatal mistakes that result from other distractions, such as cell phone use, texting, social media apps, eating, applying makeup, and even engaging in conversations with friends in the car. They need to understand the risks of all distractions. Impact Teen Drivers aims to reduce these preventable deaths by raising awareness and providing evidence-based education about the very real dangers of distracted driving and inexperienced decision making. Impact Teen Drivers is a nationwide nonprofit organization formed as a partnership among the California Teachers Association, California Association of Highway Patrolmen, and California Casualty.

Our goal is to **stop the #1 killer of young people in America**—reckless and distracted driving. Impact Teen Drivers focuses on connecting with young people, parents, and educators on an emotional or visceral level. Our materials do not include graphic or gory details as research has shown that connecting with teens on a visceral level is more effective for long-term attitude and behavior change. In order to see a sustained behavior shift and commitment to a distraction-free driving culture, we need to provide quality educational materials and strategies that are easily accessible to those serving our kids and communities. We want people to recognize the importance of focusing on their safety when in a vehicle - whether as a driver or passenger. We want to build the culture of safe driving by educating new teen drivers and their influencers in a powerful, emotional way so that they will commit themselves to driving free of avoidable distractions and reckless behavior, ultimately leading to a safer driving culture.

We also reach teens through a strong social media presence and multiple websites, including our Create Real Impact program ([www.CreateRealImpact.com](http://www.CreateRealImpact.com)). The Create Real Impact grant program puts money back into the schools and empowers teens to be leaders in the creative development of the Impact program—being leaders on and off the field.

**Impact**  
Teen Drivers

# Next Steps

Utilize the enclosed materials, visit our website at [www.ImpactTeenDrivers.org](http://www.ImpactTeenDrivers.org), and join our team in stopping the #1 killer of teens in America — reckless and distracted driving.

If you would like further information on any of the Impact Teen Drivers programs, or to receive more information about bringing our lifesaving programs to your school, please contact us at (916) 733-7432 or [info@impactteendrivers.org](mailto:info@impactteendrivers.org). You can also like us on Facebook or follow us on Instagram and Twitter. Thank you for what you do for our kids and communities!


Warmest regards,

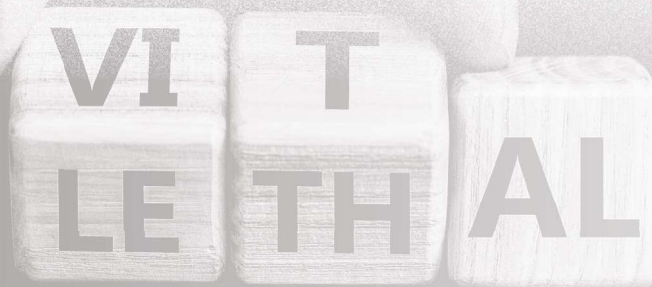


Kelly K. Browning, Ph. D.  
Executive Director

 @impactdrivers

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 @impactdrivers and @whatslethal



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Teen Drivers

# DIRECTIONS AND BEGINNING NOTES

## *Coaches Curriculum*

Every coach, athlete, and fan knows that the fundamental element of all sports is ...

### SKILL and COMMITMENT

Practice time is for skill-building. Athletes do not read their texts, update social media, nor eat a burger during practice. Coaches make it clear that all distractions are forbidden during practice time.

What about on the drive to and from practice, in the car, and behind the wheel?

Coach isn't watching, and it isn't practice time. Athletes are tempted to eat that burger, update social media, or read a text. Drivers and passengers are both responsible for making the right choice whether it's focusing on the road or simply speaking up.

Building skill at practice takes 100% effort and focus from each athlete. Driving a car is also a skill that requires the same effort and focus. Despite being 100% preventable, **distracted and reckless driving is the #1 killer of teens!**

The best way to become a better driver is to practice—becoming a good driver is no different than becoming a good athlete—it takes thoughtful practice. Conscientiously practice leads to improved skill and decision making both on and off the field. Again, car crashes are the **#1 killer of teens and they are 100% preventable**. We too often take the driving of a car for granted and see it more as a right of passage instead of an earned privilege. To become a good driver, it takes time, practice building skills, and a clear understanding of what a good decision behind the wheel is—all of which we shouldn't take for granted, but need to put real thoughtful action behind.

