

Myth 1: Consistent sensitivity

so like a lot of people think that you know they need to have like one sense and stick to it for like 10 years to have like the best possible aim that you can get like it was like very popular in CS I believe when I was playing as well when I was like watching like Pro players they were always like stick to one sense learn the muscle memory stuff and like become the best kind of like get the feeling of your sense and I kind of like Get why and why it's like even coming from their Maps it's like they really want to be consistent as a players and like having some sort of like consistency of their settings is as important as being consistent with their like in-game aim right so it's kind of like mixing up both things so like I understand why people want to stick to one sense and have it consistent because consistency plays like a big factor inside of the game and we really want to build that comfort with our Essence to kind of like perform at like the highest level possible however at times like people have like this like big misconception that sticking to one sense can make them like the best aimers it's not really true like if you would want to be like a good aimers like aimer you would be able to play every single FPS title with like a good aim so like if you would want to be good at every single game with your aim it will either have like a good Mouse control mouse control means that you have an ability to kind of like control your mouse in like various ways like having comfort with different angles like white flakes is include entire mouse pad doing the micro Corrections and like good Mouse control allows us to kind of like aim at different speeds so like all speeds like slow fast like it will change from the game to game like in OverWatch we need to be a bit faster in sales we need to be a bit slower like we need to be able to aim at different ranges we need to be able to have a very good flick to track skills and there is like a lot of things that we need to be good at if you want to become like a good aimer and to achieve kind of like this level of having like a very good aim sticking to one sense might not be the best idea because we might not be able to develop some sort of like proficiency with different muscle groups that we have in our hand so for example when you play with like a lower sense in CS you might mainly use your arm and wrist and you kind of like neglect these in your fingers and fingers are like extremely important to use for like micro Corrections especially at long range so with your

sense you might kind of like limit yourself to only work in your wrist and arm kind of like neglecting the fingers and it's kind of like making you a bit less perfect aimer if you would want to become that type of player so like what happens initially when you change your sense is kind of like you switch the muscle groups like if I were to use like a high sense I would be mainly using my wrist and fingers now in comparison to what will happen what will happen on like low sense so if like higher sense I'm able to work on my average and fingers more which helps me a lot with getting higher proficiency on them so they have like a better control over my microcy fingers and I have like better understanding of my accelerations with my wrist so it's like easier to do like a flick while using my wrist exclusively and that's something that I won't be able to really train on low sense so like Italy you would want to kind of like change their sense from time to time to kind of like develop different muscle groups so you kind of like have more perfected way of using your hands if that makes sense yeah it definitely makes sense to me and I can just to give to give everyone an example too and when I was working with aimlab we were running these aim uh aim training competitions basically uh putting the best aims against each other and and depending on the type of task um because different tasks will be like if it's a tracking task or a flaking task they'll have different you know ranges of motion that you might be expected to kind of be used to Mouse within some of the players would change their sensitivity by like 50 or more um like you know 30 centimeters to 60 centimeters depending on is it a tracking task or or you know a static clicking task and so what that kind of told me like all the things that Minnie's just saying is that it's not about a consistent sensitivity it's about being good with all the different techniques and you can change your sensitivity to train certain specific techniques and once you're good at all the different techniques whether it's like fingertips wrists arm or these types of things as you become a better player you can bring it all together when you're playing with one sense you now have the ability to use all of the best techniques for this very specific scenarios so then you can start to look like demon one where you have like full control doesn't matter what's happening you can always apply the right technique or the right mixture of techniques and that's what's important not the sensitivity but the techniques uh did I get that right yes and also like the better you get the

less sense matters like you don't really care much about your sensitivity you kind of like care more about what is going on the screen and like what you do in like a specific situation so like a specific technique what you said pretty much awesome yeah and I know we'll we'll get more uh in depth on some of these topics because uh later on we'll be talking about sort of training practices but um okay a quick thoughts on Mouse acceleration um I think a lot of people think again the same logic oh it's inconsistent so it's bad do you have any thoughts on Mouse acceleration it's not very popular these days most acceleration like it's it's kind of bad when it's inconsistent like in CS if I remember correctly like most acceleration was kind of like affected by FPS you had if you have like lower FPS acceleration was a bit different that's what I saw on like Reddit back in the day I was like okay it doesn't really make sense to use acceleration but I felt as well that you might get used to it anyway because you might have like a consistent FPS and frame rate with like better PC so I was like okay if you can make the acceleration curve so kind of like the way it's kind of like upping your sense consistent then kind of like might make the sense like if your mouse acceleration settings are consistent then you can narrow them as any other sense it's kind of like you will just get the feeling of the movements on this because it's a consistent acceleration curve right so like if it's consistent Mouse acceleration that you for example can achieve if using like third-party programs like hello Excel it's fine to use it but if you use like an acceleration that is kind of like affected by a lot of different factors so for example frames inside of the game only have like inconsistent frames then it might not be the best for consistency it's kind of like more about finding this right acceleration if you would want to use it with like most consistent values that you can get so you kind of like can learn them better if that makes sense kind of like you won't really get thrown off by some random more fast motions than you were expecting to do just because they're like an weird kind of like acceleration group that is kind of like jumping around based on some other stuff yeah that definitely makes sense to me um and and I think that that also brings us nicely into the next myth um muscle memory this is something that people throw around a lot and and again as soon as when I joined aim lab

Myth 2: Muscle memory

everyone was like you know trolling me whenever I would say it because because they're like this is not you know because also at aimlab there are a lot a

bunch of neuroscientists who are sort of experts on just how all this stuff works and they're like yeah muscle memory and the way the people are talking about this has no it's it's not a thing so can you talk to me about the myth of muscle memory okay so in Italian Community is kind of seen as a meme as you said so people usually are kind of like miming about it when they hear someone saying that muscle memory is important so that's why they maybe were making fun of you because it's kind of like a meme between us and it's because it's like very simple it's like you can't really memorize the same type of motions and do them exactly the same in every single like the like specific situation so for example when you play like valorent when you have like a certain moment it's not like you will get the same moment all the time like it will always be slightly different uh same goes with your mouse pad you know like your mouse pad gets affected by a lot of factors like humidity like human oils for example you might like split something on your mouse but you might like learn it out and it will kind of like affect the Glide so you can really like learn the Glide perfectly because it will change all the time so it's kind of like you can't really memorize the movements as people think because people think that you know like with muscle memory they can kind of like memorize the same motion over and over again and perform it like always at the same level which is not true because it will always kind of like differ from Scenario to scenario and as I said before with our Mouse but we can kind of like get different acceleration based on the humidity and other factors so generally speaking like aiming is kind of like more about understanding of the proper technique and kind of like proper acceleration of our Mouse and this acceleration of our remote will change depending on the other factors and it's kind of like something that we can't memorize at all and as I said before it's also like you might get like different situations so we will need to always do some sort of like correction to your aim so like even if you like practice like the same motion all the time even if your muscle would have the same humidity all the time not really wearing out like Skype for example like a glass pad you will still need to do like more corrections to your aim because the situations are not one to one inside of the game you know like sometimes you might pick the guy might be crouching he might be standing he might be kind of like off so it's kind of like you will need to do some corrections and in AIM trainers you kind of like want to learn how to act upon like these Corrections better so kind of like develop some sort of understanding of proper accelerations in certain

