**https://www.reddit.com/r/TheSilphRoad/comments/mzo3s3/the\_many\_different\_types\_of\_skills\_in\_gbl\_part\_2/**

**The many different types of skills in GBL (Part 2)**



[Analysis](https://www.reddit.com/r/TheSilphRoad/search?q=flair_name%3A%22Analysis%22&restrict_sr=1)

This is Part 2 of the list of **82** skills/strategies/tricks that can potentially be useful in GBL. This part covers the second and third major groups of skills: **In-battle skills and strategies**, and **Post-battle skills and management**. See [**Part 1**](https://www.reddit.com/r/TheSilphRoad/comments/mzo21v/the_many_different_types_of_skills_in_gbl_part_1/) for the first major group: **Pre-battle skills and preparation.**

I'm copying the TL;DR and clarifications from Part 1 in case people need it:

**TL;DR :**

* GBL does involve at least some skills;
* The definition of GBL skills can be pretty broad and there are a whole variety of them in every part of the game;
* Hopefully this list can help people become aware of these skills so they can begin to learn and improve in a more efficient and targeted way.

My credentials in case people need to know: recently hit #2 on the leaderboard, Rank 10/24 in Season 2-7.

A few clarifications before I start. Feel free to skip.

1. **This is NOT a guide**. Rather, it's more like a sort of incomplete glossary of many of the skills that are potentially involved in PvP (or at least GBL). I won't explain many of the skills in detail and won't tell you how to acquire/practice the skills because 1) it will make the post even longer and unreadable and 2) I haven't mastered or even fully understood many of the skills either.
2. **Don't be intimidated by this list**. You don't need to master or even know many of these skills to be good, and you'll naturally learn some of these as you play more. No one has mastered all of these, not even the best of the best. In fact many good players probably aren't even aware that they've been using some of the skills.
3. Some of these are more important then others, some are used more frequently than others, some are easier to learn than others. But in most parts of this post I didn't rank the skills in the same category in any particular order. I'm just listing them for your reference.

2. In-battle skills/strategies

This is what most people usually have in mind when they talk about "skills" in GBL. It is probably the most visible type of skills and is most directly connected to GBL wins and losses.

**2.1 Fundamental Skills**

First let me discuss a few fundamental or high-level skills/strategies that underlie many of the other skills. Many of the specific skills are essentially the combination and execution of these more fundamental ones.

**2.1.1 Calculation**

Think chess or Go (no not PoGo, the Chinese board game). The player that can calculate more steps into the future with higher accuracy tends to have a huge advantage. In theory (simplified), there is a finite set of possibilities of how a game will play out and if one can simulate every single one of these scenarios they can simply pick whichever move that gives them the best chance of winning at that moment.

It's similar in PoGo PvP but the number of possibilities is much smaller than a game of chess or Go. However, PvP has incomplete information (you don't know opponent's backline and moves), which made calculation more complicated. However, the more the game progresses towards the end game, the more important calculation is. Technically, when all Pokemon and moves are revealed, you can simulate out the entire decision tree until the end of the game, then evaluate each path, and guide the game towards that direction. This is also known as recognizing the win condition.

In theory, every decision you make in game can and probably should have some calculation behind it and it's the foundation of almost every in-game skill.

*Obligatory PSA: Don't attempt to calculate all the possibilities in your head. It may cause your head to implode into a black hole. You may lose your life, your house, your planet, and most importantly your GBL rating. /s*

**2.1.2 Memorization**

There are pre-game memorization and in-game memorization.

Pre-game memorization includes Pokemon types, move sets, move stats, matchups (including different shield scenarios and energy/HP advantage), how much damage different moves from different Pokemon do on different Pokemon, and more, common teams/cores, and more. These form the the basic database that your calculation and decision making often need to draw upon.

In-game memorization includes memorizing the energy (or fast move counts) and HP on each of opponent Pokemon, energy on each of your Pokemon (you can see HP in the switch boxes), switch timer (especially if opponent's timer is different from yours), and maybe more.

The accuracy of these memories and the speed with which you can access them can greatly affect the quality of your decision making.