Coaches, encourage your athletes to drive safe and avoid distractions...the distractions can wait both on and off the field--it can wait!

*Remember there's no substitute for practice time.*

It's like playing an instrument, learning to swim, or learning any sport; if you practice only four days a year you are going to suck at it – even if you are Mozart or Michael Phelps. Think about the years where you swam only one or two days, no improvement. But spending 30 full days in the water allows you to build muscle memory and improve. And the kids that grow up in beach towns? It's not their genes that allow them to swim the waves so well; it's practice time.

You are always learning, always practicing. You will gain confidence, maturity, and experience...but you **always need to give 100% effort towards safe driving!**

# SCHEDULE AND COMMITMENT

## Coaches Curriculum

Coaching Curriculum Game Plan has 9 steps to be completed consecutively. These sets were designed for you, the coach, to be able to add safe driving tips into your daily practice routine. It is possible to complete all sets in one day if you have 75 minutes to commit.

If your practice time is limited you may choose to implement the Game Plan in 3 separate sets. Complete at least one entire set on your chosen practice day.

### Set 1:

<input type="checkbox"/> Step 1	5 Minutes
<input type="checkbox"/> Step 2	10 Minutes
<input type="checkbox"/> Step 3	10 Minutes

Total Time to Complete Set 1 ~ 1:15 min | Continue to Set 2 if Time is Not Limited

### Set 2:

<input type="checkbox"/> Step 4	15 Minutes
<input type="checkbox"/> Step 5	15 Minutes
<input type="checkbox"/> Step 6	5 Minutes

Total Time to Complete Set 1 ~ 2:35 min | Continue to Set 3 if Time is Not Limited

### Set 3:

<input type="checkbox"/> Step 7	5 Minutes
<input type="checkbox"/> Step 8	5 Minutes
<input type="checkbox"/> Step 9	5 Minutes

Total Time to Complete Set 1 ~ 3:15 min

Before analyzing details for the steps/sets above, please review the recommended drills and attention grabbers available for your team on the [Sport Specific Information](#) page.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Baseball

This list includes examples of ways to connect sports to driving. Use multiple examples and let athletes make their own connections as well.

### DRILLS

**BATTING CAGES:** Set the ball launcher to hit the same spot at an appropriate speed for your team. Athletes will attempt to hit the pitch while being distracted visually, cognitively, and manually.

**PASSING & CATCHING:** Athletes get partners, line up facing each other and pass the ball back and forth. Create a competitive atmosphere by asking trivia questions as a cognitive distraction. First athlete to get the answer asks the next question.

Add visual and manual distractions if desired.

### ATTENTION GRABBERS

Tell athletes how important communication is during the game; pop quiz with hand signals.

How fast do they think the ball is moving? How long do they have to react to a pitch?

The fastest pitch ever: 105 mph by Aroldis Chapman pitching for the Cincinnati Reds' triple-A affiliate in Louisville. The batter facing Chapman had only about 0.35 seconds to react before the pitch reached him (Repanich, 2010).

#### DISTANCE TO MOUND (60.5 FEET)

RADAR GUN SPEED	50mph	60mph	70mph	80mph	90mph	100mph
REACTION TIME	0.825 seconds	0.688 seconds	0.589 seconds	0.516 seconds	0.458 seconds	0.413 seconds

*Average reaction time for different baseball pitches by age group and mound distance, 2008*

For High School players, a hitter has an average of only half a second to react! No way a hitter would chance a glance away from that pitch!

Don't glance away from the road - Don't miss the pitch.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Basketball



### DRILLS

**PASSING:** Swing the ball, cross-court pass, chest pass, bounce pass, lob pass, etc. Have athletes practice passing the ball while also being distracted visually, cognitively, and manually.

**SHOOTING:** Pick a spot for athletes to shoot from (Top of the key). Athletes will attempt to make a basket while being distracted visually, cognitively, and manually.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking. Compare your gameplay.

### ATTENTION GRABBERS

When playing basketball, you become an extension of the ball. Your feet can not touch out of bounds while you have the ball or it's a turnover. A matter of inches between your toes and the three-point-line can determine whether the shot counted as 3 or 2 points.