situations and it's kind of like more about understanding of the proper technique rather than memorizing like one set pattern of moving our Mouse so that's how it is kind of like it's kind of kind of like we can kind of like come back to the sensitivity topic as well it's kind of like by changing the sensitivity you're mainly switching the muscle groups what I said before and you kind of like need to get used to using different muscle groups and as a human we can kind of like adopt super quickly to them and we are able to even squeeze like a better benefit from switching because we are able to develop different muscle groups and it's not like we will forget how to use our arm if you will just commit to using our wrist for like a week it's like we were just kind of like lose some consistency with it that's normal but in like you know like maybe two or three hours we'll get back the feeling once again and now we have like better [Music] fingers so it's kind of like kind of like misconception people have that muscle memory is like a real thing but it sounds really like a real thing because aiming is not like a sequence type of thing that you can memorize it's not like when you play some sort of like Tetris game and you kind of like memorize the sequence that you need to click like certain numbers like and stuff like that it's like a different type of thing it's like more about applying the right Concepts in like right places and while doing some corrections into our aim and we can't really memorize the corrections because it will always be different all said okay next one uh myth number three aim trainers are a lousy way to Myth 3: Aim trainers are bad training for in-game performance practice aim for in-game performance uh that's like a common one a lot of people think that Engineers are useless because you would want to play the main game and that's true like internets are kind of useless if you think like in this kind of like way that like you want to be good at the game like if I want to break another game I would mainly play the game to be good at this game that's true so we can get very good at the game by playing the game alone I think simple from this is like a very good example he has like I don't know 20K hours in CS just playing CS alone and it's like a very good at CS that's kind of like a prime example on how it can get very good just by playing it again game or for example Xylo he's just playing the game as well not really using like any infainers and it's like one of the best players it's like not two right now alongside uh simple right so other people might think that yeah it's super important to play the game alone and they think that influence might be useless because people can get very good without them that's true they can get

good without them we have good examples but when we have M trainers you're able to kind of like improve faster if we use like right tools like if we will play our main game alone kind of like take some moments from our game okay in this moment I kind of like look at doing micro adjustments and trying this inside of the game we can also isolate it to like a defend or like next level inside of aim trainer and kind of like speed up the progress so a lot of people have this misconception that they think that they need to play like internet for like five hours a day to develop like a good aim for your game it's not true because antennas are like more often like a supplement rather than substitute for your in-game practice with aim trainers you're able to isolate stuff without downtime and this way you're able to improve at a faster rate in comparison to just using the in-game tools at times because there's like the downtime part but it's like a part of isolation and you can kind of like practice the same motion over and over again without any problems and in game it might be different sometimes it's not possible to train like a specific motion over and over again because it's like different type of demands in the inside of the game like positioning cross replacement and stuff like that so like internet is like a good way of spitting up our improvements but they shouldn't be like kind of like overlooked and and people can't really like say that those should be used instead of playing the game like it's always important to play the game we can get good by playing the game alone but we can also get good at playing the game with using Game trainers at even faster rate because we can isolate certain things so that's that's what internets are like isolation tool that allows us to perform better when we use like rights tools and right scenarios yeah and I think that's also something that if if someone's listening and already know it's sort of convinced uh of that I think as we as we get further into uh into our chat and we start talking about how we sort of categorize aim um and I you know I think then it will become clearer because then it's like oh now I understand I'm going into the gym and I'm not just going to the gym but I'm doing you know back biceps or you know I'm doing you know Push Pull split you know like you know it's like you start to understand sort of how how you should program based on on what your actual needs are because you can define those those needs and I think that's again an issue for a lot of people is how do I Define like what I'm even supposed to be doing um so next next myth um

oh yes this is a good one um what do you think people get wrong with warm-up because I've seen you on Twitter as well um you know uh you know chiming in when people sort of will throw their warm-up routines and they're really rigorous you

Myth 4: Long warmup routines are good

know what like what's the deal with warm how do you warm up correctly what are people doing wrong I feel like people have this like misconception and they can kind of like differentiate warm up to like practice they kind of like don't see the difference between these two and a lot of players think that doing like a one hour of warm-up will help them with getting good at the game so a lot of

players have this like programs that they do like one hour of training before playing the actual game and they think it's like a warm-up because they are doing it before the game and in fact it's more fun like a training because it's kind of like a longer period of time that you spent perfecting a certain motions and you know if you will spend like one hour farming up for your game then inside of the game you might feel tired because you were playing like for an hour before playing the game you

might overthink your aim a bit more because you're like doing some certain like things like aiming like Concepts

like flicking between Bots you might expect some sort of like Performance Based on your farm up and then you will

kind of like feel too tired and kind of like just messed up with your form and in and usually it's like kind of like

leads to you leads you to they believe that farming app is useless and that's why like some people might drop the idea

of like farming just because they are doing like a very bad warm-up which you can't really call a Varma it's like more

often like a training when you do it for like one hour like a Varma Pierce Valley has like a goal of kind of like getting you ready for the game that you will be doing or like an activity and to get ready you simply need like maybe five or ten minutes max it's not like you need

one hour to get ready for something like you can get the blood flow in maybe in like five minutes of like doing certain

things kind of like farming up so like on Twitter what you mentioned it's like I saw one guy was like posting his like

Varma protein which was like one hour long and I was like why do we even Farmer for like one hour when inside of

the game you might be too tired to actually perform and then you like overthink your Concepts so I gave the proposition to use like a

shorter of our map with like 10 maybe 15 minutes with the goal of kind of like getting ready for the game while also

kind of like helping you out developing some sort of aim techniques and for that specific reason I've made like a my own

kind of like routine for Farm up for valorant it's called Valor and RAM farmup it's kind of like mixing up the concept of warming up for the game and developing a rescues long term since a lot of people like to train for like one hour before the game and then they have kind of like have the very bad in-game results I've decided to kind of like combine the training with the warm-up so I decided to make like a short 10 15 minute training playlist that is kind of like mixing up the concepts of getting the feeling down of our mouth movements and then pushing ourselves like slightly more towards the end of the warm-up so then in game we are able to kind of Express more opportunities and so in long term you're able to kind of like develop these techniques better if you if you're using this like environment on daily basis so yeah I think that the main misconception is like people think that Varma is also like one or two hours long it's not like it should be short like you need to just be active like get some activity going and then you can like play the game instantly without really getting too tired by farming up so that's that's the thing yeah and I'll um I'll make sure to to leave the link of that in the of the rap warm up in in the description on on YouTube and on on Axel I'll put it in uh in the comments or I'll find somewhere to stick it but likely the comments below the video um because that's that's a really good warm-up I've done that too it's it's really engaging too because it's uh a lot of programs will have you know you'll do let's say a task multiple times but it's just I think we're like 15 tasks and 15 minutes you just go through tasks so everything's you know it's different every minute which which feels a lot more engaging too um so it's way more enjoyable so definitely yeah strong recommend for me I really enjoyed the ramp ramp warm-up um okay um let's see next one so four so 400 or 800 DPI is is better um it seems like to be a standard and it seems to be something that's been sort of left it's like a leftover maybe traditionally because so many Pros have like the old 1.6 Pros you know obviously back then mice were lower DPI in general um but does that make any sense what's the best DPI what's the best API it's like very hard Myth 5: 400/800 dpi is better than higher dpi to say to be honest like what they believe in and what they sell on YouTube I saw the videos that are kind of like comparing apis is that with higher API you have like less input delay and for example when you think of DPI DPI means dots per inch so 400 DPI and essentially means that it generates like 400 dots