**2.1.3 Reaction**

Unlike a turn based game like chess or Pokemon MSG, PoGo PvP is real time and relatively fast paced, which requires fast or even instant reaction to opponent's moves and any surprises during the battle. Any hesitation or the resulting panic/error can have dire consequences. Good reaction is usually a combination of good biological reaction, good muscle memory/battle experience, and quick thinking/decision making. Maintaining high accuracy in both calculation and execution while doing fast reactions is extremely challenging.

**2.1.4 Mind games**

Since PvP is a game of incomplete information (especially at the beginning), there are many opportunities for mind games. The most common example is shield baiting, but there are many other examples. One might think that mind games are all about luck. Part of it is just luck, but there are skills involved as well and some top players consistently win more mind games than they lose. The more information you have, the better you know your opponent's strategy and psychology, and the better you are at risk assessment and management, the more likely you will win the mind games.

**2.1.5 Information asymmetry**

Again, since PvP has incomplete information, the side that has more information (e.g. predicting opponent's backline, moves, and strategy) has an advantage. Things like spicy Pokemon, spicy moves, unconventional team composition, brief information asymmetry caused by [mono-Psychic type switch-in](https://www.reddit.com/r/TheSilphArena/comments/ml5ben/one_interesting_advantage_of_monopsychic_switchin/), etc. all aim to create information asymmetry. There are also ways to try to preserve an information advantage during game for as long as possible. And of course, not being able to remember opponent's energy or HP or even what their lead was would also cause an information disadvantage and lead to suboptimal decision making.

**A side note regarding the 30 second switch timer**

The 30 second switch timer made PvP more intense and demands a higher level of concentration. This is because the shorter timer increases the demand on 4 of the fundamental skills: more switches means more possible operations and more possibilities to calculate; frequent switching made it harder to memorize how much HP and energy each of the Pokemon has; fast reaction is more important than ever and punishment for hesitation is more severe; switching is also a mind game and more switches means more mind games. This is why playing the 30 second timer is more mentally draining.

**2.2 "Mechanical" Skills**

I call these skills mechanical because if you play enough games, they might almost become automatic and subconscious. They are fairly straight forward but are also some of the most frequently used skills in PvP.

**2.2.1 Move counting**

It's straight forward. Count your opponent's fast moves and keep track of their energy. You can either remember how many fast moves a Pokemon need to reach a certain charged move or you can do the actual energy math in your head, which is more accurate but more mentally demanding. This is one of the most important piece of information during the battle and a lot of your decision will depend on it. Very experienced players might be able to do this almost subconsciously.

**2.2.2 Fast move denial**

This can be crucial in close matchups and games. However, it's not very consistent. But still, there are ways to try and mitigate opponent getting fast moves through, at least for some fast move alignment scenarios. Here are three videos on this topic: [Wallower](https://www.youtube.com/watch?v=q2Xs5b__RXs&t=1127s&ab_channel=Wallower), [FPSticks](https://www.youtube.com/watch?v=1-LLVSnq1D4&t=430s&ab_channel=FPSticks), [Kieng](https://www.youtube.com/watch?v=zGFoFdPDt28&ab_channel=PogoKieng).

**2.2.3 Under-tapping**

When you are using a slow fast move and you tap too fast, you may "over-tap" and do an extra fast move instead of activating the charge move even if you have the energy and you have tapped it. That's when under-tapping is needed. As far as I know, this issue has not been as bad as it once was, but it can still happen.

**2.3 Fast Move Skills**

**2.3.1 Farming**

It takes skill and experience to know how much you can farm, which Pokemon to farm with and which Pokemon to farm on, how to create the perfect farming scenarios, whether it's worth using a shield or sacrificing a Pokemon for more farming, and so on.

**2.3.2 Stop attacking**

Sometimes you want to stop using fast moves to either stall the switch timer, or lower your own HP so the opponent's incoming Pokemon gets less farming. It's very counter-intuitive and it's hard to recognize the correct situation to do this and it can be risky.

