

120 HOURS DONE RIGHT

The Complete Week-by-Week Guide for
Supervising Parents & Learner Drivers

A Lessons2Drive Resource — Designed by a Former VicRoads Licence Testing Officer

What this guide is for

Most families log 120 hours on the same three streets — and their child still fails the drive test.

The problem isn't effort. It's structure. The 120 hours you log as a learner driver are the foundation of your entire driving life. Hours logged on quiet residential streets at low speed are not the same as hours that genuinely build the skills VicRoads examiners look for — and more importantly, the skills that keep you safe once you're driving alone.

This guide maps the 120 hours into five phases — each one building on the last, each one matched to the skills that matter at that stage. Follow it and your child will arrive at their drive test genuinely ready. Not just legally eligible — ready.

7x more likely to die driving at
night (first year P1)

18% of Victorian drivers killed are
aged 18-25, but only 10% of
holders

4x more likely to crash with more
than one peer passenger on Ps

Source: Transport Accident Commission (TAC) Victoria · Transport Victoria

How to use this guide Work through the phases in order. Don't rush to the next phase until the current one feels comfortable. Tick skills off as you go. The goal is not to log hours — it's to build a driver who is safe when nobody is watching.

120 hours. 5 phases. Each one builds on the last.

Hours 0–20	Fundamentals in Quiet Areas
Skills to practise in this phase: ✓ Basic car controls — clutch/brake feel, accelerator sensitivity ✓ Steering smoothness — avoiding jerky or over-correction ✓ Starting, stopping and reversing in a straight line ✓ Basic left and right turns at low speed ✓ Checking mirrors before every manoeuvre — build the habit now ✓ Understanding road markings in a quiet environment (car park) ✓ Parking: basic bay parking and pulling up to a kerb	Parent tip: Start every session in a quiet residential street or empty car park. Don't introduce traffic until the car feels completely natural. Never correct the steering wheel by grabbing it — describe what you see. Aim for 2–3 sessions per week of 30–45 minutes each. Celebrate small wins — this phase is about confidence, not perfection.
Watch for: Rushing to suburban roads before the basics are solid is the most common mistake. Control, mirrors and smoothness must feel automatic before moving on.	
Hours 20–50	Suburban Roads, Roundabouts & Intersections

Skills to practise in this phase:

- ✓ Give way rules at T-intersections and cross-intersections
- ✓ Roundabout entry, navigation and exit — including multi-lane roundabouts
- ✓ Observation at intersections: head checks, mirror-signal-manoeuve
- ✓ Traffic lights — amber light decision-making, stopping distance awareness
- ✓ Following distance in suburban traffic (3-second rule)
- ✓ Speed zone transitions: 50/60/70/80 km/h zone awareness
- ✓ Parallel parking and three-point turns on real streets
- ✓ Pedestrian crossings: zebra, lights-controlled, school crossings

Parent tip:

Introduce one new skill per session — don't overwhelm.

Roundabouts: slow down before, look right, don't stop unless you must.

Encourage commentary driving: "I'm checking right, clear, going."

Drive the same routes multiple times until they feel automatic.

Keep sessions to 45–60 minutes — fatigue degrades learning fast.

Watch for: Give way errors are the #1 fail reason on VicRoads drive tests. Practise give way scenarios repeatedly — especially T-intersections turning right.

Hours
50–80

Arterial Roads, Traffic & Give Way Scenarios

Skills to practise in this phase:

- ✓ Arterial roads at 60–80 km/h: Princes Hwy, Western Ring Rd service roads
- ✓ Merging into moving traffic from side streets and slip lanes
- ✓ Keep left unless overtaking — when it applies, when it doesn't
- ✓ Lane changing: mirror-signal-check-move sequence at speed
- ✓ Heavy traffic: following distance increases, scanning further ahead
- ✓ Turning right across traffic on multi-lane roads
- ✓ U-turns: when legal, how to check, how to execute safely
- ✓ Driving near trams, cyclists, and motorcycles

Parent tip:

Increase session length to 60–75 minutes — building stamina matters.

Introduce busier times of day: school pickup, peak hour traffic.

Ask your learner to narrate hazards — "truck stopping ahead, slowing now."

Vary routes — don't repeat the same road every time.

Discuss: what would you do if a car ran a red light in front of you?

Watch for: Overconfidence peaks around 60–80 hours. Skills feel automatic but reaction to unexpected hazards is still slow. Keep sessions structured.