While driving a car, you become an extension of the car: your hands move the wheels and your feet accelerate and decelerate the engine.

Stay 100% focused on the drive and your surroundings (Manfredi, 2015).

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Football

### DRILLS

**PASSING:** Run plays, or simply practice throwing the football while adding visual, manual, and cognitive distractions.

**LADDER:** In-out, lateral feet, tango, etc. Use your favorite ladder drills while adding visual, manual, and cognitive distractions.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking. Compare your gamepla

### ATTENTION GRABBERS

Quarterback's job on the field is to avoid the collision. Your job in the car is the same. Defensive lineman's job is to stop the rush (run), and offensive lineman's job is to stop the (pass) rush. Your job as a driver is the same. Leave yourself plenty of time to get ready for school or work, don't eat or drink while driving, and drive the speed limit. Make every drive safe. As a safety, if you get distracted on the field and miss the read, it means the other team scores a touchdown.

On the road, a distraction could mean your life. Don't drive distracted.  
3 seconds of texting while driving @ 65 mph = 100 yards (a football field) driving blindfolded.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

Golf

## DRILLS

**PUTTING:** Pick a spot for athletes to put from on the green (i.e. 5 feet out). Athletes will attempt to make the hole while being distracted visually, cognitively, and manually.

**TEE OFFS:** Have athletes practice opening shots while being distracted visually, cognitively, and manually.

**APPROACH SHOTS:** Have athletes practice feel shots, such as chip, pitch and flop shots, (i.e. played from outside the green into the green) while being distracted visually, cognitively, and manually.

## ATTENTION GRABBERS

Remind players - You play the course as you find it in all types of weather as well as in abnormal ground conditions. You think and plan ahead to avoid water hazards, sand pits, and other obstacles ("Rules of golf explained trainers' series," 2016). Different types of golf shots are used depending on the spot from where the ball is being played ("Types of golf shots," 2015).

While driving do the same: Look as far down the road as possible with active eyes to keep up with changing traffic conditions. Be prepared. Surround your vehicle with space in front and at least on one side to escape conflict. Maintain the proper following distance so you can comfortably determine the true hazards around your vehicle. Don't tailgate others. Scan - but don't stare. Constantly shift your eyes while driving (Pinola, 2014).

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Gymnastics



### DRILLS

**BALANCE:** Balance beam work, standing on one leg, handstands, etc. Athletes will attempt to balance while being distracted visually, cognitively, and manually.

**FOAM PIT:** Practicing flips and skills into the foam pit while being cognitively distracted. Add visual and manual distractions if deemed safe.

### ATTENTION GRABBERS

Remind athletes that they are improving their strength, flexibility, balance and control as a gymnast every day and should be doing the same in the car as a driver and passenger.

Strength to turn their phone off and put snacks in the trunk, flexibility to leave earlier instead of speeding to be on time, balance to keep both hands on the wheel, and control to prevent reckless and distracted driving ("Gymnastics," 2016).

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Lacrosse

### DRILLS

**PASSING:** Run plays, or simply practice passing while adding visual, manual, and cognitive distractions.

**SHOOTING:** Pick a spot for athletes to shoot from. Athletes will attempt to make a goal while being distracted visually, cognitively, and manually.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking. Compare your gameplay.

### ATTENTION GRABBERS

As with any contact sport, continued awareness to minimize risk for all participants is important. Being aware of the surroundings, other players, and yourself is transferable from the game of lacrosse to driving a car ("Boys Lacrosse points of emphasis - 2016," 2015).

Lacrosse requires players to be fast, have stamina, have a fast reaction time, great hand-eye- coordination, and to be tough. Knowing this, practicing these skills is not about the hours you put in, it's what you put into those hours. Make a goal, schedule, and plan not only for your lacrosse skills, but also your driving skills.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Soccer

### DRILLS

**PASSING:** Run plays, or simply practice passing while adding visual, manual, and cognitive distractions.

**LADDER:** In-out, lateral feet, tango, etc. Use your favorite ladder drills while adding visual, manual, and cognitive distractions.

