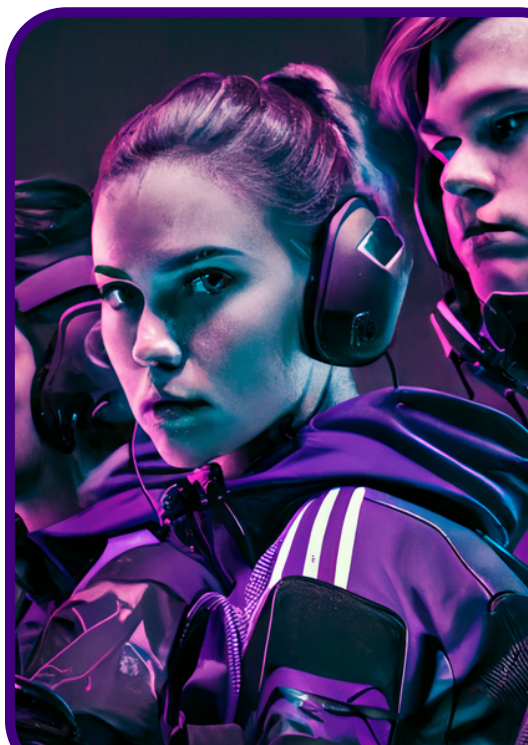The Top 10 Steps

HIGH PERFORMANCE ESPORTS TRAINING

Valor Esports Pty Ltd

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ABOUT US

Valor Esports help gamers take their skills to the next level. Whether you're looking to beat your friends or aspire to become an esports professional, we're here to help. Our training app is designed to give structure, direction, and purpose to your gaming sessions, so you can improve quickly and achieve your goals.

At Valor Esports, we understand that becoming a successful gamer takes more than just raw talent. It takes discipline, hard work, and a well-structured approach to improvement. That's why we've created a platform that helps you stay focused and motivated, so you can reach your full potential.

With our gamer training app, you'll access customized training sessions that are tailored to accelerate performance. Whether you're a beginner or a seasoned pro, our app will provide you with the tools you need to take your gaming skills to the next level.

We're proud to offer our 10-step guide to training for high-performance esports, which is a comprehensive guide to help put you on the right path. This guide is based on proven methods and strategies that have been used by top esports athletes to achieve success.

Link to 7-day trial - Valor Esports training app for gamers

The 10 Steps - Overview

1. Train with purpose: Working on what you should be
2. Training skill: Training Effectively
3. Physical fitness: A healthy body
4. Mental preparation: Routine
5. Training schedule: Structured program
6. Equipment: Is your setup right?
7. Nutrition: Maintaining a balanced diet
8. Sleep: Getting enough sleep
9. Good communication: Teamwork
10. Avoid burnout: Manage your stress

1 - Train with purpose

Working on what you should be

1. Identify your goals: Before you start training, you need to identify what you want to achieve. Do you want to improve your mechanical skills, reaction time, game knowledge, or teamwork? Having clear goals will help you focus your training and make the most of your time.
2. Create a training plan: Based on your goals, create a plan that outlines the types of exercises, drills, and activities you'll do each day or week to achieve them. Make sure to include both solo and team-based training.
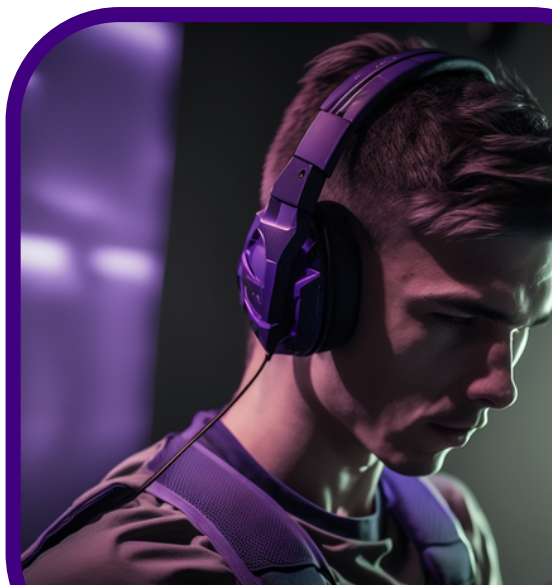
2 - Train effectively

Don't listen to anyone who says "Just play". There is a reason professional athletes do drills. Excellerate your ability with the below structure in a session

Section 1	Review training plan and 1 skill to focus on training	Stick to the plan
Section 2	Mind and Body Warm Up	Wrist and fingers focus
Section 3	In Game Warm Up	Quick, fun and high paced
Section 4	Specific Isolation drills of a skill or strategy	Focus on technique over speed
Section 5	Add In game pressure to drill	Start adding speed and challenges to reach
Section 6	Mental break - Water	**If you don't need a rest than you aren't making the challenges hard enough**
Section 7	Play real matches - focus on game modes that allow you to practise chosen skill	Play matches and focus on what you have practised

3 - Physical fitness

1. **Hand-eye coordination:** Exercises that can help improve hand-eye coordination include playing catch, doing hand-eye coordination drills with a ball, or reflex drills with various equipment.
2. **Endurance:** Endurance can be improved through aerobic exercises, such as running, cycling, or swimming. Players can incorporate training around exercise to make focus harder through physical fatigue.
3. **Flexibility:** Stretching exercises, such as yoga or Pilates, can help improve flexibility and reduce stiffness. Players can also take breaks during gaming sessions to stretch and move around, which can help prevent stiffness and discomfort.
4. **Mental agility:** Mental agility can be improved through brain games and puzzles, such as Sudoku, crosswords, or memory games. Players can also try practicing fast decision-making under physical fatigue.

