

# Weakness-specific KvKs Routines 2.0

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## Introduction

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

## About this document

This document is a collaborative effort between Voltaic and other collaborators from the community such as Viscose, christmasiscancelled and Krascsi. It includes instructions for specific issues like Smoothness & Precision, Speed, and Reactivity.

## Goal

The goal of this document is to combine all the issue-specific routines in one document and provide alternative routines for those interested. There is also a lack of interest in some of the more useful issues such as static target acquisition, so with this document, we hope to shed light on all of them.

## More resources

1. Want to understand the theory behind aiming? Read [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](#) to stay up to date
6. Check out the resources channel on our discord for more routines and guides.

# Smoothness & Precision

This section is provided by [Krascsi](#) & [sini](#)

The routines below will help with your smoothness and precision. Your scores on these scenarios will improve as your smoothness and precision improves. Pick a routine based on your skill level and do it prior to your regular routine. If you feel yourself plateauing in some scenarios, try the alternative scenarios or move onto the next routine in difficulty.

## Why does this work?

Focusing specifically on being smooth in tracking scenarios will strengthen your fine motor skills in regards to smoothness. This routine works because the scenarios include bots with easy to read movement patterns, therefore you can focus more on tracking precisely rather than reading the bot movement.

## Smoothness & Precision Routine

### Easy

Recommended up to **Platinum** on **Precise**

Duration: 20-30 minutes - [Copy & Paste share code underneath via Online Playlist tab on KovaaKs](#)

#### KOVAAKSBOOMSTICKINGFASTGULAG

1. **Centering I 180 no strafes** - **5m** or **Thin Gauntlet Easy** - **2-3 runs**
  - a. Focus on being as smooth as possible against thin bots
  - b. Try **Centering I Easy** or **Smoothness Training 60** as alternatives
  - c. Scenario ends after killing all the bots for Thin Gauntlet
2. **B180TI Sparky** or **Pasu Track Smooth** - **8m**
  - a. Focus on being smooth against both horizontal and vertical angles on tiny bouncing target
3. **PGTI Voltaic Easy** or **Smoothbot Invincible Goated 15% bigger** - **8m**
  - a. Focus on being smooth against both horizontal and vertical angles on a tiny target
  - b. Play **Vertical Smoothness Training Popcorn** to work on pure vertical angles
  - c. Play **Vertical Smoothness 75** to work on pure vertical angles with a larger target, if you struggle too much on the original
4. **Glider GOATED Easy** or **Smoothness Trainer Air** or **Air NUNS small 1256** - **5m**
  - 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 nuns easy** as an alternative
5. **ddtv xyz far veryslow small** or **ddtv xyz mid veryslow small** - **4m**

## Intermediate

Recommended up to **Diamond** on **Precise**

### KOVAAKSDASHINGDIAGONALJUMP

1. **Thin Gauntlet** - **2-3 runs** or **Centering I** or **Centering II** - **5m**
  - a. Focus on being as smooth as possible against thin bots
  - b. 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
3. **PGTI Curved** or **Smoothbot Invincible Goated** or **Glider 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
4. **Smoothsphere** or **Air 2 Smooth Invincible** or **Air Voltaic Easy** - **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**

## Advanced

Recommended for **Master and above** on **Precise**

### KOVAAKSDODGINGDOWNEDRIFLE

1. **Thin Gauntlet V2 Thin Goated** - **2-3 runs** or **Centering II** or **Centering III** - **5m**
  - a. Focus on being as smooth as possible against thin bots
  - b. Try **Thin Gauntlet V2 Thinner** or **Centering IIII** as harder variants
  - c. Scenario ends after killing all the bots for Thin Gauntlet
2. **B360TI Small Sparky** or **B180TI Extra Small Sparky** or **Pasu Track Smooth Small** - **8m**
  - a. Focus on being smooth against both horizontal and vertical angles on tiny bouncing target
  - b. Play **B180TI Stupidly Small Sparky** or **Pasu Track Smooth Extra Small** if you find the current ones too easy
3. **PGTI Curved** or **Smoothbot Invincible Goated** or **Glider Goated Hard** - **8m**
  - a. Focus on being smooth against both horizontal and vertical angles on a tiny target
  - b. Play **popcorn goated tracking invincible smaller** or **PGTI Curved small** if this one is too easy
  - c. Play **Vertical Smoothness Training Popcorn (extra) small** to work on pure vertical angles
  - d. Play **Smoothbot Unvincible Small Goated** if you want more challenge
4. **Smoothsphere** or **Air Angelic 4 Voltaic** or **Air Voltaic** - **5-10m**
  - 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 **Extra SmoothSphere** or **Air Angelic 4 Voltaic Smaller** or **Air nuns 1256 extra small** if you want something more difficult
5. **tamTargetSwitch Smooth** or **tamTargetSwitch Control** - **5m optional**
  - a. Play **tamTargetSwitch Smooth/Control Hard/Small** for more challenge