**SHOOTING:** Pick a spot for athletes to shoot from. Athletes will attempt to make a goal while being distracted visually, cognitively, and manually.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking.

### ATTENTION GRABBERS

One of the simplest concepts in soccer, as in most team sports, is communication. It is a constant chatter. Once you've determined that you are the one that is playing the ball and you have made a good, loud call to let everyone know, do not change your mind. Make a strong move and trust your decision.

When you are driving a car, make a decision to be distraction free, communicate with your passengers and always communicate as a passenger.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Softball

### DRILLS

**BATTING CAGES:** Set the ball launcher to hit the same spot at an appropriate speed for your team. Athletes will attempt to hit the pitch while being distracted visually, cognitively, and manually.

**PASSING & CATCHING:** Athletes get partners, line up facing each other and pass the ball back and forth. Create a competitive atmosphere by asking trivia questions as a cognitive distraction. First athlete to get the answer asks the next question. Add visual and manual distractions if desired.

### ATTENTION GRABBERS

Chicago Bandits pitcher, Monica Abbott, holds the world record for the fastest women's softball fast pitch at 77mph giving the hitter only .35 seconds to react. If a softball pitcher was throwing 60mph from 40 ft, the hitter would have .45 seconds to react to that pitch.

If a softball pitcher was throwing 55mph from 40ft, the hitter would have .50 seconds to react to that pitch (Doctor Paul, 2003).

For High School players, a hitter has an average of only half a second to react! No way a hitter would chance a glance away from that pitch! Don't glance away from the road - Don't miss the pitch.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Swimming + Diving

### DRILLS

**SPEED:** Have athletes practice swimming laps using only one arm instead of two. Compare time to normal laps.

**STARTS:** Wait for the starting beep while facing visual, audio, and physical distractions. Compare times to normal starts.

**TECHNIQUE:** Have athletes practice different strokes of swimming with only one hand/one leg. Compare to normal technique.

### ATTENTION GRABBERS

You have to stay in your lane while swimming - make sure you keep your eyes on the road to stay in your lane while driving.

You have to focus to hear the starting noise - just as you must stay focused while driving. Any distraction could lead to a false start, a bad dive, or a slow beginning to a race. When you are behind the wheel, a distraction could cost your life.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Tennis

### DRILLS

**SERVING:** Practice serves while adding in visual, cognitive, and manual distractions.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking. Compare your gameplay.

### ATTENTION GRABBERS

When playing tennis, you always have to keep your eyes on the court. Just like tennis, when you are driving remember to keep your eyes on the road the same way you keep your eyes on the court.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## *Track + Field / Cross Country*



### DRILLS

**MINI HURDLE RUNS:** Use your favorite mini hurdle drills while adding visual, manual, and cognitive distractions.

**BLOCKS:** Practice blocks while adding cognitive distractions and holding a conversation.

**TEMPO:** Run while sending a text, updating social media, etc. Compare to normal time.

### ATTENTION GRABBERS

The individual aspect of this sport teaches you to work hard and to never give up on yourself; the team aspect of this sport teaches you to encourage others and to take care of each other. While you're working towards your own wins, you inspire others to do the same - That is when the team wins.

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it." - Lou Holtz

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Volleyball

### DRILLS

**PASSING:** Run plays, or simply practice passing while adding visual, manual, and cognitive distractions.

**SCRIMMAGE:** Try playing while wearing an eyepatch, sending a text, taking a call, or eating or drinking. Compare your gameplay.

