



PassLab

PRIVATE PRACTICE GUIDE FOR LEARNERS & SUPERVISORS (FREE EDITION)

Expert, clear guidance to help you practise
safely and confidently.



SECTION 1 — INTRODUCTION

Private practice is one of the most effective ways to accelerate learning, build confidence, and make driving feel more natural. It gives learners experience beyond lessons and lets supervisors play a supportive, active role.

This guide helps both learners and supervisors:

- Understand legal requirements
- Choose the right locations
- Build skills gradually
- Avoid common mistakes
- Stay safe

It is not a full training manual — instructors teach techniques and methods. Private practice reinforces learning.

A Message for Supervisors:

You don't need to be an instructor. Your job is to support, stay calm, observe, and provide a positive environment.

A Message for Learners:

Private practice is not a test. It's extra time to get comfortable. Mistakes are expected. Progress is natural.

SECTION 2 — LEGAL REQUIREMENTS FOR SUPERVISING

Supervisor Requirements:

- Must be 21+
- Must hold a full UK licence for 3+ years
- Must hold the correct licence type (manual/automatic)

Vehicle Requirements:

- Must be insured for the learner
- Must be taxed, MOT'd, and roadworthy
- Must display L-plates front and rear

Insurance Must Cover:

- The learner by name
- Supervised driving
- The specific vehicle

Motorway Rule:

Learners cannot drive on motorways during private practice — only with an ADI in a dual-controlled car.

SECTION 3 — CHOOSING THE RIGHT CAR FOR PRIVATE PRACTICE

What to Look For:

- Good visibility
- Light steering
- Smooth clutch (manual)
- Predictable acceleration
- Comfortable seating

Avoid:

- Large SUVs
- High-power cars
- Overactive driver-assist systems

Consistency helps learners improve quickly.

Ensure the car is in good condition before each session.

SECTION 4 — INSURANCE FOR LEARNER DRIVERS (SIMPLE OVERVIEW)

Learners must be insured every time they drive.

Two Ways to Get Insurance:

1. Add learner to the main policy (good for regular practice, may affect premium)
2. Temporary learner insurance (protects no-claims bonus, flexible)

Insurance must cover the learner, the car, and supervised driving.

If any part is missing, the drive is illegal.

SECTION 5 — WHERE TO PRACTISE (BY SKILL LEVEL)

LEVEL 1 — Beginner:

Quiet residential streets, empty car parks, industrial estates (off hours)

LEVEL 2 — Early Intermediate:

Quiet T-junctions, light roundabouts, simple residential loops

LEVEL 3 — Growing Confidence:

Larger roundabouts, 40–50mph roads, business parks off-peak

LEVEL 4 — Test Ready:

Mixed routes, dual carriageways, multiple junctions

Choose areas that match ability, not supervisor comfort.

SECTION 6 — SUPERVISOR DO'S & DON'TS

DO:

- Stay calm
- Give early, simple instructions
- Praise progress
- Plan routes
- Watch for hazards
- Ask reflection questions

DON'T:

- Shout or panic
- Give rushed instructions
- Teach advanced techniques
- Compare learner to others
- Practise in difficult areas
- Use your phone

SECTION 7 — PRACTICE SESSION IDEAS

- Moving off & stopping — build pedal control
- Steering practice — quiet loops
- Speed awareness — 20–30mph areas
- Mirror checks — early habit building
- Light junction work — only after instructor introduction
- Basic parking — large empty spaces
- One-skill sessions — reduce overload

Short, focused sessions work best.

SECTION 8 — KEEPING EVERYONE SAFE

- Start calmly
- Do pre-drive checks
- Avoid high-pressure locations
- Give early instructions
- Maintain large following distances
- Watch for stress signals
- Take breaks if needed
- Don't overload the learner

Safety is built through calm decision-making and appropriate environments.

SECTION 9 — COMMON MISTAKES SUPERVISORS MAKE

- Giving instructions too late
- Talking too much while driving
- Teaching skills not covered yet
- Emotional or pressured language
- Comparing learners
- Choosing areas too advanced
- Overreacting to mistakes
- Not allowing thinking time
- Driving too long without breaks
- Forgetting reassurance

SECTION 10 — SIMPLE PRACTICE LOG

Today We Practised:

What Went Well:

What Felt Challenging:

Focus for Next Time:

Confidence Level:

Very confident / Mostly confident / Somewhat confident / Unsure / Nervous

SECTION 11 — CLOSING MESSAGE

Private practice can feel challenging, but every session — even the difficult ones — brings progress. Stay calm, stay patient, and support each other.

Drive Safe — and Enjoy the Journey.

SECTION 12 — CALL TO ACTION

For more guides, tools, and learner support:

www.passlab.co.uk

More resources and structured help await you whenever you're ready.