# Static

This section is provided by [Krascsi](#)

The Easy version of this routine will help you with mastering the basics of static. If you understand the basics, you can push further by developing your own style by using the Advanced version of this routine. Static is all about minimizing the time between killing two targets. In order to better adapt static into real games, the suggested method for traveling from one target to another target is one large "initial flick," then a small "micro-correction" and click. You do not need to draw perfect lines between two targets all the time. Play either the 1 by 1 playlist 3 times, or the complete playlist once. Static takes a physical toll on your body, so remember to take breaks when you need them.

## Why does this work?

Static is easy to improve upon if you're practicing with the correct methods. Playing pokeball and holding down MB1[Left Click] helps you with finding the right amount of pressure you should apply onto your mouse while making large or fine movements. If you can do that, you can start clicking while trying to replicate the feeling of playing pokeball.

## Static Routine

### Easy

Recommended for **Diamond and below** on **Static**

You can play this in a 1 by 1 (1-3x) or a complete way (1x) -

**Duration:** 15-45~ minutes - [Copy & Paste share code underneath via Online Playlist tab on KovaaKs](#)

#### 1 By 1

**KOVAAKSENTRYFRAGGINGEGGPLANTPRISM**

#### Complete

**KOVAAKSENRRAGINGEGGPLANTARENA**

1. **Pokeball 1w4t shrink** - **3m**
  - a. Hold down MB1[Mouse Button 1/Left Click] while playing this scenario.
  - b. Focus on going from one target to another in the least amount of time possible.
2. **1w4t shrink** - **3m**
  - a. The clicking version of the previous scenario, good warmup.
3. **1wall2targets TE** - **3m**
  - a. Put FOV on 110-115 OW for this one(don't forget to change back after). You want to focus on going from 1 target to another as fast as possible.
4. **5 Sphere Hipfire** - **3m**
  - a. This scenario is for some speed while playing small angles.
5. **5 Sphere Hipfire Small** - **3m**
  - a. This is more for micro-corrections than the previous scenario.
6. **Pokeball Frenzy Auto 1w4ts** - **3m**
  - a. Hold MB1 while playing this scenario.
  - b. Focus on flicking from 1 target to another as fast as possible in 2 motions["initial flick"+micro-correcting].
7. **Pokeball 1w4ts 30%** - **3m**
  - a. Try to be more accurate on this one than on the previous scenario.

8. **Pokeball Frenzy Auto 1w2ts** - 3m
  - a. Try to make the large angle flicks as quick as possible, but try to land on the target after 1 flick.
9. **Pokeball Frenzy Auto 1w2tes** - 3m
  - a. Try to be accurate, but in 2 motions instead of one.
10. **1wall2targets\_smallflicks 60s** - 3m
  - a. As the name implies this is a smallflick scenario. It also has varied targets, which is good for improvement.
11. **1w4ts Voltaic** - 3m
  - a. 1w4ts is one of the best static scenarios, as well as a benchmark of ours. Try to keep your acc 90%+.
12. **1w4ts 30% larger** - 3m
  - a. A larger version of the previous scenario. You can try to go faster on this.
13. **Wide Wall 4 Targets** - 3m
  - a. Large angle static can't be forgotten about. 4 Targets should be the most optimal for practice.
  - b. You can try FOV between 103-115, based on preference.
14. **1wall 6targets small** - 3m
  - a. We could say this is a "benchmark" for the routine. Try to go slower than on the reload versions. Try to hit as many shots as possible, while missing as little as possible.
  - b. Your goal is to achieve 100% accuracy.