Hours
80–100

Highway/Freeway, Night Driving & Wet Weather

Skills to practise in this phase:

- ✓ Freeway entry: accelerating to merge speed on the on-ramp
- ✓ Freeway lane discipline: keeping left, passing only on the right
- ✓ 4-second following distance at 100 km/h — practise with a count
- ✓ Freeway exit: signalling early, reducing speed on the off-ramp
- ✓ Night driving: headlight use, reduced depth perception, speed adjustment
- ✓ Night: pedestrian awareness, reading wet roads in headlight glare
- ✓ Wet weather: increased stopping distances, aquaplaning awareness
- ✓ Wet weather: no sudden steering or braking inputs

Parent tip:

First freeway session: choose a quiet time, short stretch, familiar exit.

Night driving: start at 9pm on familiar roads, not peak night traffic.

Wet weather: use a wet day deliberately — don't avoid it.

Discuss fatigue: how does tiredness change your driving? When to stop?

This phase separates drivers who pass the test from drivers who are safe.

Watch for: P1 drivers are 7x more likely to die driving at night (10pm–6am). Night driving practice in this phase is not optional — it is essential.

**Hours
100–120**

Test-Route Driving & Mock Test Conditions

Skills to practise in this phase:

- ✓ Drive the Werribee VicRoads test area:
Hoppers Crossing, Wyndham Vale surrounds
- ✓ Full 20-minute test-length drives with no instruction mid-drive
- ✓ All 40+ VicRoads assessment items:
observations, positioning, speed, give way
- ✓ Reversing around a corner or three-point turn under time pressure
- ✓ Mock test: sit in passenger seat silently, assess every item as examiner would
- ✓ Radio, phone and passenger distraction — practise ignoring them
- ✓ Discuss: what happens on test day, how to manage nerves
- ✓ Book professional lessons to confirm test readiness before booking VicRoads

Parent tip:

Do at least 3 full mock test runs — timed, no commentary from you.

Use the VicRoads Drive Test criteria checklist (available on vicroads.vic.gov.au).

Don't book the VicRoads test until your mock scores are consistently strong.

Book a final professional assessment lesson — Lessons2Drive can confirm readiness.

Remind your learner: the test measures a minimum standard. Safe driving is higher.

Watch for: Many students book their VicRoads test at 120 hours because they've hit the number. Hours logged is not the same as test readiness. Always confirm with a professional first.

What the TAC wants you to know.

The key to reducing P-plater crashes is to increase driving experience before they become an independent driver. That is why your time can make a real difference. — TAC Victoria

The 8 rules of effective supervising

1	Never grab the wheel or raise your voice Panic from the passenger seat creates panic in the driver. Describe calmly what you see. The dual-control brake on professional vehicles exists for a reason — as a parent you don't have one.
2	Give instructions early — not at the moment "Turn left at the next street" — not "turn left NOW." Your learner needs processing time. An instruction given at the turn is too late to execute safely.
3	Vary your routes deliberately 80% of parents supervise on the same 5 roads. Your learner needs new environments at each phase. New roads = new hazards = real learning.
4	Drive with them first before they supervise If your own driving has habits — running amber lights, rolling stop signs, not indicating — your learner will copy them. Be honest with yourself before you supervise.
5	Use night and wet weather sessions, not just daytime Victoria requires 10 night hours in the log book. Don't treat them as an afterthought. Night hours should begin during Phase 4 in structured, familiar conditions.
6	Don't sign off hours that weren't driven It's a common temptation. The consequences — a driver without the skills their log book claims — are real and they happen on real roads after the licence is issued.
7	Debrief after every session Five minutes in the driveway: what went well? What will we focus on next time? Learning consolidates in the debrief, not during the drive.
8	Book a professional lesson when you're unsure A registered instructor sees things a parent cannot. Even 2–3 professional lessons during the log book phase can identify and correct habits before they solidify.

Hour Log Tracker

Track your progress through the 5 phases

Phase	Hours	Focus	Hours Logged	Completed
Phase 1	0–20	Fundamentals — quiet areas		
Phase 2	20–50	Suburban roads, roundabouts		

Phase 3	50–80	Arterial roads, traffic, give way		
Phase 4	80–100	Freeway, night driving, wet weather		
Phase 5	100–120	Test-route, mock conditions		
TOTAL	120	VicRoads test — book when ready		

Tip: Use the myLearners app (Transport Victoria) to officially record your log book hours.

About Lessons2Drive

Lessons2Drive was founded by Chamitha Lokuwithana, a former VicRoads Licence Testing Officer who conducted over 1,800 official drive tests in Victoria. He was involved in the drive test route design and assessment process at Werribee VicRoads, and contributed to the training of new Licence Testing Officers within VicRoads.

Every Lessons2Drive lesson is delivered to the standard he set as an examiner — because our students aren't just aiming to pass a test. They're becoming safe drivers.

304 Google Reviews · 5.0 stars · Point Cook, Melbourne

Book a lesson or ask a question:

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"Learn from the people who used to test you."