**2.3.3 Fast move only wins**

Sometimes when the opponent still has 1(or 2) shields left and you know you won't be able to reach more than 1 (or 2) charged move, but you may be able to K.O. by fast moves, you should commit to fast moves only and don't even throw the charged move(s) because charged moves take 1 turn and it gives your opponent a chance to sneak through a fast move. This basically only happens in the end game and you need to recognize this win condition/possibility through a bit of calculation.

**2.4 Charged Move Skills**

**2.4.1 When to throw charged moves**

Of course this depends on the situation of the game, but a common practice among skilled players is to not throw charged moves as soon as you get them. This makes it harder for the opponent to pull off successful sac swaps and it can mess with your opponent's counting.

**2.4.2 Forcing CMP ties**

As is mentioned in 1.1.10, sometimes you want to try and force a CMP tie if you know you'll win it. Usually you do it when the opponent is about to win a matchup but you want to minimize their farming. If you throw too early, the opponent knows you're low on energy and might farm you all the way down. If you throw too late, you might be K.O.ed and waste the energy and the opportunity to do chip damage/force shield. So the best option is to throw when the opponent is likely to throw, forcing a CMP. In such a scenario, a skilled opponent may choose to undercharge.

**2.4.3 Under-charging**

Usually when people play the charged move bubble game they aim to get all the bubbles to get maximum charging and do maximum damage. However, in some scenarios you actually want to charge less and do less than maximum damage. One scenario where this is appropriate is when you lose a CMP tie to a low-HP Pokemon that you want to farm energy on (see 2.3.2). By under-charging the correct amount, you may be able to still do a bit of farming and minimize the energy waste. Another scenario where under-charging is needed is when a Pokemon (usually one with high energy generation) is about to hit the 100 energy limit. If they use a charged move to kill, then they will enter the next battle with much less than 100 energy. But if they under-charge, they may be able to continue to farm down and potentially have 100 or close to 100 energy. This is a crucial skill for advanced Registeel users.

However, under-charging is risky since if you under-charge too much it can easily backfire. Doing it right requires accurate knowledge about how much your move does on different Pokemon and perfect execution during the bubble game.

**2.4.4 Doubling up charged moves**

Sometimes people choose to double up on charged moves and throw them back to back. Two common reasons. First, avoid/minimize self-debuff from moves like Wild Charge. But because people generally expect this, you can also exploit this and use this opportunity to bait or surprise. Second, prevent opponent from sneaking through fast moves. Because the opponent has a chance to sneak through fast moves when you throw, some like to double up. However, this is not very consistent and the opponent can sometimes still get a fast move in between your back-to-back charged moves. However, this is not a problem if your second charged move would K.O. because sneaked through fast moves don't register damage until the end of the charged move and if the opponent faints from the charged move then that fast move is cancelled.

**2.4.5 Shield baiting**

This can be a big topic on its own. I'll just say that it's not entirely about luck and guessing. Information such as the moves, HP, energy, and the number of shields on both side, as well as the team comps, and how much the opponent knows about your team comp can all affect how likely the opponent is to shield and whether it's wise or worth it to bait. You may also use information like how often other people shield in similar situations as a prior. Accurate calculation or matchup knowledge can also help. Sometimes you don't need to bait because you can reach another nuke move in time to K.O. Sometimes you want to go straight bait move because spamming a few is enough to K.O. or you just want to chip as much as possible. But of course, there will always be a mind game element in this.

**2.4.6 "Reverse shield baiting"**

The goal of regular shield baiting is to get the opponent to shield a bait move. But there is also reverse shield baiting: get the opponent to save their shield and take the damage. You want to do this when your backline is very weak to the opponent's current Pokemon, and you want to get its health down as much as possible. If you charge up to a nuke move (like you normally do), the opponent might shield and you actually don't want that. So instead you deliberately don't charge to the nuke or super effective move and just throw a lower damage, neutral, or even resisted move hoping that they won't shield and you can chip it down enough. However, a skilled opponent might notice this anomaly, realize what you're trying to do, and start shielding or play accordingly, so you might want to do it more discretely.

**2.5 Shielding Skills**

**2.5.1 Avoid being baited**

This is basically the flip side of shield baiting, so see 2.4.5.