**SERVE:** practice serving with one hand, while drinking water, etc.

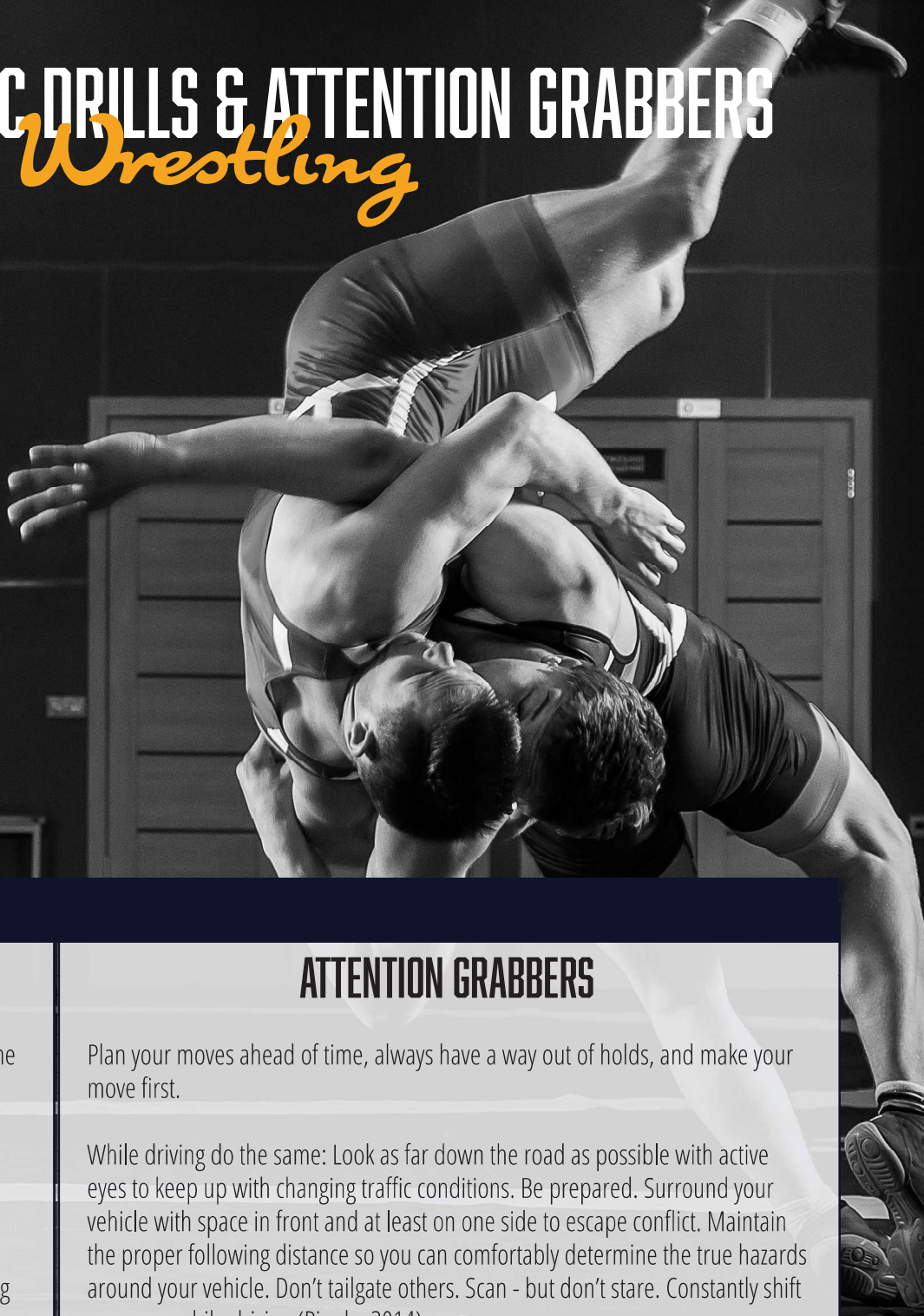
### ATTENTION GRABBERS

One of the simplest concepts in volleyball, as in most team sports, is communication. It is a constant chatter. Once you've determined that you are the one that is playing the ball and you have made a good, loud call to let everyone know, do not change your mind. Make a strong move and trust your decision.

When you are driving a car, make a decision to be distraction free, communicate with your passengers and always communicate as a passenger.

# SPORT-SPECIFIC DRILLS & ATTENTION GRABBERS

## Wrestling



### DRILLS

**REVERSALS:** Have athletes practice 1:1 with the athlete 1 almost having athlete 2 pinned. Athlete 1 will try to reverse the move and break free while being distracted visually, manually, and cognitively.

**SCRIMMAGE:** Try 1:1 while wearing an eye-patch, sending a text, taking a call, or eating or drinking. Compare your gameplay.

### ATTENTION GRABBERS

Plan your moves ahead of time, always have a way out of holds, and make your move first.

