The concept in my discipline that is like driving a car is 3D Modeling. As mentioned the car has different elements that need to be learned and then used as a whole which often becomes autonomous by it's user as we gain experience.

3D Modeling is very similar concept as it has various components or elements that need to be learned so that they can all be applied together. Some of these concepts are simply opening the correct model space, learning the commands and shortcuts, having the ability to rotate the model around and being able to focus on certain surfaces and/or areas. From there the student needs to learn how to setup proper elevations and gridlines, input beams, columns and bracing and finally apply the proper connection to the materials.

These are all individual tasks but once you become familiar and your body/mind adapt and can start applying some of the element autonomously that's when the 3D model concept turns into driving that car. We can now add elevations, members while simultaneously rotating the model in 3D perspective. Multitasking within the same or split windows and using the various software to it's full potential. Just like driving a car, each of these small things require time and mastery on their own before you are ready take on the full process.