**2.5.2 When to shield**

Now forget baiting for a moment. When should you shield? A general principle is to try and shield the move that will deal the most damage. However, absorbing damage is not the only function of a shield. It can have many other utilities: it can allow you to win or maintain switch advantage; it can allow you to farm extra energy; it can keep a Pokemon alive so you can use it later when it's more advantageous; it can encourage opponent to also shield, etc.

When deciding to shield, you can ask yourself: If I use it now, will it generate more overall utility than if I use it later? What exactly do I want to accomplish with this shield? Which of my remaining Pokemon is the most useful and shield worthy against the opponent's team? If I keep this Pokemon alive/healthy, what value does it generate?... By asking these questions, you can try and maximize the shield's value and not waste it on a dead weight.

**2.5.3 Use Pokemon as shields**

Sac swap is one way to do this (see 2.6.1). But sometimes you could just use still healthy Pokemon to soak up damage or waste the opponent's energy. You can either use a Pokemon that is useless or even a liability against the opponent's team and encourage them to throw moves on it. This works best if the opponent doesn't know your entire team comp or they might choose to hard farm it down. Or you can use one of those stupidly bulky Pokemon, Umbreon, Wobbuffet, or even Chansey, and essentially use them as meat shields and let them take all the damage for their teammates.

**2.6 Switching Skills**

Switching has a lot of skill potentials. I wrote an article on [advanced switching skills and strategies](https://www.reddit.com/r/TheSilphArena/comments/l8jw4h/the_advantages_of_switching_advanced_switching/) detailing things you can try to accomplish through switching. Here I will just list the subtitles here. Feel free to check out the linked article for details.

**2.6.1 Sac swap**

**2.6.2 Catching your opponent's fast move(s)**

**2.6.3 Sneak in fast move(s) without taking damage and switch out**

**2.6.4 Banking moves and "Sniping"**

**2.6.5 Doing chip damage with hard hitting fast moves from your switch-in**

**2.6.6 Getting an energy advantage on your switch-in**

**2.6.7 Aggressive switch-in when your opponent is low on health to force errors**

**2.6.8 Saving a Pokemon for later for defensive purposes**

**2.6.9 Saving a Pokemon for later for offensive purposes**

**2.6.10 Creating switch clock misalignment**

**2.6.11 Fake switch-in to catch charged move**

**2.6.12 Catching consecutive charged moves on a different Pokemon**

**2.6.13 Switching in when the opponent is least focused**

**2.6.14 Fake hesitation**

**2.7 Control the Flow and Direction of the Game**

**2.7.1 Maintaining or taking back switch advantage**

PoGo PvP is partially an RPS game so alignment will always be very important in general. However, it may not be as simple as some might have been led to believe. It's more than just blindly switching out or chasing the opponent. Some factors to consider: Do you really need switch advantage given your backline and the opponent's lead and (predicted) backline? What price (shield, HP, energy) are you willing to pay or make the opponent pay for switch advantage? Do you (they) have multiple counters to the same Pokemon which makes switch advantage less meaningful? Do you want to create or tolerate switch clock misalignment (see 2.6.10)? Should I stall out the switch clock?... There are already many guides and discussions on this so I'll leave it there.

**2.7.2 Switch clock awareness and management**

Being aware of the switch clock of both sides and manage it properly helps you control or predict the flow of the game.

Sometimes knowing your opponent's clock allows you to predict their switch (and a potential sac swap or sniping), and creating switch clock misalignment can make it harder for your opponent to predict your switch.

Sometimes you may want to stall out the switch clock so you can switch out of an unfavorable matchup instead of being farmed down. You can do that by spamming moves (sometimes resisted but spammy moves), stop attacking, or waiting the full 10 second when you choose which Pokemon to send in after one faints.

Sometimes you may want to speed up a matchup so it ends well before the switch clock is up so you can come in with your next Pokemon and aggressively farm or K.O. before the opponent can switch out. You can do that by not shielding or not throwing moves even when you have the energy.

**2.7.3 Predicting backline**

The sooner you can predict the opponent's backline, the sooner you can start to prepare for it and guide the game into a situation that favors you. You can try to predict the backline by recognizing a popular team, or from previous experience with similar teams, or putting yourself in the opponent's shoe and thinking how you would build the team given the lead (and swap).