## Advanced

Recommended for **Master** and above on **Static**

You can play this in a 1 by 1 (1-3x) or a complete way (1x) -

**Duration:** 20-60~ minutes - [Copy & Paste share code underneath via Online Playlist tab on KovaaKs](#)

### 1 By 1

**KOVAAKSDUNKINGEASXCROSSFIRE**

### Complete

**KOVAAKSDROPPINGDYNAMICHELL**

1. **Pokeball 1w4t shrink** - 3m
  - a. Hold down MB1[Mouse Button 1/Left Click] while playing this scenario.
  - b. Focus on going from one target to another in the least amount of time possible.
2. **1w4t shrink** - 3m
  - a. The clicking version of the previous scenario, good warmup.
3. **Static Speed Test** - 3m
  - a. This scenario has reload, so you can actually go fast without worrying much about accuracy.
4. **fuglaaPressure** - 3m
  - a. This is one of the best versions of the pressure aiming scenarios. This needs more pacing than aiming, but at the higher levels of static it's just as necessary as raw aiming.
5. **Pressure Aiming 7 Shortened** - 3m
  - a. Another good version of the pressure aiming scenarios. This has more targets, so you have to click faster.
6. **ww4t Varied** - 3m
  - a. Varied sized targets on a wide wall, good practice for balancing speed and accuracy.
7. **Pokeball Frenzy Auto Wide Wall 4 Targets Small** - 3m
  - a. Try to land your first flick on the target while going as fast as possible, but if you can't, micro-correcting is fine.
8. **1w3ts** - 3m
  - a. Large angles with few small targets. Try to apply the same principles as on the previous scenario.
9. **Wide Wall 4 Targets Small** - 3m
  - a. Same scenario as the one before, with 1 more target.

10. **Pokeball Frenzy Auto 1w2ts** - **3m**
  - a. Try to make the large angle flicks as quick as possible, but try to land on the target after 1 flick.
11. **1w2tes** - **3m**
  - a. Try to be as accurate as possible while maintaining a pace on these extra small targets.
12. **1w4ts reload 30% smaller** - **3m**
  - a. This 30% smaller version should help you gain some confidence, especially when you'll be playing the normal version.
13. **Pokeball 1w4ts 30%** - **3m**
  - a. Same scenario as the previous one, but the pokeball version. Try to balance speed and precision.
14. **1w4ts Voltaic** - **3m**
  - a. This is a Voltaic benchmark, while being one of the best static scenarios in Kovaak's at the moment. Try to keep your accuracy above 90%.
15. **1wall2targets\_smallflicks 60s** - **3m**
  - a. As the name implies this is a smallflick scenario. It also has varied targets, which is good for improvement.
16. **5 Sphere Hipfire Small** - **3m**
  - a. A good scenario for chaining multiple targets which are close to each other.
17. **10 Sphere Hipfire Extra Small** - **3m**
  - a. One of the best precision hipfire scenarios, which should help you in every aspect of static.
18. **1wall 6targets small** - **3m**
  - a. We could say this is a "benchmark" for the routine. Try to go slower than on the reload versions. Try to hit as many shots as possible, while missing as little as possible.
  - b. You should aim for 98%+ accuracy.

# Speed

The routine below will help you develop speed and accuracy when switching from target to target. This is done using static and varied versions of target switching scenarios. This routine is a 1 by 1 playlist, meaning you play each scenario once, then repeat the playlist. Play this 4 times per day on top of your usual routines if you struggle with speed.

## Why does this work?

The two static switching scenarios develop speed by making you focus intently on accuracy and not overshooting rather than just raw speed. They will also improve your pathing to targets. Making your lines straighter and more direct will lead to more efficient mouse movement, resulting in faster and more accurate switches.