per inch right so like with higher gpis it generates like more dots per inch which makes it like more precise it's kind of like skipping less frames so a lot of players kind of like made a switch to 800 DPI especially if other on players they usually play like 800 and 1600 uh just because there's like less input delay and so they can kind of exclude better Precision because there's like more dots generated per inch pretty much so that's like the main reason and other players in CS they fully convertible with their settings like at 400 API which also makes sense like if something works like it doesn't really matter it doesn't really like need to be changed you know so a lot of players will still stick to like 400 DPI it's also cool but it's like worth knowing that with like higher dpis you might have like less input delay so that's why a lot of players are like switching to the higher dpis nowadays it makes it makes sense um yeah higher DP I think I've been on always on 1600 1800s from like 2005 so I'm used to it thankfully uh but but yeah this actually brings me on to another one too which is about uh reaction times and age because Myth 6: Low reaction times/older age is a disadvantage in aiming um similarly there's this sense that I've had this forever that oh you know when you're young you have faster reaction times and so as you get older you know you can't aim as well if you're getting older so what's your feelings about reaction times and the importance of that and and also age when it comes to being you know a very high level aimer okay so like with reaction time I feel like people really use it as an excuse to not really improve like a lot of people are like oh I have 180 millisecond reaction time I might not improve as good as the guy with like not 50 millisecond reaction time and they kind of like use it as an excuse to not train when in fact like reaction time like rubber reaction time is not super important when you play an actual game because in actual game there's like a lot of different factors affecting your reaction time that is kind of like not only related to your reaction time like raw reaction time it's kind of like sometimes you have like some predictions and based on the prediction you can have like are more ready to react and then it's like way easier to react even if your reaction is poor because you're ready for it if you're like unready then it's like raw reaction time because you need to like react up like up on something that's like you know happening out of nowhere but when you kind of like have the Readiness so kind of like you're ready for certain Peak or like certain motion on the screen like your reaction that reaction time kind of like disappears because then it's kind of

like more about your application of the proper technique it's kind of like yes it is important but when you're like ready it's more about the technique and like execution of the certain movement for example simple like CS player he has like 180 millisecond reaction time there's like a lot of players with like way lower like 150 140 seconds milliseconds and they are not even as fast as simple inside of the game it's because simple kind of like nailed down the in-game reflexes better he knows what to expect he knows kind of like his accelerations of the mouse better so even if his reaction time is a bit slower he's still able to execute like a very fast and quick reflexes inside of the game because he has like a higher understanding of the game it's kind of like more ready to react than others because if you are ready to react and you don't really involve as much raw reaction time it's kind of like you react but it's kind of like within some sort of prediction so it's not really affecting your performance that much and I believe like most of the players have like this like 190 180 milliseconds of reaction time which is completely fine like it might make like a very tiny difference like a super top level but for most of the time it's kind of like not as important and it's not some sort of like an excuse to not even train or not even try yeah there's a I I think there's a few uh quick action points I can add to that too like this idea of like reflexes or trained reflexes versus like raw reaction time like if you touch like a really hot pan you know you're you're gonna just instantly pull back you're not consciously thinking oh this is really hot let me ungrip my hand and you know what it's like it's your brain is already pre-programmed to try to get away from the thing that hurts I think that with all this training um like let's say simple as doing this case he's trained he's programmed his brain to have these like these there's a stimulus in the game and he instantly will respond to it he's not consciously doing that it's an intuitive thing that he's trained and uh and so that kind of bypasses that kind of raw reaction thing it's the same thing if you like a trip you're like you don't you're not like oh I am tripping your body's already moving uh to try to save you from falling um so you know it's just about programming ourselves so yeah I think that's um I'm glad I'm glad we covered some of those um with that said I think and unless um you feel like uh we miss any big ones I think those are a lot of the the kind of bigger misconceptions of the unmiss that

I could come up with for now I feel like you'll nail it down like the most popular ones like the massive normally definitely is something that people believe in the sensitivity is also like a Hot Topic I believe like internet is feeling useless it's also super important like in the community like they are not useless because they are not like if you think of them as a supplement that can help you improve faster they are not useless but if you think that of them are some substitute they are useless so you kind of like nail down like the most of the concepts they believe and so for now I don't really have like anything to add to be honest I don't really have any idea yeah um it's funny so because as we move into the next segment now where we talk about training practices um the first question actually is going to be how do you decide a sensitivity because this is a really really common question as well and there's so much like YouTube content everyone's made their own little methods of how to like pick a sensitivity I'm super curious what based on what we've already said because we've already said that hey sensitivity doesn't really matter technique is what we're trying to train but if if we're looking at someone that's that's a newer player or someone that is trying to they've come back from How to choose a good sensitivity a long break and they want to start again how do you choose a good sensitivity what is that okay so at first I would want to say that there is there isn't any specific sense that I can recommend to like everyone because it's like kind of like individual I think right like something like a perfect sensitivity that will work for everyone doesn't really exist like a lot of players are asking me for like a perfect sensitivity and they do believe if they will find this like specific number all of their like aiming mistakes will kind of like disappear and that's like a common misconception and for example like back in the day there used to be like an art on Tick Tock and like on Twitter about some sort of like tool that helps you find like the perfect sensitivity and those people like fall into that and they thought it would like help them and it's not really like a good way of uh working around our sensitivity because like perfect sensitivity doesn't really exist like these tools that kind of like help us measure the perfect sensitivity they're kind of like testing us on different type of scenarios that we won't be really using inside of the game so it might tell us like the best sense that we perform at in like a

specific task inside of the game but inside of the violin for example we might not be able to to have the same sort of task all the time it's kind of like different speed is there different acceleration is there different range is also there so it's kind of like um not really helping us that much like it can give us like a good sense for like a specific task but not really for like a specific game that we want to be good at and I guess a lot of players want to look for like a sense for their game not for like game trainers so those tools are not that good and I also like sticking to one sense like a second thing it's also not something that I would do it's like a poor investment because you are underdeveloping the different muscle groups something I talked about before so like you should stop looking for perfect sense I know some of people will still look for perfect sense even after hearing this but you should really stop doing it and maybe they will have a question so how do I find a sense like what do I start with and the answer is very simple like if you play like valavan or Cs and you're kind of like clueless what to kind of like start with try to maybe look at the average sense of like Pro players inside of your game and maybe start from there and do some adjustments to it like let's say in Valor run it will be like 45 centimeters per 360 which I don't know what it is inside of the game like game volume because in the internet we use this term of describing the sensitive it kind of like means that it takes you like certain amount of centimeters in the north spot to make like a 360 degree turn inside of the game it's like a universal way of like showcasing the sense that you use in across the game's titles so like I never average sense that people using Tech FPS games is around like 45 cm you might start from that like 45 cm and kind of like try to adjust from it like try to play some games try to play some death matches and if you will see that it's too fast lower it if you see that it's like too too slow make it a bit higher and that should be like a good way of like starting out looking for like a sense like starting out from the most average one that you have inside of the game based on the pro player settings got it and and I guess like a an extra consideration um might be that you or at least something that I've I've discovered is I switched to a from a very fast sensitivity because I was playing Quake like again it's like super fast and High Time to Kill not as much press it like you don't really need first but a Precision in the same way and the targets are bigger anyway um so you can have a faster sensitivity