While driving do the same: Look as far down the road as possible with active eyes to keep up with changing traffic conditions. Be prepared. Surround your vehicle with space in front and at least on one side to escape conflict. Maintain the proper following distance so you can comfortably determine the true hazards around your vehicle. Don't tailgate others. Scan - but don't stare. Constantly shift your eyes while driving (Pinola, 2014).

# GAME PLAN

## Coaches Curriculum

**Coach** - you have incredible influence over your athletes. They do listen to you and your expectations. While speaking to athletes about the importance of preparation for competition, skill building at practice, and accountability to their team, you will also be changing their behavior behind the wheel! You're trying to encourage them to have a **game plan behind the wheel**. The consequences of reckless and distracted driving are 100% preventable. There are no makeup tests or do-overs in life. You can make 999 right decisions, but that one poor decision could cost you your life or the life of someone you love.

**Purpose of Set 1:** Change athlete's behavior behind the wheel by connecting the consequences of the three most common distractions while driving (visual, cognitive, and manual) to their sport.

## Set 1: PREPARATION - 25 MINUTES

### Step 1 5 MINUTES - WARM UP & PREPARE

Generate interest during team-stretch/warm up before practice.

- Without talking about driving first, ask your athletes: "Pop quiz...what do you consider lethal?" (Pause for answers, i.e. Sharks, Bombs, etc.) "You think those things are dangerous? It's nothing compared to distracted driving!"
- Then, talk about your expectations as a coach: No phones or food during practice. Then ask, "How many of you agree with the no cell phone usage while driving law?" (Pause for answers, let athletes chit-chat.)
- Now, expand your expectations to their driving habits: No phone at practice, no phone on your drive to and from practice! Absolutely no texting or calling while driving to and from practice. (You can use the GDL hand out here to show that it is also against the law for new drivers in California.)

### Step 2 10 MINUTES - PREPARE FOR COMPETITION & PREPARE FOR THE DRIVE

- Ask athletes: "Why do we prepare for practice and games by stretching and warming up? Injury prevention. An injury could be the end of your season and affect the entire team. Would you go to a competition without ever going to practice? No, I expect you to be at practice every day giving 100% effort. I expect you to take care of yourself."
- Tell your team how much you will be practicing and preparing this season (i.e. 5 days a week X 10 weeks X 2 hours = 100 hours of practice).
- Ask your athletes: "How much do you plan to improve in these 100 hours?" (i.e. they might say a lot because you expect them to).

## Step 3 10 MINUTES - HUDDLE UP AFTER WARM UP

Create your own game plan for preparing the drive to and from practice/games, and talk about GDL.

- Graduated Driver Licensing (GDL) was adopted in California because drivers between the ages of 15 and 19 are much more likely to experience a collision.
- Help your athletes remember the laws, "GDL only requires 50 hours of practice total, 10 of which are at night." (Encourage athletes to complete all 50 and compare to the number of hours they practice their sport.)
- "Then, after passing the driving test, no driving between 11:00pm and 5:00am, no passengers under the age of 20, unless accompanied by a licensed driver age 25 or older, and no cell phone or wireless communication devices, hands free or not!" (This is the law until teenagers turn 18, but you already expect all of your athletes to put their phones away every time they drive.)
- Create your own game plan with your team on how to prepare for the drive. (i.e. Put food in the trunk, turn cell phone off, buckle up. Let athletes come up with positive, safe driving ideas to add to the team's plan.)
- Watch video: Chargers PSA 4: Corey Liuget | Stop the Rush (0:30 seconds) now if phone/tablet is available. Otherwise, assign as homework.  
[www.impactteendrivers.org/resources/videos/psa/chargers-psa-4-corey-liuget-stop-rush](http://www.impactteendrivers.org/resources/videos/psa/chargers-psa-4-corey-liuget-stop-rush)

### COACH'S TIP OF THE DAY

One liner for coach to say at the end of practice: Focus on the road ahead and get to where you are going safely. Reckless & Distracted Driving is 100% preventable and you have the power to fight it today.



# Set 2: SKILL BUILDING

## Step 4 15 MINUTES - SKILL BUILDING DRILL

Demonstrate the drill and let athletes complete it normally with no distractions. Then progressively, add the following distractions. Athletes who made it through the drill without messing up can line back up and complete the next distraction, anyone who cannot complete the drill can become a part of the next distraction.