## Speed Routine

This section is provided by [Viscose](#) and [Christmasiscancelled](#)

Repeat this 5x (25 minutes) - [Copy & Paste share code underneath via Online Playlist tab on KovaaKs](#)

### KOVAAKSEXITFRAGGINGENTRYGAMESENSE

1. `patCircleSwitch small NR static` - **1m.**
  - a. This scenario serves as a test for both the accuracy of your initial switch and your readjustment. Very useful scenario for improving speed ts overall.
2. `voxTargetSwitch Large` - **1m.**
  - a. This scenario trains speed and lets you get used to going fast
3. `voxTS Viscose Varied` - **1m.**
  - a. The targets on this scenario start large but gradually get smaller as the run progresses. This trains maintaining good speed on small targets
4. `voxTargetSwitch Voltaic` - **1m.**
  - a. This scenario serves as a benchmark for wide angle switch speed
5. `patCircleSwitch Static` - **1m.**
  - a. An easier version of the first scenario to bring the focus back to speed

# 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 particular level, the only way to attain significant improvement is by challenging yourself more. The scenarios in this playlist provide just that—they're some of the most notable reactive scenarios in KovaaK's. Note that players should not insist on playing scenarios that are far too difficult for them. In fact, it may be beneficial to play the regular tracking scenarios instead or timescale harder scenarios down and work on technique first.

## Reactivity Routine

Recommended for **Diamond** and above on **Reactive**

Duration: 30-40 minutes - [Copy & Paste share code underneath via Online Playlist tab on KovaaKs](#)

### KOVAAKSFEEDINGEXTRACINEMATIC

1. **VSS GP9** or **Close Fast Strafes Invincible** - **10m**.
  - a. Focus on the bot and reading its movement
  - b. Play **Close Fast Strafes Invincible Thin** for higher difficulty
  - 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 Voltaic** or **Ground Plaza Voltaic** - **2-3 runs**
  - a. Focus on the bot and reading its movement
  - b. Play **Air Voltaic Easy** if the original is too difficult
  - c. Play **Ground Plaza Voltaic Easy** if the original is too difficult
  - d. Alternatively play the regular **Air**, the skybots and UFO are actually amazing practice for reactivity
3. **Vertical Fast Strafes** or **Air Angelic 3478** - **10m**.
  - a. Focus on purely vertical reactivity
  - b. Play **Vertical Fast Strafes Hard** for higher difficulty
  - c. Alternatively play **Anti Vertical Fast Strafes (Hard)**
  - d. In case you feel like this variation of air is too easy, play **Air nuns LNS Smaller 130%**
4. **Air UFO Hard Invincible** - **5m** **optional**
  - a. Focus on both fast acquisition and reactivity
  - b. Play **Air UFO Hard Small Invincible** if you want to challenge yourself more
  - c. Do not insist on playing this one if it's too difficult



# Strafe Tracking

This section is provided by [HotRodRe](#)

## What this routine does and why it works

Traditional Kovaak's movement scenarios can cause players to develop bad habits. These traditional movement scenarios tend to reward movement that favors mirroring opponents or using movement techniques that will make you very easy to predict and hit. Although this routine does not train proper doging, practicing specifically as directed in this routine, will help a player develop hand independence<sup>1</sup>, in order to more efficiently deal damage to others while avoiding damage themselves. We recommend some basic levels of mouse control to get the most out of this routine, as adding movement adds complexity, but we think these scenarios are easy enough that all skill levels should give them a shot. [Play the scenarios as directed in this document for the most benefit.](#)

**Disclaimer:** Do not play for score

1. Contains warm up exercises, so no warm up needed prior to starting the routine
2. Establishes independence between your right and left hands
3. Asks the player to focus on movement

## What this Routine Does NOT do:

1. Train mirroring/anti-mirroring
2. Train Smoothness or Reactivity

## Recommended for the following games:

**Overwatch, Apex, Quake, Diabotical and Fortnite**

This may apply to a few other games, but the games above will benefit the most from this routine. Note that with Fortnite it heavily depends on the current meta, and it is more important in Aim Duels than the actual game.