and get away with it quite nicely but as I wanted to play or kind of level up my mechanic's name in in like you know Counter-Strike Valor and I was like okay I bring you the slower sensitivity here um so that I can actually incorporate more sort of techniques um so do you have like a well the range that I saw was 30 centimeters to like 60. seemed like a good kind of window for like tactical FPS with 30 centimeters is really fast um and you know 60 centimeters is like on the slower end does that does that make is that like a decent range for someone to like start out and if they really have no idea yeah like as I said like before like with like FPS games I feel like like your aim is mostly oriented or around your cross replacement it's kind of like a bridge between your understanding of the game and your aim it's kind of like if you understand their game you will know how to place yourself in like certain positions how to pre-aim and with good pre-amp you will be mainly doing like small micro adjustments like small movements and those movements are usually easier to do with like a lower sense so it makes sense that some players might use like 60 70 CM as like a lower sense in this case because if they perfected like a certain in-game techniques and like in-game understanding and the crossover placement they will not only need to move as much so it makes sense to use like a lower sense in this case also I think the demon one is in like a lower sense yeah you can also observe like having this like very good cross replacement it's like always making him do like only like small Motions like small micro Corrections and those are easier with low sense so it also kind of like factors to like a consistency in his case yeah that makes that makes complete sense yeah a lot of Mastery over all the techniques yeah it's funny because I've discovered every time I'm like oh actually like if you if you understand how to use a like a slower sensitivity it's actually Superior because you can do everything with it whereas with a really fast sensitivity you do have limited like inherent limitations I think to control obviously there are always going to be some outlier individuals like for example the Cs walkstick I think was like one of those outliers whereas I guess it tends to be so fast but he's able to be very consistent at a high level but I feel like that is it's something where I think there is you introduce some other elements that are challenging too especially for people that are new where okay now actually the shape of the mouse

the way the friction these things these like modifying factors start to become more important because it makes it easier or harder to control um when you have such a fast sensitivity so and that's something we'll also talk about in a bit um do you have any any is there something you wanted to jump in with there um before I move to the next yes so like according to the sensitivity like on paper I would say high sensitivity is better because it has like less limitation of the range in the motion like you can do much more with higher sense because you can like turn like a lot quicker you have like a higher speed kind of like uh that is like there for you you have like a lot of more options that you can do with high sense however it's like so hard to make it consistent and it really requires like a lot of time so a lot of players despite knowing that Hisense might be better they kind of like go lower sense just because they kind of like don't really want to spend as much time trying to make it consistent like if you are able to make like a hyacinth consistent as consistent as you would make like a lot of sense then you might have like a higher skill ceiling because there's like a higher speed you can get because with low sense you can improve your speed like only like a certain degree you will always have some sort of like limitation being for most part be it like a certain cap in the speed that you can achieve with the fastest motion that you can do and with high sense you are able to move like at a faster rate but you will need to like kind of like put more in faces on developing control over it which might take some time that's why some people instead of like working around this like high sense trying to make it better they might prefer to go for like a low sense and kind of like forget about it and like you know play and kind of like improve from that and make it like as consistent as possible and as quick as possible got it okay well then um so you know you've picked a picked a sensitivity uh we you know we made it there we picked it we picked a sensitivity how do we go about improving improving our aim like

How to improve our aim

what's what's the starting point okay it depends on our goals like if our goal is to improve at the game and if our goal is to improve the aim trainer we'll use like different ways of approaching our training so like At first like let's say that most of the players here like listening to us might want to be good at the game not in trainer so they will pick the upright sense then what they said they will need to kind of like do some adjustments to

it of course they will need to like see if it's too fast if it's too low and when they will kind of like settle on something they need to kind of like
Identify some of the mistakes that they might have right and it's kind of like hard to do it when you don't really have
the knowledge therefore like I highly advise looking for some sort of like
aim training guides like they can really like give you some sort of like perspective on what you might struggle
with your sensitivity as well and for example you might notice like after playing with their sense inside of the
game that you struggle with I don't know hitting moving targets and then inside of the guide you might have some sort of
like tips how to work on that so like if you don't really have like any aim coach that can help you or like any friend
that knows in trainers what I will do to kind of like not waste my time
experimenting and kind of like learning
things throughout the trial and error to kind of like speed up the Improvement I would go for like reading some sort of
guides and I can only comment like voltage guides uh like voltages and like in community that is kind of like
focusing on the Improvement and educational content we do have our own aim team with aim coaches I'm also like
a member here and we do provide a lot of resources and those resources are kind of like a knowledge that you can get for
free by reading into it it's kind of like it can really help you understand some of the weaknesses that you might face and how you can counter them so if
I was like new I picked my sense I don't really know how to improve my inputer more I don't have like any friend to
help me I will look into some guides like voltage guys for example gotcha and those those guys as you say
they were kind of you start to gain some knowledge of oh these are the different categories of aiming so like what is
like switching Target switching what is Click timing what is you know static aiming versus tracking like you start to
get these categories and then you start to as you're playing you start to see oh okay this is the kind of category I'm
seeing in the game oh my like micro flicks are off or I have like a good like first bullet accuracy but then one
once that Target starts like you know Dodge I can't like my micro adjustments when it's moving that's the struggle so
you start to like see the the analog between what's happening in the game and then how you isolate again like going
back to the gym example like oh and you know this is the lap pull down machine because because my my pulling strength

is is bad and I need to like isolate you know this overhead strength in this way type of thing

um okay I would also want to add something into this topic like us like we have the guys

of course they kind of like explain the concept the categories so as you said like tracking flicking stuff like that but we also do have like aiming benchmarks those are divided into this categories so you can like play them get some sort of like score and you can kind

of like see the results like which category is the worst in comparison to the other ones at your level so you're able to tell okay I have good flicks but I struggle with tracking or like okay I have good tracking but I struggle with flicks and then you kind of like know what you can train to get better as an FPS player and we also do have like valrant aim training benchmarks so they kind of like analyze uh your aim in

context of like categories that you rely on inside of the Valor and selector flicks their micro Corrections and

you're like stability when you like hold angles and stuff like that so like in voltage you can also find these

benchmarks that might kind of like give you some sort of guidance on what you can improve at us like aside from this

guy so you can also like test those benchmarks are you are you able to sort of give

sort of uh like just an example Pro like kind of program in a sense

um like for example you know we work together um I wanted to kind of try out the voltaic kind of amped program

um and and you know you did like an assessment uh with me and you sort of highlighted some of my strengths and

weaknesses and then you created the program of like what tasks I would go through um how um so we've kind of talked about

how someone might understand okay wanting to work on these these various things but when you approach building a

program for someone how do you decide how long it should be how much time per day

um how many uh let's let's say in in my case there's like various skills I have to try to I want to try to work on am I

How to build your own program/aim playlist

trying to work on all of those skills in like a in like a playlist um you know can you walk us through that

process a little bit so usually it's kind of like also doing some sort of interview with a player like I usually

want to kind of like ask of the goals that the player might have also like what time he wants to be playing the

routines at like the commitment he wants to to kind of like apply as well because some players are super serious they are

even like saying yo I can even play for like two hours if you will make it for me I will do it and some are like yo I kind of like play the game a lot I play two romance a lot I would want to have something shorter like something more focused around the stuff I do inside of the game so like for example in your case maybe one of your goals was to improve like mechanics across all categories then our routines will be kind of like mixing the weaknesses that we have while also kind of like fortifying strengths across different categories and in other case like let's say player that is like playing tournaments would want to have like a just weakness specific from father and type of aim playlist we won't really go across every single topic within this playlist We will kind of like focus on the things he wants to improve at and we will kind of kind of like break down how we can improve those as well by applying great techniques so it's kind of like super individual we usually decide like some sort of like schedule with the player that works for like both me as a coach and both for him as a player so he can kind of like commit to it and I really want players to kind of like commit to training taking break breaks is super important so we also account for some breaks so we kind of like want to plan out that okay we will be training this for a week then we take like two or three days of break we will like you know introduce some new scenarios to kind of like apply different concepts it's like we do a lot of like decisions to kind of like summarize our progress and kind of like take some steps together towards like better Improvement it's kind of like a longer process gotcha okay I mean that definitely makes sense um okay so what would be like a good in terms of like the mental uh part of of training of course like with anything there's there is a mental component

