

ADI PART 3 WORKSHEET – FOOT CONTROLS (KUSC)

What do we mean by “foot controls”?

Foot controls manage how the car moves, slows and connects power:

Accelerator (right foot) – controls engine power.

Footbrake (right foot) – reduces speed.

Clutch (left foot) – connects or disconnects engine and wheels.

Used with discipline, they create calm driving. Used poorly, they cause jerks, stalls, rollbacks – and nerves.

KNOWLEDGE

Questions to check knowledge

Which foot operates which control – and why?

What does the clutch actually do?

When should the right foot be on the brake instead of the accelerator?

What’s meant by the “bite point”?

Key teaching points

Right foot only for accelerator and brake – pivot at the heel.

Left foot only for clutch – no “two-foot braking”.

Accelerator: gentle pressure, steady – not on/off.

Brake: progressive – firm, then ease off smoothly.

Clutch: down to change gear or stop; up smoothly to move.

Avoid long periods of clutch down – it reduces control and can cause wear.

A simple, traditional rule: brake to slow, clutch to disconnect, accelerator to go.

Knowledge red flags

Uses left foot on brake.

Thinks clutch is “for slowing down”.

Doesn’t know what causes stalling.

Unclear about the purpose of the bite point.

UNDERSTANDING

Questions to explore thinking

Why does the car stall if the clutch comes up too quickly?

How does easing off the brake gently keep the car stable?

Why do we “set gas” before bringing up the clutch?

Why is resting on the clutch while driving harmful?

Concepts to draw out

Clutch controls power transfer – it needs balance.

Braking smoothly keeps passengers comfortable and tyres gripping well.

Gas first + gradual clutch = controlled movement.

Riding the clutch overheats components and reduces control.

Understanding red flags

Cannot explain link between clutch and stalling.

Believes heavy braking is “normal”.

Uses clutch instead of brake on downhill sections.

Doesn't connect smooth feet with smoother steering.

SKILL

Practical habits to develop

Heel pivot technique with right foot – no lifting the whole leg.

Set gentle gas, find the bite, hold steady.

Progressive braking – squeeze, hold, ease.

Clutch fully down only when needed – then release smoothly.

Keep feet relaxed, not tense.

Training exercises

Static bite-point practice (engine running, car secured).

Smooth braking drills from 20 → 10 → 0 mph.

Hill-start routines with handbrake support.

“Creep and control” practice in slow traffic.

Removing left-foot braking habit, step by step.

Skill red flags

Jerky pull-aways (“kangarooing”).

Rolls back on hills.

Heavy, snatching brake use.

Clutch dumped up quickly or held down for too long.

Uses both feet on pedals.

CONFIDENCE

Confidence barriers to explore
Fear of stalling when others are watching.
Worry about rolling back on hills.
Overthinking the clutch.
Panic when stopping in busy traffic.

Coaching prompts

“What changed when you set the gas earlier?”
“How did the car feel when you eased the brake off gently?”
“Where could you have taken an extra second?”
“What helped you avoid rolling back there?”

Building confidence

Low-pressure practice first, then gradually add traffic.
Celebrate smoothness, not speed.
Normalize the idea that stalling sometimes happens – deal with it calmly.
Repeat until the movements become natural and measured.
A lesson from the old school: quiet feet make confident drivers.

REFLECTION (for trainee or pupil)

Which pedal caused the most difficulty today – and why?

Using KUSC:

What did you know – and what gaps showed?
What did you understand about what the car was doing?
Which skills improved?
How confident did you feel using all three pedals together?
One change to focus on next lesson:

COACHING CHECKLIST FOR TRAINEES

- Did I correctly diagnose Knowledge, Understanding, Skill, or Confidence?
 - Did I teach heel-pivot braking and smooth clutch release?
- Did I emphasise “brake first, clutch when necessary” when stopping?
- Did I link smooth footwork to safety, comfort, and test expectations?

DRIVER TRAINING LTD ONLINE COURSES

Courses - www.adionline.co.uk
Theory - www.drivertrainingtheory.co.uk
Books - www.drivertrainingltd.com

Youtube@drivertrainingltd
Youtube@adi-part-3-help

DRIVER TRAINING LTD ONLINE COURSES

Courses - www.adionline.co.uk
Theory - www.drivertrainingtheory.co.uk
Books - www.drivertrainingltd.com

Youtube@drivertrainingltd
Youtube@adi-part-3-help