The way the opponent plays can also give you information about what might be in the back: Do they stay in with a seemingly bad lead match? Do they hesitate? Do they aggressively switch? Do they give up switch for some reason? Do they double shield? Do they attempt to aggressively farm down? Do they sacrifice a Pokemon?... These can all be clues to help you guess what's in the back.

However, you still need to be open-minded and be prepared for an unexpected backline.

**2.7.4 Identifying win conditions**

It's basically what Doctor Strange did in Avengers Infinity Wars (spoiler): he used the Time Stone to look into the future and all the possible paths and outcomes and found the only winning path. But in PvP you don't have a Time Stone, so you'll have to rely on your calculation, matchup knowledge, and experience.

The win condition can be many things: a successful sac swap, or double shielding, or saving both shields, or hard farming down, or sacrificing one or more Pokemon, or aggressive switching, or making bold gambles about baiting/shielding/backline as a last ditch effort, and so on, and of course, top left (quitting) when there's absolutely no win condition, which is an important sign of skill in itself.

**2.7.5 Putting pressure on your opponent**

People tend to make mistakes and underperform when under pressure and that's why you should try and pressure your opponent when possible. You can do that by switching at critical moments (e.g. see 2.6.7), or spamming charged moves to annoy/distract the opponent, or applying heavy fast move pressure so the opponent doesn't have much time to think, or forcing them to make difficult shielding or other decisions, or just doing something unexpected.

**2.8 Lose the Battle to Win the War**

Often advantages in PvP tend to grow into bigger advantages until they are too big to overcome. However, in some situations, you can, and probably have to, deliberately go into or remain in an apparent disadvantageous situation in order to stage a comeback.

**2.8.1 Giving up switch advantage**

Sometimes you might want to give up switch advantage even if you have a good lead matchup or have already won the that matchup. Many ABB teams do this to lure out the counter to the B's and neutralize it with A and allow the other B roam free. Another reason to do this is to avoid being farmed or saving a Pokemon for later use (see 2.6.8 and 2.6.9). Also, when both sides only have 2 remaining Pokemon, switching doesn't really affect switch advantage since they'll eventually have to meet anyway.

**2.8.2 Sacrificing a Pokemon, or two**

In some case, you may have to sacrifice a Pokemon or two in order to set up the correct win condition for the end game.

If a Pokemon is useless or even a liability (free energy for opponent) against a specific team, you may want to just let it die by not using shield or not using attacks that debuff opponent attack (so they get even more farming) or using self defense debuffing moves early to minimize opponent farming. This might feel counter-intuitive but sometimes, it is the way. Of course, you can still try and do some chip damage or even bait a shield or get the opponent to dump energy on you.

You may even choose to throw a Pokemon at its hard counter to chip it down a bit or soak damage or just confuse the opponent and let their guard down.

**2.8.3 Knowing when it's ok to have a huge shield/energy/HP disadvantage**

If you recognize that your closer doesn't really need shield or energy advantage or even a lot of HP to beat the opponent's remaining team, you may decide to tolerate a huge shield/energy/HP disadvantage in order to set the stage for your closer.

More generally, if you can achieve a different type of advantage that is more crucial to winning the game, then don't be afraid of having a disadvantage.

**2.8.4 Preserving information asymmetry**

Sometimes it makes sense to sacrifice some efficiency if preserving information asymmetry is very important for your strategy.

For example, when you lose the secondary matchup and need to choose which Pokemon to send in, you occasionally may want to still send the lead back in even if your 3rd Pokemon actually has a slightly better matchup against the opponent's current Pokemon. This might make sense if your 3rd Pokemon is spicy or has a very unique battle style that the opponent probably won't expect. If you send it in early, the information asymmetry is gone and the opponent may be better able to counter it appropriately. But the later your last Pokemon gets revealed, the fewer tools and options the opponent may have to properly deal with it (maybe they have already let the counter die, or used up their shield, or let their health to be chipped too low, etc.).