The mental game of aim training

um how do you think about this with aim training because because when you because I think if anyone's ever watched named like aim training it or you know it's it's almost meditative when you kind of like you kind of almost want to get into that state where you're you're not like obviously you're focused you have energy to put into the training but at the same time you're not like focusing over focusing so how so what's what's the mental component of all of this

so like I feel like all the players don't really understand like like in order to reach like a high level like especially in something like aim training which is some sort of like a niche I would say like something that we said before as well like a niche you really need to like have like a Time investment you really need to put a lot of hours into perfecting to the craft and you really need to like be

consistent with your training as well like you need to apply routines need to be like having maybe some sort of like comfortable sleep as well like having some sort of like consistency is super important as then we are able to squeeze like better results and a lot of players think that it's not really that important and kind of like playing from time to time might help them improve super quickly so like it's super important to kind of like have this mental approach of developing some sort of like discipline and consistency like all the players are missing on this they kind of like test aim training for a bit take a month of break come back take a week off break come back then don't really commit to anything specific and I feel like a lot of top players including me or mati OverWatch recently won like a Red Bull tournament in us we are like super committed into our trainings and we actually kind of like try to squeeze as much as we can with the discipline and we kind of like try to make sure that we always put enough effort to get the best benefits I also believe that if you would want to be good at aiming like you won't be able to be satisfied with having like consistency with your aiming when you know you can like push something better like it's like what I believe is that when you know that you can reach like a higher level you will just feel mad that you are not able to get this level without practicing so it will kind of like lead you to practice more because sometimes you might play develop some sort of level and kind of like stop playing because you're satisfied and if you are satisfied by your aiming level and you can be consistent with this aim that doesn't really mean that you have the highest aim that you can achieve it's kind of like the best aim you can achieve usually would be something that can only be maintained by the practice like for me like I would want to achieve like a level of aiming that I can't maintain without practicing and that would be like the perfect game for me like an aim that you can't maintain with practicing if you can maintain your aim Without Really practicing that much then you are not really pushing yourself that much and you don't really devote yourself that much into improving so all the players are kind of like find themselves comfortable and they don't really push themselves to the next level like we do in Internet community so that's the main thing kind of like adopting this approach of trying to push ourselves trying to have consistency trying to kind of like have this discipline going that we kind of like want to maintain a higher level with practice not just reaching the level and

kind of like forgetting about aiming we don't really want to do it we want to always push it like to the next level
yeah I love that I think that's that's actually something that's hard to I feel it's hard to negotiate that with yourself sometimes uh you know if like how much Focus do I really have how much energy do I really have am I going in to today with with some like specific goals in mind I think that's actually one of the reasons why um like setting goals is really important in general because and and also not just goals but having like terms of Engagement so I usually talk about um like let's say if you're if you're playing ranked to improve like every day you have to have the what like you have to have a mindset that you've decided upon and you have to make sure that that you're locked into that before you start queuing because if you just queue without a goal or your queue without let's say being mentally in the right space maybe you're gonna you're gonna tell maybe you're gonna not have as much fun maybe you're not going to actually have high quality practice because that's what we're trying to control those variables and and and you're what you're talking about like not having the focus or the energy because you know you don't even know what you're trying to to try to strive for yeah you can't you can't really improve in that environment so I really love that you brought that point up I think it's like super key um uh and with that said um I think that's a great mental tip but let's talk about some some uh like I guess quick tips when we're looking at some of the aiming categories um as you said a lot of players I think especially if they go into the voltaic community and they're looking for some of these guys they're going to see some of these these pointers when it comes to okay we're playing this task and it's to train this kind of skill and these are the things you need to kind of try to do when you're when you're doing this to be doing it properly so you get high quality repetitions minigod's tips on how to train different aiming techniques (tracking, flicking, switching) um but let's go through some of the categories and maybe you know go go with some of your sort of top tips when it comes to some of this so we can start with tracking um okay so like usually it would kind of like depend on the type of task you play so we won't really focus on like a specific task because for like each task we might use like a different techniques because you know on some tracking tasks you might have like a blinking Target so it's like it's moving and boom the boarding somewhere it's like a different type of tracking than when you like just strike like a object like this movie in like a very long Strife so we will kind

of like focus on the categories instead of like certain scenarios because each task has like different uh way of approach so when it comes to like tracking for example I guess the foundation of tracking will be smoothness and with smoothness kind of like the main points are to try to develop some sort of like proficiently being relaxed while trying to track the target like trying to squeeze us little power into our Mouse as possible so we kind of like don't really tense that much while trying to track because when you kind of like squeeze your remote super tightly we really tend to like Shake more because we have like a kind of like death grip on our Mouse so usually in like voltech communities we do recommend players to be more relaxed when they play tracking scenarios when they are building up this smoothness skill so they can kind of like have this like Smooth relaxed aim other than this like shaky and highly testing and what I usually tell players that includes also you is to kind of like think of your mouse as an egg for example because egg is like super fragile so it's kind of like when you squeeze the egg it might just like destroy itself right so like if you will think of Hermos as an egg you won't really try to squeeze it that much and then you kind of like apply the proper mindset for developing smoothness better because you have this like belief that okay my mouse is an egg I need to be holding like firmly kind of like gently so it's kind of like helping a lot with like smoothness so it's kind of like a mental tip that can help you out with developing this like Foundation within tracking and uh oh go ahead so I wanted to also like mention flicking but if you have something to add um yeah yeah so something on the tracking thing that I just remembered that you told me too that that is actually super helpful with that is uh you told me to rebind the fire key to like like a control or something on the keyboard so there's less even less tension on the mouse and I've actually found that this is really helpful because even though you are going to be holding like like my fire button is Mouse one so I'm going to be holding that in the game um you might think that oh well you should want to train like that too but actually I found like way better results from from just being able to focus only on just having as little tension on the mouse as possible possible and not worrying about like holding Mouse one so that's that's another hot tip actually I feel like the tracking is is rebind the fire key to to something on the keyboard like control or spacebar or something

yeah that's like a very good approach because then you can kind of like Focus only on the technique itself and on the foundation itself because like let's say you work on your tracking smoothness for evaluant like environment you won't really hold most one entire time with trying to fight the corners for example because they have like a cross replacement they might like trace the corner with your smooth end without really holding most fun so it's also not like applicable that much in two FPS games it's kind of like building up this like basic skill of having this like Smooth sort of out motion on the mouse like the most relaxed grip that we can get and when we don't really apply the pressure by clicking on this one we can kind of like focus on having this feeling down so that's also like the big reason why it's like recommended sometimes it's kind of like optional but it's recommended to maybe bind your key to like a different um like firing kit like a different keyboard key so you can hold it instead of Mouse one Speaking of this it's also kind of like applicable to Target switching tasks because I also wanted to kind of like talk about flicking as a whole like very briefly it's like a lot of things that we can talk about in Minecraft when it comes like flicking the technique and stuff like that but I kind of like the main component of flick which is like initial flick usually has to be quicker so we want to like flick as fast as possible to the Target and usually the landing on the target is like shaky and kind of like the main goal to improve our reflex a little bit to have the control Upon Our landing and when we use like left control as our fire key on for example Target searching scenarios which are flicking scenarios in willing to like flick and like track object for a second like you can you're able to kind of like focus more on this having this like smoother Landings like if you were to like click most one all the time you might like apply too much force into the flick and it will kind of like pollute the perception of the proper technique and you know like in reality when you will kind of like develop this technique while holding this like left control for example like always having this like Smooth Landings then you will build up the habit and even if you will try to click it will be like way easier to comprehend it because you have this like feeling of having your flicks more controlled so this tip of having like left control is also applicable for switching tasks because we can work on our flick Landings which are super important like our flick to track skills like flicking and then trying to track with smooth aim it's super important to have this like transition down and it