Note: It's important to remember that not all exercises will be suitable for everyone, and players should consult with a doctor or fitness professional before starting any new exercise regimen. Additionally, it's important to find exercises that are enjoyable, so that players are more likely to stick with them over time. A well-rounded exercise routine that includes a variety of activities can help keep players motivated and prevent boredom.

4 - Mental Preparation

Mental preparation is a key aspect of performance and can have a positive impact on an focus, confidence, emotional control, visualization skills, stress and anxiety levels, and motivation.

1. **Relaxation techniques:** Deep breathing exercises, meditation, or visualization techniques to help calm the mind and reduce stress.
2. **Positive self-talk:** Encouraging and positive self-talk can help boost confidence and motivation. This could involve repeating positive affirmations or affirmations about specific goals.
3. **Visualization:** Visualizing the desired outcome of the game or specific plays can help you prepare mentally and physically for challenge at hand.
4. **Goal setting:** Setting specific, measurable, and achievable goals can help an athlete focus on what they want to accomplish and stay motivated.
5. **Pre-performance routine:** Developing a pre-performance routine, such as stretching or a specific warm-up, can help an athlete prepare physically and mentally for the game.

These are just a few examples of mental preparation techniques that can be used as part of a mental routine. It's important to note that not all techniques will work for all athletes, and it's a good idea to experiment and find what works best for you. Additionally, mental preparation routines should be tailored to meet the specific needs of the athlete and their sport.

5 - Training schedule:

A structured training program can enhance skills and techniques, prevent burnout and injury, boost motivation, optimize time management, track progress, maintain consistency, and provide a comprehensive understanding of the game and training methods.

1. **Assess Your Current Skills and Ability:** Take a look at your current skills and abilities in the game. What are your strengths and weaknesses? This information will help you identify areas that need improvement and will guide you in designing a program that addresses these areas.
2. **Identify Your Goal duration:** Identify your goal and determine how many weeks you will work on it.
3. **Determine the Right Training Methods:** Based on your goals and abilities, determine the training methods to help you achieve your goals. This could include skill exercises, endurance, game analysis and strategy development, and rest and recovery.
4. **Plan a Schedule:** Plan a schedule that works for you, taking into consideration your other commitments, such as work, school, or other activities. It's important to allocate enough time for training and mental recovery, but also to avoid overloading your schedule and burnout.
5. **Make It Consistent:** Consistency is key to success. Stick to your schedule as much as possible, making adjustments as needed. Remember, progress takes time and patience, so don't get discouraged if you don't see immediate results.
6. **Track Your Progress:** Regularly track your progress and measure your results. This can help you see what's working and what's not, and make any necessary adjustments to your training program.
7. **Listen to Your Body:** It's important to listen to your body and be mindful of signs of burnout or overtraining. Don't be afraid to take breaks or adjust your schedule as needed to avoid injury or burnout.

6 - Equipment

The right equipment in esports ensures an improved gaming experience, higher performance, less strain, and greater enjoyment. It reduces lag, improves graphics, and provides comfort to players. Essential for longer gaming sessions and enhanced player engagement.

1. **Check your hardware specifications:** Ensure that your computer meets the minimum requirements for the games you want to play, including a fast processor, sufficient RAM, and a dedicated graphics card.
2. **Test your internet connection:** A fast and stable internet connection is essential for online gaming. Use online speed tests to measure your download and upload speeds.
3. **Check your monitor:** A high-refresh-rate monitor can greatly improve your gaming experience by reducing visual lag. Look for a monitor with a refresh rate of at least 60Hz, and consider one with a higher refresh rate if you want the best experience.
4. **Invest in a good gaming mouse and keyboard:** A gaming mouse with adjustable DPI and a keyboard with programmable keys can help you perform better in games.
5. **Get a comfortable gaming chair:** Spending long hours gaming can take a toll on your body, so it's important to have a comfortable chair that provides good back support.

Tips for a low-budget gaming setup:
1. Prioritize essentials: Computer with fast processor, enough RAM, dedicated graphics card
2. Look for deals and discounts - sign up to mailing lists
3. Consider refurbished/pre-owned equipment
4. Invest in a good mouse/keyboard
5. Use free software/services like Discord, OBS, and Steam.