Another example is when you have a Pokemon that has multiple viable move sets, you may want to keep it a secret from your opponent for a little longer so they lack that crucial piece of information for decision making. You can either just use one of the charged moves (even if it's not necessarily the most efficient), or choose not to throw moves at all and just farm.

**2.8.5 Recognize sunk cost and let it sink**

When you make mistakes or are stuck in adverse situations, it might be wise to let it go and try to find an opportunity elsewhere instead of doubling down or go all in. Sometimes you get greedy and over-farm too much and get hit with a charge move. Maybe it's time to just let it die with energy if this makes more sense for the bigger battle. Sometimes you just can't win switch advantage even if you have already spent a shield. Maybe it's time to let it go and save the other shield for later. Sometimes the entire game is sunk and the best option is to just quit and start a new game and save everyone time.

**2.9 Use Your Opponent's Skill and Knowledge against Them**

Knowledge and skill might be a curse in themselves. Experienced players may take certain things for granted or have muscle memories that are hard to shake off. And you can use that against them.

**2.9.1 Misdirection**

You can disguise your team as a well known team but actually have a different Pokemon in the back or different moves.

You may also try to disguise your ABB team as an ABC team by using a very common safe swap, pr disguise your ABC team as an ABB team by mimicking popular ABB teams and their play styles.

You can also mislead your opponent through the way you play. E.g. you may stay in a slightly bad lead matchup to make the opponent think that you have something in the back that's weak to their lead when you actually don't.

These tricks are risky of course, but you can get creative, especially if you're playing against experienced players.

**2.9.2 Break rules to throw opponents off**

You can try and use common skills in a different way. E.g. double up charged moves but throw different moves, or don't throw them consecutively, or don't throw at all and continue farming or switch.

You may also make unconventional moves like giving up switch, make seemingly weird switches, use less efficient moves, staying in bad matchups, etc. to mess with the opponent and their strategy.

Basically, be more unpredictable to throw people off and cause hesitation or even errors.

**2.9.3 Anticipate your opponent's tricks and take advantage of them**

For example, if you anticipate your opponent to double up their charged moves, this makes them predictable and you can potentially switch between the two back-to-back moves and get an easy sac swap. Or if you anticipate your opponent to do a sac swap (maybe it's their only win condition), you can hold off on your charged move and nullify their attempt.

Many of the skills discussed above can be countered or mitigated or even taken advantage of if you can accurately predict them.

**2.10 Overall Multipliers**

The following skills or factors affect almost all the other in-game skills and act as global "multipliers" of your overall skill level.

**2.10.1 Timing**

The most difficult thing in learning and mastering many of the skills is to know exactly when to use them. The same skill may be irrelevant or even counter-productive in some situations but may be highly effective or even the only win condition in other situations. Being able to recognize the correct situations to implement different skills/strategies is a very high level skill and requires a significant amount of calculation and/or experience.

**2.10.2 Execution and proficiency**

Any skill or strategy is only as good as the actual execution. If the execution lacks accuracy or is delayed, it might not be as effective and can even backfire (Sac swap and under-charging are prime examples). The same skill also has different levels of proficiency. There's still a big gap between "just barely works" and perfection. High proficiency can usually reduce reaction time and maximize efficiency.

**2.10.3 Performance under pressure**

GBL battles can be very intense and nerve-wracking, especially if your rating/rank is on the line. Can you still perform at a high level and remember the matchups and execute skills/strategies while keeping track of energy/HP and reacting to the opponent? Being able to score and being able to score buzz beaters are completely different.

3. Post-battle skills/management

These are likely the least discussed type of "skills", but that doesn't mean they are not important. Of course, some of these are by no means unique to GBL and are just good practice/habit in general.

**3.1 Learn from your mistakes**

Identify mistakes and suboptimal decisions, even in games that you win, identify the reasons for the mistakes, and think of ways to play better. Good players can frequently spot their own mistakes, allowing them to continually improve. If you're constantly frustrated by your own mistakes, then congratulations, that's the first step (and the most important step) to getting better!