- Ask each athlete to complete the drill again while adding a visual distraction to simulate eyes off the road. (i.e. ask athletes how many fingers you are holding up, or what color pen you are holding while they complete a drill, etc. The goal is to cause them to look away from what they are doing). Call out as each athlete completes the drill whether they passed or messed up. Decide if they all get another chance at the next distraction or if they are out.
- This time add a cognitive distraction to simulate not staying 100% focused on the drive. (i.e. ask athletes what they ate for lunch, or about their favorite professional sports team, etc. Continue the conversation until the drill is completed. Ask questions yourself or have individuals who got out already ask their teammates questions. The goal is to cause athletes to focus their brain on the conversation instead of the drill.)
- Have athletes complete the drill one more time, and add a manual distraction to simulate hands off the wheel. (ask athletes to only use one hand, to close their eyes, and/or put both hands behind their back, etc.) Depending on difficulty of the drill stop athletes before they start the drill in order to keep them from getting hurt, but allow them to get ready and start thinking about how difficult it will be.

## Step 5 15 MINUTES - HUDDLE UP AFTER THE DRILL & DISCUSS

Tell your athletes: "These are the skills you will develop at practice: \_\_\_\_\_" (i.e. say running, jumping, passing, throwing, laps, etc.). Then ask them, "Was it hard to focus when you were distracted?" (i.e. athletes will say yes.)

- Did any athletes choose to speak up about being too distracted to complete the drill? If yes, congratulate them for speaking up. Encourage everyone to speak up in the car as a passenger.
- If possible, watch Donovan Tessmer's video on phone/tablet in the huddle (<http://www.impactteendrivers.org/resources/videos/personal/donovan>). Ask athletes: "What went wrong?" (i.e. No seatbelt, music, speeding, friends.)
- Otherwise, assign video as HW, tell athletes about the video, "It is a hard hitting true story about the deadly consequences of reckless and distracted driving. Donovan was a star football player, standout student, and great friend who loved to spend time with his family. His life was cut short because of the deadly consequences of reckless and distracted driving and not speaking up when in dangerous situations."

## Step 6 5 MINUTES - STATISTICS/FACTS & EXPECTATIONS OF YOUR TEAM

Tell athletes: "Learning and practicing skills in our sport and in the car both require 100% focus. No distractions here and no distractions behind the wheel."

- **No visual distractions:** 3 seconds of texting while driving 65 mph = 100 yards driving blindfolded - the length of a football field.  
*Ask a question that relates to your sport, i.e. "Would you dribble/pass/shoot blindfolded?"*
- **No cognitive distractions:** How many of you think it's okay to talk on the phone if it's hands free while driving? The part of the brain that deals with driving shuts down by 37 percent while having a conversation. There is a direct relationship between increased cognitive load and missing safety-critical events. Cognitive load can cause drivers to have a narrow field of view (tunnel vision) and miss up to 50 percent of the information in their driving environment. Ask a question that relates to your sport, i.e. "Would you do your homework in the middle of competition/game/match?"  
*Talk about expectations for your athletes to get good sleep every night. "Would you stay up all night and risk falling asleep during a game? Don't drive tired, you need your eyes open to drive safely."*
- **No manual distractions:** Have you ever eaten or drank while driving? Gotten ready or changed into a uniform while driving?  
*Ask a question that relates to your sport, i.e. "Would you text during a competition/game/match?"*

### COACH'S TIP OF THE DAY

One liner for coach to say at the end of practice: All of these distractions seem harmless, but car crashes remain the number one killer of teens in America; killing one teen every 70 minutes. Almost **4,000** teens lose their lives every year in car crashes – and 75% of those deaths are not alcohol or drug related.



**Impact**  
Teen Drivers

# Set 3: ACCOUNTABILITY

## Step 7 5 MINUTES - HUDDLE UP AFTER PRACTICE

Ask questions like “What makes a strong team?”, “What makes a good athlete?”, “Why is it important to practice?”, “Why do I expect this?” Tell your team that you expect leadership on the team as well as in the car as a driver and passenger.