7 - Nutrition

Proper nutrition is crucial for esports as it supports physical and mental performance, aids in recovery, and helps maintain overall health. A balanced diet with enough vitamins, minerals, and hydration can boost energy, focus, and reaction time. Consuming junk food and sugary drinks can negatively impact the body, reducing reaction time and hindering performance.

1. **Fuel for performance:** Consume a balanced diet rich in carbohydrates, proteins, and healthy fats to provide energy for training and competition.
2. **Stay hydrated:** Dehydration can negatively impact reaction time, focus, and physical performance. Ensure you drink plenty of water before, during, and after gaming sessions.
3. **Snack wisely:** Snacking on nutritious options such as fruits, nuts, or protein bars can help maintain energy levels and keep the mind sharp during gaming sessions.
4. **Post-game recovery:** Consuming protein and carbohydrates after gaming can help with muscle recovery and repair.
5. **Limit energy drinks:** Energy drinks contain high amounts of caffeine and sugar, which can lead to crashes and negatively impact performance. Instead, opt for natural sources of energy like whole foods and hydration.
6. **Avoid junk food:** Eating junk food and fast food regularly can lead to weight gain, decreased focus, and slower reaction times.
7. **Consult a sports nutritionist:** A sports nutritionist can help create a personalized meal plan that meets the specific needs and goals of an esports player.

Note: Before making any changes to your diet or nutrition, it is always important to consult with a doctor or a healthcare professional, especially if you have any pre-existing medical conditions.

8 - Sleep

Sleep is important for gamers because it helps improve focus, reaction time, memory, and decision-making skills. Lack of sleep can lead to fatigue, decreased performance, and an increased risk of injury or mental illnesses. Getting adequate sleep can enhance the gaming experience and overall well-being.

1. **Establish a sleep schedule:** Go to bed and wake up at the same time every day, even on weekends.
2. **Limit screen time before bed:** The blue light from screens can interfere with sleep, so try to stop using electronic devices at least an hour before bed.
3. **Create a bedtime routine:** A relaxing pre-sleep routine can signal to your body that it's time to wind down and prepare for sleep.
4. Keep your sleeping environment cool, dark, and quiet: A comfortable sleeping environment can help improve the quality of your sleep.
5. **Exercise regularly:** Physical activity during the day can help improve the quality of your sleep at night.
6. **Avoid caffeine, nicotine, and alcohol:** These substances can interfere with sleep, so try to avoid them in the hours leading up to bedtime.
7. **Use a comfortable mattress and pillows:** A comfortable sleeping surface can improve the quality of your sleep and help you feel rested and refreshed.

By incorporating these tips into your daily routine, you can help improve the quality of your sleep and enhance your gaming performance.

9 - Communication

Good communication skills are crucial for gamers to coordinate strategies, resolve conflicts, enhance gameplay, and improve social experiences. They allow players to make informed decisions, react to changes, and form strong social bonds. Effective communication leads to more enjoyable and successful gameplay.

1. **Use clear and concise language:** Avoid using jargon or slang that others may not understand - know your team as people. Stick to simple, straightforward language that can be easily understood by all players.
2. **Listen actively:** Pay attention to what others are saying, and avoid interrupting or talking over them. This shows respect for others and helps to avoid misunderstandings.
3. **Ask questions:** If you don't understand something, don't be afraid to ask for clarification. This helps to ensure that everyone is on the same page.
4. **Be respectful:** Avoid using offensive language or making negative comments about others. Treat others the way you would like to be treated. Understand the person and use language they understand.
5. **Be open and plan feedback:** Plan feedback sessions so you and the team are mentally ready for the feedback. Listen to feedback from others, and be willing to make changes based on what you learn. This shows that you value the input of others and are committed to improving your communication skills.
6. **Practice makes perfect:** The more you communicate with others, the more comfortable and confident you will become. Seek out opportunities to play games with others and practice your communication skills.

10 - Avoid burnout

Gamers can suffer burnout from excessive and prolonged playing, leading to feelings of exhaustion, frustration, and disinterest in the game. This can result from a lack of variety, monotony, and the pressure to constantly improve their skills. It's important to take breaks and engage in other activities to avoid burnout and maintain a healthy balance.

1. **Set realistic goals:** Define what success means for you in your gaming and make sure your goals are achievable and attainable.
2. **Mix up your game selection:** Include a variety of different games to avoid monotony and boredom.
3. **Take regular breaks:** Step away from the screen and engage in physical activity or other hobbies during gameplay breaks to give your mind a rest.
4. **Limit playing time:** Set a schedule for your gaming time and stick to it to prevent overexertion and exhaustion.
5. **Get enough sleep:** Ensure you're getting enough rest to help you perform at your best and avoid fatigue.
6. **Stay hydrated:** Drink plenty of water while gaming to stay hydrated and energized.
7. **Find a gaming community:** Connect with other gamers who share your interests and provide motivation and support as you work to reach your goals.

Remember, it's important to prioritize self-care and maintain a healthy balance to avoid burnout in gaming.