**3.2 Objectively evaluating your team**

It's sometimes difficult to evaluate whether your team works well in the current meta. Are losses just bad luck or do they reveal actual weaknesses in the team? Sometimes you have a really bad set or a really bad day with a team, and it pisses you off. But is it justified to blame the team for it? Other times you really want to like a team because you really like the Pokemon or you worked hard to build the team or you put a lot of thought into the team and strategy. All these sentiments can potentially cloud your judgement. Remaining objective when evaluating your own team as well as yourself is a rare ability.

**3.3 Keep track of your games**

This is helpful for both figuring out the meta or meta shifts and evaluating your own strategy/execution and your team. You can either keep a record somewhere, or record your own battles, or use gobattlelog.com, or use some other methods.

**3.4 Keep calm and play on**

Reaching Legend, or any rank, is a grind. If you have what it takes to reach the rank, then the more you play, the more likely and the faster you will get there. Or in other words, given the same level of skill, the more you play the lower your overall win rate will need to be. So when you have a bad streak, just keep calm and play on. You may need to change your team or your strategy, but if you don't play you won't go up and you won't improve.

**3.5 Keep calm and stop playing**

But sometimes you do want to stop playing for a bit. Some people tend to get tilted after a really bad set and their subsequent performance would suffer because of this, thus feeding into a vicious cycle. This is when a pause is appropriate. For other people, they tend to get overly confident or reckless or complacent when they win a lot, and they might take a break to calm down. But people have different temperament and styles. Some might find that losses or wins actually help them concentrate. So everyone needs to figure this out for themselves.

**3.6 Maintaining a good and sustainable mentality**

If you feel burnt out, it might be time to take a break and reflect on your play style, your goal, your strategy, etc. Like I said, GBL can be a grind, so you need to be clear about what you want, what you are willing to do for that, and how you can do it in a sustainable way.

**3.7 Have confidence**

Have confidence in not only yourself, but also, well, statistics. In the long run, luck will average out for most people and your rating will likely approach the true level of your "skills". If you have a bad streak, it's not because your skill level suddenly dropped. It's probably just bad luck and it will pass. Retaining confidence in the face of frustrations is a sign of strength and can take practice.

**3.8 Expectation management**

Don't set your initial goal too high. Give yourself a buffer to fall back on. One trick I find useful is to prevent yourself from trying 100% hard: give yourself an excuse as a psychological off-ramp. For example, don’t use a full meta team, or don’t count 100% the moves, or listen to a podcast when playing so you might be slightly distracted, etc. This way you give yourself an excuse to not blame it all on yourself for losing, and it might be healthier in the long term.

**3.9 Frustration/stress management**

Frustration and stress will be a part of GBL if you want to be somewhat competitive. They need to be managed or otherwise you'll get burnt out soon. Of course, everyone has their own way of dealing with these. The trick I mentioned in 3.8 also works for this. You may also consider participating in some kind of GBL community (discord, streamer chat, reddit, etc.) so you can get some solidarity or encouragement from people experiencing similar things, or just vent and get it out of the system. However, these places can also be sources of toxicity and more stress.

**3.10 Have fun**

It's easy to forget about this when you're fighting you way through the ranks, but it's actually the answer to many of the things discussed above. If you are having fun, then you'll likely keep playing and get better in the process, even if you don't try very hard. Remember to entertain yourself and allow yourself to be entertained.

**3.11 Have a good PoGo/life balance**

PoGo, including GBL, can be addictive. It's ok to take it seriously and be competitive, but keep in mind that it's a game, no more no less. Try not to let it take up too much of your time, money, mind, and life.

Ok, this has morphed into pure life advice at this point lol and I will stop here.

So yes, PoGo PvP's format and mechanisms are relatively simple, but complexity can emerge from simplicity. You can always try and strategize about pretty much anything if you really want to. That's just what human beings do.

Note that there are all just *potential* skills that are involved in GBL. In fact most of them are not applicable or useful in most scenarios. If you attempt to use or even just think about all of these skills during game, your brain will melt and you will neither perform well nor enjoy the game.

I hope this has been a fun and helpful read. I'm sure there is still much more room for creativity and strategizing in GBL and PoGo PvP. Have fun and take care!