- Are leaders born, or are they made?
- While some student-athletes have the characteristics to be a leader, leadership is a learned skill.

## Step 8 5 MINUTES - AS A TEAM, PRACTICE SAFE DRIVING TOGETHER

Explain, “Every driver and passenger has the responsibility to make safe decisions. We all have a responsibility to one another to make sure we are all practicing safe driving together. ”

If possible, watch Create Real Impact Contest video on phone/tablet in the huddle (0:30 seconds).

Otherwise, assign video as homework:

[www.impactteendrivers.org/resources/videos/other/create-real-impact-contest](http://www.impactteendrivers.org/resources/videos/other/create-real-impact-contest)

- Everyone can enter the Create Real Impact Contest by sharing the dangers of reckless and distracted driving. Show us how to prevent it and win prizes for their effort. (See CRI Contest Handout). Categories include: video, music, art, and writing.
- Educational grants available for students, as well as high schools up to \$1500.

## Step 9 5 MINUTES - CONCLUSION

Talk about how to share the message - ask them to visit the website ([whatdoyouconsiderlethal.com](http://whatdoyouconsiderlethal.com)) where they can tell their own story about distracted and reckless driving. Suggest that they join us on Facebook and Twitter.

- Remind athletes to please choose to make good decisions behind the wheel and as a passenger.
- Encourage athletes to change their driving behavior and to keep both hands on the wheel in order to avoid becoming a statistic, etc.

## COACH'S TIP OF THE DAY

One liner for coach to say at the end of practice: There are no makeup tests or do-overs in life. You can make 999 right decisions, but that one poor decision could cost you your life or the life of someone you love.

# PLEDGE TO THE GAME PLAN

## *Coaches Curriculum*



### *Congratulations*

You made a difference and created a game plan for your athletes to follow in order to stay safe behind the wheel! Please include our pledge as a final step. There are multiple ways to include this pledge and fit it in at practice and at home.

If appropriate, pass out pledge sheets to athletes and have them sign then return (consider using the sheets like raffle tickets and offer some sort of prize).

Read the pledge out loud. Consider having captains read it together for the team.

- Are leaders born, or are they made?
- While some student-athletes have the characteristics to be a leader, leadership is a learned skill.

### **PLEDGE**

For my future—for life's big dreams and little comforts.

I hereby make a conscious commitment to safe driving.

For my friends, my family, and anyone else who may have fond feelings toward me, I pledge not to drive distracted or recklessly.

For every person I may never meet, but share the road with, I pledge to give driving the 100% attention it deserves.

### **I VOW**

Not to text, eat, or do anything that causes me to take my hands off the wheel or my eyes off the road.

**I COMMIT** to speaking up to a driver who is driving unsafely.

**I COMMIT** to wearing a seatbelt and making sure everyone in the car does the same.

**I COMMIT** to **SAFE DRIVING**, to **THE LAW**, and to **MY LIFE**.

- Everyone can sign online at [www.whatdoyouconsiderlethal.com/pledge](http://www.whatdoyouconsiderlethal.com/pledge)
- Possibly hold a "signing day" where athletes sign their Pledge Sheet together as a team.
- Discuss the importance of making a conscious decision to make right choices.
- Lead the leaders: ask athletes to ask students at their schools to commit to safe driving too.

# GAME PLAN

## Coaches Curriculum

*Coach,*

We at **Impact Teen Drivers** want to thank you for participating in our coaching curriculum. As a leader in your community, your athletes look to you as a role model, and we understand what a big job that is. We want to thank you for your commitment to our kids and to our communities.

Please know that **Impact Teen Drivers** appreciates your commitment to keeping your athletes safe, both on and off the field. It is because of community members like you that Impact Teen Drivers is able to spread our message and reach more kids.

**TOGETHER WE CAN SAVE LIVES**

If you have any questions about Impact Teen Drivers' Coaching Curriculum please reach out to us:  
916-733-7432 | [info@impactteendrivers.org](mailto:info@impactteendrivers.org) | [impactteendrivers.org](http://impactteendrivers.org) | [whatdoyouconsiderlethal.com](http://whatdoyouconsiderlethal.com)

**Impact**  
Teen Drivers