can help a lot so like with flicking it's kind of like more about learning the smooth transitions so we have like easier time and correcting our hand because in game like we have like in influence we have like categories like of flicking we have like static and dynamic in game people are usually not static so when we play static we kind of like train our initial accuracy and like a micro to like a static point in game we need to be able to flick and micro into like a moving Target so it's kind of like better to use like Target switching to improve at that specific thing and you can also like get like a higher value of trying to have like smoother Landings on this type of tasks because we are able to read the movement of the target better because when you have like a fast flick and then it's like a slower Landing we are able to kind of like see the movement better and it's easier to adjust because if you were to like click super quickly then usually it's like a shake at the end and this shade kind of like makes us having like a harder time doing the proper micro correction so I believe like having some sort of like precise Target switching tasks in where we can kind of like focus on having our reflex Landings down might help us way more inside of the game because we'll kind of like learn the skill of the accelerating rather than just playing static in which we kind of like all always do like a micro like a static point if that makes sense yeah definitely um and it's gonna make more sense probably to me because I've because I've I've you know been like doing all of these things and and I would assume there's gonna be a lot of people that are newer to to all of this that are listening to this uh and and sort of wondering like more about uh the just how to how to improve their aim and oh you know there'll be some you know video footage up as as many as talking you'll probably see that and you know I can add that in post that should hopefully help the visualization of some of these things um but you know one thing I have to say in terms of these categories that really um I didn't think about uh was click timing because uh and this is something where you know you showed me some tasks that were good for this um I can't remember any of the tasks are called off the top of my head but essentially you know you have these these these like small kind of bulls like floating around the screen and then moving in different like directions possibly speeds and you you flick to it and in my brain I would normally approach that task be like oh I just have to flick to the to the to the the you know the the sphere and then click it but with the click timing you know you show me okay well you're gonna these

tasks are for click timing practice so you want to flick slightly ahead of the direction of the Target and then wait for it to come into your Crosshair and then click and then as I started practicing this I was like oh yeah that makes a lot of sense because what do you do like most of the time like what like with good Crosshair placement it's a lot of it's about you know you're expecting that I'm going to place my Crosshair this far from the angle because I'm gonna expect someone to move into it and I just have to all I have to do if I if I get that prediction right someone Moves In Front like in front of my Crosshair is to click at the right time and a lot of pro players are really really really good at this and these are like frags that you have like kind of have to get almost you know because you have the advantage maybe that you know they have a bit of peakers Advantage but if you have a good off angle on these types of things you've got a really really good position to get maybe multiple kills so so you should be getting those with high levels of consistency but it's really hard to actually practice that skill in the game you know sure you can go into death match and then just like call the corn on this like wait but someone's gonna shoot you in the back you know like you can't really isolate that skill very well but it's so important and so I found that that was actually very very helpful to me especially playing in a Valerian or CS to be to be able to isolate that skill so and it was also the least intuitive in the sense that again like I'm looking at this task and I'm thinking I just have to flick to this this orb and shoot it but but it took me a while to adjust and be like oh okay I've got a flick in front and then what my brain was doing as well was I'm like okay I actually have to confirm that it's still going in the same direction it's going to go into the Crosshair and I actually have to have really high accuracy so I need to have like as close to 100 as I can on this task so now all of the aiming I'm doing is super deliberate and that's kind of one of the things we described about demon one earlier and if you watch him everything is super deliberate and like a little bit slowed down compared to everybody else yeah he's also so fast and accurate so so it's training that like ability to be deliberate and make those small adjustments if you have to um so I found that that was like really really important so I don't know if you want to add anything about click timing but I think it's super important for tactical FPS players could it take me is

super important for sure like when click timing is kind of like with time you want to make it so we are able to kind of like flick into like a moving Target and click as he said it's kind of like an end outcome so like if you are trying to achieve the end outcome of like flicking and clicking instantly it might develop like a lot of bad habits of like rushing your shots not really taking time to visually see what's going on with the target so initially you would want to learn I see what's inside of the game like kind of like positioning yourself better for like each Target so you can time your shot without really like effort like if it's like kind of like when you like have like a good cross replacement good off angle there's like less effort needed to kill a Target that's like going into your cluster because you're ready for it and it's like just one click and if you can't really get this like one click down then like working on this by kind of like placing your cluster in front of the target that's moving can help you a lot with like getting the sense of like timing group looks better and later on you're able to kind of like decrease the leading distance that you have before like timing The Click because like initially you might like put you across or like super away from the target that's moving and you match interaction so like Italy would want to learn how to like decrease this leading distance so Target is like always kind of like moving into the crust or kind of like almost aiming it into the target so kind of like the first step to achieve that will be to at first get the sense of Click timing with our recursor replacement as well trying to time the shots even with like a very long clipping distance and later on kind of like working on decreasing it to a point in which our click timing looks like we are almost on the target all the time I remember I was like playing some click timing tasks within our decisions and I was kind of like showcasing to you how I'm able to kind of like flick almost in front of the target like kind of like almost in the Target and click instantly and I always kind of like have like a very tiny like leading distance not like a super big leading distance so like with time you want to like decrease this leading distance as much as possible so then you kind of like flick and click instantly and some people can't really like notice that you're even leading in the first place yeah yeah and that's that's the thing that's why in my head I'm like oh I just flicked the Target and click it but I hadn't developed those all of the skills yeah it's kind of like uh something I learned from um uh Geo a long time ago Geo's like another person that actually ended up working for working Frame Lab but but he was a really good static uh clicking player uh and he he had this thing

called bod pill his his nickname is bardos and he has this YouTube channel and and the bar build is essentially this idea that okay you know you have to bard0z bard pill (method for training static flicking) try to achieve as high accuracy as possible with static clicking and so you want to do a you want to train each movement you want to break each thing up into the into segments so you've got the initial flick from one target to the next and then you see with the cross series and then you maybe need to do a micro correction and then after the micro correction you have to kind of do the confirmation in your head is the Crosshair over the target okay yes cool I click if not I micro adjust again and you have you slow the process down and so you're you're slowing each piece down I think he would just he described it like imagine you know you're training like you know playing a musical instrument you know you start really slow with these techniques and you get better and better and it gets quicker and quicker and then you know to the untrained eye um like you're describing you like you're not going to be able to see that someone's has all these skills and they're putting all these things together you just see oh he just clicked that thing really well um so um so uh any any other um because I know you know we could kind of go even more in depth and break down all like the all of these skills down into even like smaller pieces but I think you feel like we've covered like the broad range of some of these these different categories you know tracking switching flicking click timing yeah like to be honest I would kind of like wanted to mainly talk about like tracking as the foundation of smoothness and flicking and flicking because it's also like kind of like the main things that will kind of like rely on and from like good tracking we have a lot of different subcategories from the good flicking we have a lot of different subcategories that are kind of like combining each other so I feel like going over like every single concept right now might not be the best idea it's kind of like we will get kind of like we kind of like overflow with the information at this point and if someone is interested in kind of like learning more about like this uh certain like categories of aiming like what comes from tracking like what type of categories you might get out of tracking like what types of categories you might get all the flicking might look up some sort of like benchmarks that what we've mentioned previously like voltaic once or or like River select ones or like there's like a lot of bench noise like that are there for for people to try out with the explanations for like each category awesome all right well in that case let's uh let's keep things moving we can talk about gear quickly because that's