## Strafe Tracking Routine

**Duration:** 35 minutes - [Copy & Paste share code underneath via Online Playlist tab on Kovaaks\](#)

**KOVAAKSFLANKINGFANTASTICPATROL**

- **Midrange Long Strafes V2 - 2 minutes**
  - **Description:** Tracking a target at mid-range that switches direction quickly, but not very often
  - **How:** Keep your crosshair on the target, focusing on smoothness and quick direction changes
  - **Why:** An easy 180 scenario to warm up your hand, wrist, and arm
- **Revolving Tracking - 2 minutes**
  - **Description:** Forced circle strafing while attempting to hit a stationary bot

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<sup>1</sup> Hand Independence - Using your left and right hand independently - Being able to correctly track targets with your mouse, while accounting for simultaneous movement inputs on your keyboard

- **How:** Keep the crosshair on the target by using your arm to smoothly track across your entire mousepad. Do not reposition until you are forced to switch targets
  - **Why:** Arm warm up scenario that will help with becoming more comfortable on all areas of your mousepad, and understanding the physical mouse movements required to circle strafe a target
- **Pole Long Dodge - 3 minutes**
  - **Description:** Extremely simple scenario with a stationary pole as the target, and the ability to move anywhere on the map
  - **How:** Ignore your score and the movement bar. Move however you want but keep your crosshair on the target. Try to practice close and far distances. Move more erratically for a more difficult challenge. If you are unable to move erratically and still hit a high %, keep practicing this routine and coming back to the scenario.
  - **Why:** Being able to hit a stationary target while strafing in all directions with your keyboard hand is a critical step. We must be able to do this before we can also start to hit a moving or dodging target. A stationary target will also help you easily notice smoothness problems when strafing in these directions, so be on the lookout for a jumpy crosshair.
- **Close LS Easy Dodge - 3 minutes**
  - **Description:** Full range of movement scenario with a long strafing target.
  - **How:** Play this by holding left **OR** right strafe, and only left or right strafe, for the entire bot. Switch strafe direction when you kill a bot. This should cause you to circle the bot
  - **Why:** I like playing this scenario, in the described way, a bit more than revolving tracking strafes because you learn how your own inputs with the keyboard and mouse will transition your aim from mirroring to anti-mirroring a target. Be mindful of this transition into anti-mirroring and circling the target.

#### Pay Attention to the Movement Bar for these 4 Scenarios:

These scenarios are the heart of the training and where most of the hand independence problems will show up. The scenarios present a relatively easy to track target, but the scenarios get very complex when we pair this tracking with very specific movement/strafing instructions.

The secret to these scenarios is making sure you get the specific movement correct. You will end up holding the left or right strafe until the movement bar switches green, then you will hold the opposite strafe direction and repeat. You can pay attention to the movement bar or enable sounds on when you should change your strafe direction in order to understand the movement rhythm. While doing this you will be required to track the target with your mouse hand, independently of how you are moving.

- **Cycle Strafes Long - 4 minutes**
- **Circle Strafes Long Varied Easy - 3 minutes**
- **Circle Strafes Fast - 3 minutes**
- **3D Mid Dodge - 3 minutes**
- **Air Angelic 4 Voltaic Easy - 2 minutes**
  - **Description:** Easy to hit, invincible target, tracking scenario without any movement
  - **How:** track the target and focus on micro adjustments with tracking and reactivity
  - **Why:** Multidirectional reactivity training following the hand independent scenarios, to remind you that reactivity is still very important for dealing damage
- **Amphi LG 1v1 Easy - 3 minutes**
  - **Description:** Full range of movement scenario, against a thick easy to hit target
  - **How:** Do not worry about score, move as if you would be dodging in game, not to assist your aim. Track the target and react to directional changes. Work on everything you learned during the cycle/circle strafing scenarios
  - **Why:** Putting it all together in a free movement scenario against a bot that should have somewhat realistic dodging

# Credits

Below are people who have provided feedback or have assisted in creating these routines, including some trivial information to understand why their help is valuable:

- [HotRodRe](#)
  - Provided the entire Strafe Tracking section
- [Krascsi](#)
  - Provided valuable feedback
  - Assisted in creating a large portion of the Smoothness & Precision routines
  - Provided the entire Precise Target Acquisition section
- [Viscose](#) & [christmasiscancelled](#)
  - Provided the Voltaic Speed Routine
- [sini](#)
  - Created alternate routines & instructions
  - Provided structure in the document
  - Provided the entire Reactivity section
  - Provided missing Theory & Explanation
  - Created the Smoothness & Precision routine with the other contributors
- [Hasin](#)
  - Textual edits & formatting