

# Issue-specific aim training routines (Archived)

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## Introduction

To make things easier to read, we color code **clicking** in **red**, **tracking** in **blue**, **switching** in **purple**.

## Goal

The goal of this guide is to combine all the issue-specific routines in one document and provide alternate routines for those interested. There is also a lack of interest in some of the more useful issues like large angles, so with this document we hope to shed light on all of them.

## More resources

1. Want to understand the theory behind aiming? Read [Aimer7's guide](#) and/or [Voltaic's Aim journey](#)
2. Still looking for answers? Check [Voltaic's advice faq](#)
3. Check out the [Voltaic benchmarks](#)
4. Join the Voltaic [discord](#) for more help or information
5. Follow [Voltaic twitter](#), [sini's twitter](#) and [Aimer7's twitter](#) to stay up to date
6. Check out our [game specific routines](#) or [fundamental routines](#)

# Smoothness & Precision

The routine below will help with your smoothness and precision by taking advantage of a lower field of view and faster sensitivity, which makes your mouse move and feel faster. This makes it harder to control your mouse, but it feels easier to hit due to the lower fov compensation. Do this for 30 minutes a day for 2 weeks, and you should notice a significant improvement in your smoothness and precision when you go back to your normal sensitivity and normal fov.

## Why does this work?

Lower fov and small crosshair makes you see your mouse motion more, so your lack of smoothness / precision is more visible. Increasing your sensitivity means you're going to be forced to be smooth, because it's harder to control, hence building fine motor muscles that you'll learn to control.

### Aimer7's smoothness and precision instructions

1. Increase your sensitivity by 10-20% to make it faster
  - a. for instance if you play 30cm/360 change it to 24cm/360
2. Change your field of view to 80 ow
3. Put a dot crosshair (with visible color, like red or green) of relatively small size, so you see the exact position of your aim, and can work on your smoothness and precision even better

## Smoothness & Precision Routine

20-30 minutes | Alternatively: Increase sensitivity by 50% | 80 FOV (ow) | [download playlist](#)

Note: you may skip lowering your FOV and only increase your sensitivity

1. [Thin Gauntlet](#) or [Centering I](#) or [Centering II](#) - **2-5 runs**
  - a. Focus on being as smooth as possible against thin bots
  - b. Try [Centering I Easy](#) or [Smoothness Training 60](#) if you find these too difficult
  - c. Scenario ends after killing all the bots for Thin Gauntlet
2. [B360TI Small Sparky](#) or [B180TI Small Sparky](#) or [Pasu track invincible - Small](#) - **10m.**
  - a. Focus on being smooth against both horizontal and vertical angles on tiny bouncing target
  - b. Play [B360TI Sparky](#) or [B180TI Sparky](#) if you find the current ones too difficult
3. [PGTI Curved](#) or [Smoothbot Invincible Goated](#) - **10m.**
  - a. Focus on being smooth against both horizontal and vertical angles on a tiny target
  - b. Play [Popcorn Goated TI Easy](#) if this one is too hard
  - c. Play [Vertical Smoothness Training Popcorn \(small\)](#) to work on pure vertical angles
  - d. Play [Vertical Smoothness 75](#) to work on pure vertical angles with a larger target, if you struggle too much on the original
  - e. Play [Smoothbot Unvincible Small Goated](#) if you want more challenge
4. [Smoothsphere](#) or [Air 2 Smooth Invincible](#) or [Air Voltaic](#) - **2-3 runs**
  - a. Focus on being as smooth as possible against a variation of smaller air bots
  - b. Scenario ends after killing all the bots
  - c. Play [Air no ufo no skybots](#) or [Air nuns Vertical Limited](#) if the small version is too hard or [Air nuns easy](#)

# Speed

This routine takes advantage of a higher field of view and a slower sensitivity so you need to move your mouse more in order to move it the same distance as before. This forces you to move your arm more and consequently increase your speed when you change back to your original settings.

## Why does this work?

The speed routine will allow you to make large arm motion much easier, and to increase your (controlled) max speed with your arm, which is good in games where you need to turn a lot or look around a lot like FN. The reason why the training is done on 130 FOV instead of say 80 FOV is because it benefits speed, you work larger angles and have an incentive to move more. In other words it allows you to see more, and thus it gives you a strong incentive to do large (controlled) movement in a lower sensitivity. If you do 100° flicks with a sensitivity that is 3 times slower than your usual one, then you'll be much better at doing 300° flicks on your original sensitivity.