Gear advice

something that we haven't talked about and it's so funny because it's kind of like you were saying before where people look for the Magic Bullets like okay what's the perfect sensitivity and it's it's also the the obsession too it's like oh if I had a different Mouse I would you know aim better and and you know it might be you know true in certain respects a different Mouse shape can be helpful but like in the modern era we have a really amazing you know technology like sensors on pretty much like all of the the new mice that we have so we don't really have a limitation in terms of the technology per se these days so it's more about okay the shape the size the weight the the friction of the skates and the interaction between the skates and also the friction of the pad and and you know the dynamic friction versus the static friction there's all these little things to play like grips as well all these things you can play around with so given that that's you know such a huge huge kind of area to discuss what was your take on how important gear is and what people should be thinking about when they're actually trying to to improve their aim so when it comes to the Gear I will say like the most important thing is something that you've mentioned already so like the good shape of the mouse like we might have like large hands so we might not be suited as well for like a small Mouse so it kind of like might have some sort of like performance dips just because we feel uncomfortable so it's kind of like super important to find this like good shape that is kind of like matching our hand size same goes for grip like we tend to have our like natural grips like some people prefer Palm grips Some people prefer Cloud grip fingertip some sort of like deviations from these grips and sometimes like the mouse that we have might Force some sort of grip onto us and it might feel very uncomfortable so it's like super important to look for the mouse that is kind of like fitting our hand size and kind of like our expectations like we kind of like need to think okay what grip I would want to use like do I want to spawn grip do I want to use cloud grip okay I know what grip I want to use now like what mod should I get and then maybe what I would consider the most is like the shape and also like the size of the mouse like I will probably like measure my hands and kind of like maybe look up the Rocket Jump Ninja guide on how to like look for a mouse for example it's like a mouse reviewer he has he has like own site with like a lot of mice's recommendations and like on his side you can like put your hand measurements and kind of like gives you some sort of like idea what you can get for certain grip

and certain handsets that you have so that's what I will do first like kind of like looking for like a good mouse that is kind of like fitting my needs so I can actually squeeze them most out of my performance so for example I'm usually using like a smaller mices or maybe I can't really show it it's like htx from Jewels it's like a very small Mouse like it's like 36 grams I believe I also use like another small Mouse which is like HDs as well so like I found my comfort of smaller mices just because I have like some other hands my hand measurements are like 18 by nine and I use like clock grip and on this mouse I can like use it very like with like a high comfort so since I have a coat of comfort I can kind of like focus on the aim more than than the mouse and peripherals that they have so it's kind of like important to look for this comfort with the mouse and also like mouse pad it also kind of will depend on the game you play like a lot of players in Tech FPS will prefer using a control pad because they have like better stopping power it's easier to do like micro adjustments rib skates it's kind of like a very broad topic so it's very hard for me to like give you some sort of like recommendations because each player has like different needs like different demands like he wants to play different games so like I guess like the most important thing that you would want to look at in the first place will be your mouse grip and your kind of like shape you would want to use and the size of the mouse as well and maybe then mouse pad and then you can kind of like go in depth into like looking for some skates like testing out different stuff you know it's kind of like like a secondary thing after you get like a good Mouse and I I like uh you know how you're putting a lot of emphasis around the Comfort because because I think it's really easy to because you you know you might not know anything at all about what's good or what's not and you maybe you've tried very few mice so it's kind of hard to if you have no knowledge to really know what is it what does it feel like if I try like a mouse is like shape that's totally different and I I you know my personal experience as well has been I've tried so much over the years and I have I have slightly smaller hands than you actually and and I've tried to to use like bigger mice because I'm like oh you know there's some of these mice are really cool like I always wanted to be able to use uh the the super light the the Logitech G Pro super light because I'm like I like I kind of like how the shape feels um in terms of like the the Palm grip but but my control of it like my ability for my natural grip is it's not very good and when I use

like a much smaller Mouse like you know like the The Starlight 12 for example it's this really really small Mouse but like I feel like it feels really comfortable able so even if I'm aiming poorly with it it feels the most comfortable and so that then I started to realize I keep going back to this mouse because it feels the most comfortable maybe I should just improve my my mouse control technique and that and then [Laughter] so it's it's yeah that's that's what I realized is I was being lazy and I was like looking for the the quick the quick solution Solutions it's like sometimes when people have like shakiness inside of the game instead of like trying to work on it they kind of like go for the low sense because they think it will kind of like helping them instantly and yeah it might help them for a bit but later on they will realize that they got used to the low sense and they are still shaking so it's kind of like a short-term solution that is not really like helping you that much in like a long term and we usually would want to look for some like long-term Solutions and a long-term solution in this case is finding like a comfortable Mouse so you can kind of like forget about it like like forget about peripherals and like focus on our aim techniques and what you said pretty much yeah yeah and it's funny because it's again like it's something that's it I don't know it's it's a difficult topic because it because everybody I mean you're you do have these emotional attachments to your performance in your game and so when when you're in a frustrating position and you're like you're not getting the performances that you want and you're kind of and you're like missing shots and that doesn't feel good it doesn't feel very good and so you might be like oh well maybe if I just did something different change something it's kind of like the same situation when you just want to change a player and a team as opposed to maybe working on some of the the fundamental aspects to make the team better um yeah you can have a short-term benefit from doing that but the long term is probably going to be worse because you're not really building something um in that in that place you're just swapping something for something else so yeah definitely a good way to think about it find the Comfort um respect your natural grip and then just figure out what techniques you need to improve much like the the things we've been discussing I think previously um any any other things like when it comes to gear any other thing things that you think are important to talk about um to be honest not really like I would say mouse mouse but it's like the most important like I've never really like looked much into keyboards however like

recently I've got voting 60 Hz which is like a keyboard that almost every single Pro uses nowadays and I now realize that maybe keyboard also makes like a difference when it has like less Delay So maybe looking for the keyboards of the lowest input delay that you can get it doesn't have to be booting it can be like any other company might be also helping you a lot with like in-game movement so maybe looking up for this like newest peripherals with like the lowest delay with the highest quality might help you as well but it's not something that you have to have you know like I used to play with like a very bad poor keyboards and I was still being able to play relatively well because like ultimately like I'm aiming with my mouse and my mouse pad rather than my keyboard when I play in trainers like in game I do use my keyboard so I believe like when you play actual games maybe looking out for the lower input might be helpful but when you aim train like Focus only on your aim without really like involving any movement into it then like focusing on the mouse the mouse part will be like the top priority awesome all right I'm gonna check that out because I haven't thought about that either the keyboards um right so we can move into sort of the the final part of the of the the podcast today uh had a bunch of community questions you know selected uh a few that we can kind of go through and get your thoughts on um the first one actually uh is actually from me because Community questions: Should I focus on the target or crosshair? although that's kind of weird because I've been asking all the questions already but but uh a common question I do see that I was surprised not to see in the comments but I get it on my stream or like whenever you know whenever I'm looking at um or talking about aim trainers uh and then just aiming in general um should you focus on the Target or the Crosshair is something that I hear a lot okay it's like a very common question I feel like in certain situations you might focus more on the Crosser rather than the target so for example when you have like long range dwell you might focus more on the cursor because you need to be more precise and like medium to like short range to volume might focus more on the Target because you want to see their movement but it's kind of like hard to switch our Focus like instantly from closer to the Target closer Target so Italy like I always recommend people just focus on Target because then they can kind of like read the emotions of the target they can see it better and then they can kind of like

