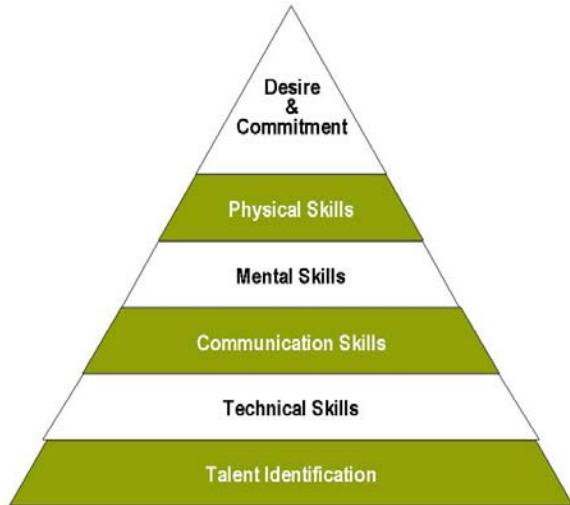


## Champion's Pyramid

Derek Daly



The heart and soul of my book, *Race to Win*, is the Champions Pyramid. It is made up of the key skill sets that needs to be developed if a driver is to become the very best he/she can be.

There is no magic to becoming the very best you can be. But if you develop the “learned set” skills, you must then match those skills with the top of the pyramid where you find – Desire & Commitment. This is the element of the package that can’t be coached. This is also one of the great separators.

As you read this book I hope you will see yourself in the examples. I want you to see yourself and the path you might have taken, might be taking or might be able to take in the future. As you read the different chapters please remember that your ultimate success will be a product of your choices. Please also remember that some of the information in this book is somewhat age sensitive so don’t expect your eight-year-old to understand all that is contained herein.

I have spent many years studying the great champions. I have asked many probing questions. I have consulted with many professional journalists, and I now know that there are seven key elements necessary for building what I call the Champions Pyramid. They are: Talent identification, Technical ability, Communication skills, Mental skills, Physical skills, Desire and lastly, Commitment.

In this book, I’ll explain each of those concepts, how they relate to driving, and give examples of great drivers who display good and bad traits in each category. I’ll also offer practical advice showing you how to get the best out of yourself in each category.

Analogies are used throughout this book. The reason I use so many analogies is that most people are visual learners and I want to “paint the picture” as much as possible. A visual that I think is very important and easy to understand is what I like to refer to as the Champions Pyramid.