### Aimer7's speed instructions & routine

1. Divide sensitivity by 4 and play on 130 FOV (ow)<sup>1</sup> | [download playlist](#)

Routine

- a. **Tile Frenzy - Standard 01 Relax** - **15 min.**
  - i. Hold down during the entire run (all bots are instakill)
- b. **Tile Frenzy Flick** - **15 min.**
  - i. Hold down during the entire run

## Alternate Speed routine

30 minutes | Divide sensitivity by 2 | 130 FOV (ow) | [download playlist](#)

1. **patTargetSwitch 90 no mag** - **10m.**
  - a. Hold down during the entire run
  - b. Play **patTargetSwitch no reload** to make it harder
  - c. Play **patTargetSwitch 360 no reload** to make it even harder
2. **voxTargetSwitch** - **10m.**
  - a. Hold down during the entire run
  - b. Play **voxTargetSwitch 30% smaller** to make it harder
3. **Bounce 90T** - **10m.**
  - a. Hold down during the entire run
  - b. Play **bounce 180 tracking** to make it harder
  - c. Play **bounce 360 tracking** to make it even harder

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<sup>1</sup> While normally the in-game FOV for OW caps at 103, in KovaaKs there is no cap - just type in the value and press enter.

## Controlled Tracking speed

Here's a training to boost your maximum controlled/tracking speed:

1. **Air invincible** - **10m (freeplay)**
  - a. FOV 110 ow
  - b. Sensitivity multiplied by 0.8,
  - c. Timescale by 10 or 20%
2. **Overhead Jumps** - **10m**
  - a. FOV 103 ow
  - b. Sensitivity multiplied by 0.85
3. **Pole Long Dodge** - **10m**
  - a. FOV 103 ow
  - b. Sensitivity multiplied by 0.85
  - c. Move and circle the bot

If you have problem tracking to the right (as most right handed people), circle the bot from the left (diagonals or not) on **Pole Long dodge**, more than from the right. Generally, what works too is to play all non-precision tracking scenarios in high fov, say, fov 115 ow.

d.

# Large Angles

This section is entirely provided by [Aimer7's Large Angle Training document](#)

The goal of this training is to boost your large angles significantly. What I mean by that is quite simple: we all have a privileged position on our mouse pad, the rest position of our mouse. This position is the one we use the most, because we naturally start every engagement from there, and it's also the one we are the most comfortable with (by using our wrist, our arm, or our fingers). As a result, our aiming skills are much better around this rest position than far from it. The further away from the rest position, the worse the aiming skills. Call those the large angles. An awkward position on the mouse pad is obviously a large angle one too, say, when our wrist is really twisted or when we experience mouse drift and end up at the very bottom or at the very edge of our mouse pad (something Fortnite players might experience while tunneling or editing). You can read more about this in the document linked above.

## Why does this work?

Before giving the routine, let me point out that this kind of large angles training is extremely beneficial for everyone, regardless of skill level. While I have no problem acknowledging that such a training is "niche" and a priori quite advanced (because it's about optimizing damage output), I actually recommend it to beginners too. It will force them to adopt the extremely useful habit of exploring every centimeter of their mouse pad. I use the terminology hipfire sensitivity for the "normal" sensitivity, *ads sensitivity* for the targeting one or the scope x1 one (for Apex players), and *mean sensitivity* for the (geometric or arithmetic) mean sensitivity of your hipfire and ads. For Quake players or OW players where there is no ads sensitivity, consider your ads multiplier to be from 0.6 to 0.8. For an ads multiplier of 0.7, the mean sensitivity is therefore  $\sqrt{\text{hipfire} \times \text{hipfire} \times 0.7}$ . If you have a very low ads sensitivity (say, Mongraal like), you will quickly notice the limitations of this kind of setting. If you manage to make it work in your real game by quick-adsing, replace the *ads sensitivity* in the routine by the mean one. If the mean one is still too slow, it might be time to increase your ads' sense.

### Aimer7's instructions

1. Play this one for 10 days to two weeks on top of your normal routine if you have time.
2. If you don't have time to play both on the same day, alternate them everyday for 20 days to 1 month.
3. Each scenario is supposed to be played 7 minutes, but this number is a bit arbitrary:
4. I don't want people to burn out by playing too much, so I decided to put 7 instead of 10 as a compromise, feel free to play more if you want to.

