So, you want to be a cracked gamer? You want to hit those 200 pumps and get the winner winner chicken dinner? Fear not, my friends, for I have the routine for you. This routine is entirely centered around precision, and I would NOT recommend it to a beginner; however, if you like suffering for a while until you improve dramatically, then you are welcome to try as a beginner. (DISCLAIMER: This routine is using scenarios exclusively from Kovaak’s FPS Aim Trainer on Steam, which costs $10).

You may be asking, “who is this Laizirz kid anyways? He doesn’t look like a pro gamer to me!” To this I say that I’m a pro gamer at heart, and I’m definitely not the best aimer out there. I’m a Grandmaster in [Sparky](https://docs.google.com/document/d/1vHiQRZMBJlmI69-SgHm3i0eS5ALfq2hEu-ZPyvC6ycE/edit) if that means anything to you, but I don’t intend to present my ideas as more valid than any others because of credentials. My goal is that this routine will stand on its own merit without a professional seal of approval. Feel free to criticize or add to this document whatever you want, I’m open to differences of opinion. Also, if you ever want to discuss *Aim Theory* or anything else that’s interesting, hmu on [twitter](https://twitter.com/laizirz) or during my [streams](https://www.twitch.tv/laizirz).

Let’s start with sensitivities. I change my sens all the time, so I’m not going to tell you there’s a perfect sensitivity for all possible situations. Some of the scenarios I will suggest can be cheesed by using an extremely low sensitivity and low fov, but if you choose to do that you’re only stifling your own improvement. I recommend a sensitivity between 24cm/360 and 34cm/360. If you don’t know what yours is, go to [this link](https://jscalc.io/embed/RTCJTLMts42GYfWf). One little tip I will mention is do NOT tense your hand or wrist up while aiming at small things. It is not going to make you better and it can be harmful. Be relaxed and precise, so that you can replicate this while relaxed in game. I’m not going to spend a lot of time talking about sensitivity, because it literally does not matter. Just don’t go way lower or higher (unless you want a REAL challenge, in which case you should use 5cm/360) than my recommendations and you will be fine.

Next, field of view. Just do 103 Overwatch. That’s it. Don’t go low or high, the point is to improve your aim not get highscores.

Now for crosshair. Just use dot and make it very small so that you can see the dot inside of the targets you are shooting. You could do this with any shape, but dots are the simplest and most useful. I also suggest using colors with high contrast like green for the bots and red for the crosshair. Make sure your crosshair and bot color don’t blend in with your background! Visibility is important for improvement.

Finally, I’m going to partition different aspects of aiming into 3 parts: Tracking, Clicking (or click-timing, although timing is not the only thing that matters here), and Target Switching. They will be color coded from here on as they are here. These are extensively explained in [Aimer7’s guide](https://www.dropbox.com/s/vaba3potfhf9jy1/KovaaK%20aim%20workout%20routines.pdf?dl=0), so go read that if you’re a noob.

Now that the preface is out of the way, let’s get to the routine. I recommend doing 3 runs each, or 5 minutes of free play each. It goes as follows, in any order you like and for any duration you find suitable:

**1wall 6targets small** (3 runs): This scenario is great and will help you a lot with micro corrections. Don’t worry if your score stagnates on this one, it’s still great to practice.

**1wall20targets small** (3 runs): This one will help you build confidence and speed while shooting small targets. It helps with the previous scenario.

**Vertical Hand Warmup** (3 runs): It’s always good to get some vertical movement in here! This one is vertical click timing with somewhat small bots, although bigger than the other scenarios.

**Popcorn Sparky** (3 runs): This scenario is great and has a reload mechanic which punishes inaccuracy without having an accuracy multiplier.

**Bounce 180 Reload Small 60s** (3 runs): Great scenario that requires you to read movement without being extremely easy like the original B180.

**Pasu small reload** (3 runs): This scenario is the best clicking scenario in my opinion. It is phenomenal and extremely useful for games.

**Smooth thin strafes** (3 runs): Trains smoothness without pure prediction because the bot strafes somewhat quickly. Good scenario for pure horizontal smoothness.

**Popcorn goated tracking invincible** (3 runs): Great scenario for vertical smoothness as well as reading movement. One of the best vertical scenarios.

**Ddtv xyz close fast small** (3 runs): This one is for reactivity while maintaining a small target. Never forget to get some form of reactivity training, but don’t play the ones with giant bots that only require putting the crosshair near the center.

**Ddtv xyz far fast small** (3 runs): Long range tracking is important as well, and this one moves quickly. DO NOT FOV CHEESE. You may need to make your crosshair smaller to see the bot.

**Ddtv xyz close slow small** (3 runs): Close range smooth scenario. Requires a larger range of motion because of the nearness, but moves slowly so you can maintain a steady motion.

**Ddtv xyz far slow small** (3 runs): Long range smoothness tracking. DO NOT FOV CHEESE. You may need to make your crosshair smaller to see the bot.

**1wall5targets pasu track invincible small** (3 runs): Incredible scenario for reactivity as the bot is hard to predict and very small. Extremely useful scenario for games.

**Air Precise** (1 run): This one is the hardest scenario listed but you know what they say: no pain no gain.

**Floating heads but there is no accuracy multiplier** (3 runs): Great scenario for switching between small targets at different elevations. Speed is the important thing to get here without losing precision.

**Bounce 180 tracking small** (3 runs): Great scenario requiring movement reading and steady combination of vertical and horizontal movement.

**Dot tracking** (3 runs): Very similar to floating heads, and similar utility. Bots are further apart in this one as it’s 360 degrees.

**KinTargetSwitch Small** (3 runs): Very useful scenario for switching without losing your ability to track unpredictable targets.

**voxTargetSwitch small 200%** (3 runs): Fairly easy, but useful for pure speed. This one may help you with the 1wall clicking scenarios as well.

**Skeet Tracking Goated Small** (3 runs): Incredible scenario. Very similar to bounce 180 tracking, but with a shorter time window to kill bots and less time to read movements.

Now you might be noticing that every scenario uses small bots. Yes, you’ve caught on, that’s the point. Train on actual small targets that are difficult; PLEASE don’t just shoot giant squares all day. This routine will be extremely useful to you if you use it over a long period of time and use an excel spreadsheet to track improvement. You can even go back to your pleb scenarios afterwards and notice how much easier they are. Just don’t do that daily because it might interfere with the main point of the routine

And that concludes my routine. Feel free to add scenarios and do whatever you want to with this information. I can’t wait to see a bunch of crackhead aimers after a routine like this. Trust me, practicing on things that are way harder than in game is the best way to improve rather than replicating the exact situations you have in game.

Farewell,

Laizirz