

# Driver training, extensive practice driving and mechanisms

## A literature review

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Previous studies show that new drivers' accident risk drops by almost 50% in the first ten months after getting a driving license. We conduct a systematic literature study to map the mechanisms that explain why the risk of new drivers decreases during the first year and to examine what the research says about which mechanisms are most important to explain this. The results indicate that the most important mechanism, i.e. the most important things you learn through extensive practice driving, are better developed risk perception and better distribution of attention. Other mechanisms are better vehicle handling, better understanding of one's own abilities and limitations and better speed control and positioning. We discuss various measures that can provide extensive practice driving under a safe framework, for example through private practice driving, graded driving licenses and digital tools.