*Routine on next page*

# Large angles routine

35 minutes | [download playlist](#)

1. **Air invincible** or **Overhead jumps** - **7m.**
  - a. FOV 103 overwatch, hipfire or mean sensitivity (you decide).
  - b. Play **Air Invincible** in free-play and time-scale it to 1.05 first, then 1.1, and so on.
  - c. Try to never lift your mouse once.
  - d. Play **Overhead Jumps** in challenge mode. In both scenarios, if your mean sensitivity is high enough, you can reposition your mouse by doing a 360 instead of lifting it. It's a good trick to learn to 360 as quickly as possible.
  - e. It also takes less time than lifting your mouse and it is useful in fortnite when you box yourself. Now, holding the fire key while lifting the mouse can work too in Kovaak, as you have infinite many ammo (and the same is true in quake),
2. **Tile Frenzy 360 strafing 400% Track** or **Tile Frenzy 360 strafing 400%** - **7m.**
  - a. FOV 130 overwatch, hipfire sensitivity,
  - b. try to never lift your mouse once,
  - c. and hold your fire key at all times,
3. **LG pin practice 360** or **Bounce 360 Track FN** - **7m.**
  - a. FOV 100 overwatch, hipfire or mean sensitivity (you decide).
  - b. Try to never lift the mouse once, gl.
  - c. Non Fortnite players should still play Bounce 360 Track FN, it's a great scenario for everyone.
4. **Target Switching 360** or **devTargetSwitch 360** - **7m.**
  - a. FOV 103 overwatch on **target switching 360**, hipfire or mean sensitivity.
  - b. FOV 80 overwatch on **devtargetswitch 360**, mean or ads sensitivity.
  - c. As usual, try to not lift your mouse once
5. **Fortnite Gliders 360** - **7m.**
  - a. FOV 95 overwatch, ads sensitivity.
  - b. You're not a Fortnite player? I don't care, play this one still, it's amazing, especially if you don't lift your mouse once (the 360 degree trick works everywhere)

# Reactivity

This routine focuses heavily on improving your reactivity so that you can react to direction changes of enemies quicker. Note that reactivity is already present in most tracking scenarios and this routine is entirely optional and meant to offer a more challenging method to work on it. This routine is recommended for [advanced level players](#) or above.

## Why does this work?

When you're at a certain level the only way to really notice significant improvement is by challenging yourself more. The scenarios below are just that, they're one of the most notable reactive scenarios in KovaaKs. Note that players should not insist on playing scenarios that are much too hard for them. In fact, it may be beneficial to play the regular tracking scenarios instead or timescale the scenarios down and work on technique first.

### Instructions & routine

1. Play on 25-27cm/360
2. Use field of view of 103 ow
3. Use the smallest dot possible that is still visible to you
4. *Optional*: disable your crosshair or change its opacity to focus more on visual acuity and reading

## Reactivity routine

30-40 minutes | [download playlist](#)

1. **Close Fast Strafes Invincible - Thin** or **Air invincible 7 small** - **10m**.
  - a. Focus on the bot and reading its movement
  - b. Play **Close Fast Strafes Invincible** if the thin version is too difficult
  - c. Play **Ground plaza bot 7 thin** as an alternative to **cfsi - thin** if desired
  - d. Play **Ground Plaza Sparky v3** for both smoothness and reactivity if you find these too difficult
  - e. Alternatively play **Midrange fast strafes invincible thin** or the non-thin version if you struggle with further targets
2. **Air precise** or **Ground plaza Thin v2** - **10m**.
  - a. focus on the bot and reading its movement
  - b. play **Air Angelic** if precise is too difficult
  - c. Alternatively play the regular **Air**, the skybots and UFO are actually amazing practice for reactivity
3. **Vertical Fast Strafes Hard** - **10m**.
  - a. Focus on purely vertical reactivity
  - b. Play **Vertical fast strafes** if the hard version is too difficult
  - c. Alternatively play **Anti Vertical Fast Strafes (hard)**
4. **Air UFO 10x** - **1 run [optional]**
  - a. Focus on both fast acquisition and reactivity
  - b. Play **Air ufo 10x hard** if you want to challenge yourself more
  - c. Do not insist on playing this one if it's too difficult