apply the proper technique and kind of like see that across within their peripheral vision and when we played

like Tech FPS games for example we need to be able to use our peripheral vision to kind of like be able to see the radar be able to see our HP be able to see the entire map so kind of like learning how to use a perfect vision also while in training might help us inside of the game as well not only with our aim but also if it's like peripheral peripheral awareness or whatever you call it

nowadays so like I feel like the best way will be to kind of like focus on the target all the

time and maybe in like long range levels you might focus on that Crosser but since you might forget about it just try

to always prioritize looking at the Target because then you can kind of like make your cluster going to the Target if you're like peripheral vision and it's like easier to read the movement of the target when you look at the Target so it's better I feel like it's better resolution to just look at the targets

awesome yeah that's that's a great answer that's a great answer um okay so actual Community questions

now uh uh Sydney cine from voltaic asked um perhaps more on the philosophical Sini: Innate talent vs hard work for improving aim?

side but maybe a topic could be innate Talent versus hard work when it comes to improving your aim

okay Sydney I know him nice question okay so like maybe at first we would want to kind of like describe what talent means like what we mean by talent for me Talent like like what they

believe Talent is like in terms of like game training is kind of like an ability to focus on the right things in the right time so when I have like a talent

I'm able to kind of like focus on the right things from the start so I don't kind of like waste my time playing some

sort of like tasks that might kind of like make my Improvement a bit longer so for example when you kind of like start in trainers you might maybe start playing this like very popular tasks like grid shot and you will spend maybe like 100 hours playing a bit shot well I always spend like 100 hours playing something else because I know that quick shot might not help me the best because

you know we have like big targets and in game you don't really have this big Target so it doesn't really make sense

to do it so I play something else you play something else and then we have the same amount of hours but I might have

like way better result just because I can like focus on the right things and I believe that's what talent is like in

Avengers like people are able to kind of like put their focus in the right things like a talented person kind of like

knows the road from the start or at least is able to tell the better Solutions in comparison to others which makes them kind of like while putting the equal effort they're able to squeeze better benefits just because they focus on the good things that's what they believe in yeah that's I think that's a great way to put it too because yeah there's getting better is like so many different things and all of them can be really hard whether it's just like you say like picking the right Focus versus because that like some people are very good at that and then some people are so aimless in how they approach things or being like some people are like more analytical or some people can put more they have more Focus um that they can apply that's more natural like everyone has there's so many different things you can be better at or worse at than than uh than somebody else and I actually loved something you said earlier that people tend to use let's say the reactions thing because that could be considered you know oh this this is a natural Talent of someone people use these things as excuses not to figure out the path to get better with what they have um so yeah that's that's another great answer um yeah okay um I think we we kind of answered this one already uh so actually we can add something to this I'm sorry oh yeah go ahead you can add something to this topic because like this kind of might relate to some like aiming types like you mentioned this like Rao Reaction Time thingy we might have some sort of like natural strengths so it might kind of like affect our aiming style in game I know that some people might be having this question like what aiming style might be better than the other one like which one is like more consistent and a lot of them might kind of like force like a certain playstyle just because they saw that it's consistent and like in the natural way of thinking they are maybe more suited to like a different type of play cell so like sometimes like you have like a player with like a very low reaction time and he might be like very good with like his Snappy flicks and then he will sound like a player like yay that is like using like a very smooth aim and he will kind of like switch off his natural strengths to yay play Stalin kind of like turn off his not available

[Music]

so there's like a place for all type of aimers here and some players feel like they need to commit to like a certain playstyle no matter how good they are at something else just because it's like more consistent and it's not really true

because they can make their own places like way better so sometimes like playing around our natural strengths makes more sense even though you might not believe that it's the most consistent way because later on we can kind of Express better benefits because we kind of like work around our natural capabilities and like while working on some like weaknesses as well so I know that some players might ask which playstyle is the best I would say try to commit to your natural play style and try to kind of like work around your natural abilities and work on your weaknesses at the same time as there is like a place for any type of aimer at the top level I I love that point too because sometimes to like make a similar Point um I I point to like anime because a lot of anime they they kind of they they show you the what like the path to Mastery kind of looks like in the sense that when you're a beginner you don't really have an identity per se you're just trying to learn all of the fundamentals but then sort of over time as you get like you know higher and higher kind of like level of power your identity becomes more and more prevalent on top of the fundamentals and then it gets to a point where you're actually developing something that's completely unique to you and I think this this describes like getting good at pretty much anything we all have some of those natural talents but unless you're going to spend all the time like training the fundamentals and and like rediscovering your identities like after doing that and how that integrates into those fundamentals you you if you don't do the hard work to do that you're not going to really see what you're capable of um and how and how you know you could make something completely unique week you don't it's not sure you follow it's like to fake it till you make it thing and this was really helpful for me getting good at commentary too I was like okay I'm gonna look at um I like I create this huge like list this like spreadsheet of like here are all these here are all the skill sets I think are involved in commentary here are all the people that I feel like do each thing individually the best I focus like really hard on those things broke it all down into fundamentals I would try to like copy what these people were doing and then over time through practice and understanding the fundamentals eventually my own style started to appear um and I was no longer like copying anyone anymore um and I think that's another way to put what what you kind of uh were describing there into words as well I think it's a really good point um okay so uh

Eric Juan or Wolfram on Twitter says or X says does Crosshair shape or color
w0lvr4m: Does crosshair matter?
actually matter the closer shaped like I think he meant like in training because like
in name
training it might matter I would say it's like in terms of practice like if
you use like a cursor of like a gap like you might use in game so like there's like a
gap in the middle like you might spend more time confirming your shots
then you would have like a DOT cursor that is like around the size of the Target or
like a plus cursor without the
Gap inside of the of the of the cluster so like a lot of players in name standards
do prefer using like
crosstalkers or like smaller without really like any Gap inside so then they can
actually like shot faster and kind
of like make the aiming faster this way as well because then when they like arrive
on the target they don't really have to like check if
that Target is in the Gap to fire the shot it's kind of like I I feel like shroud like also
mentioned that he's
using like a bigger crosstalkers in the game because then when he flicks to
someone it's kind of like shooting instantly and if he were to is like a
small cursor then he will like spend more time visually seeing what's going on
before shooting which could kind of
like cause some Duels for him it's the same for aim training like with the Gap in
the inside of the cursor you might be able to spend more time on the target
after the flick which might not really help you out developing this kind of like
proficiency of like for licking and
confirming quicker as you would want to do inside of the game so using like a
Crosser that is like
having like no Gap might really help you a lot with like game training as well
gotcha so so that's actually really
interesting too because um I noticed and this is something you know you we
talked about too when um when
you're doing some coaching with me um and and I noticed that with again
looking at demon one he uses
the tiny dot cross uh when he's when he's playing and and uh I found that really
interesting because
it doesn't seem like it seems like there might be more downside to than upside
but he's so good I don't know he's
obviously amazing with it so do you have any any thoughts about like the dot
Crosser in valorum because it is quite
popular a lot of people do it and again people are going to be copying stuff that
he does because he's he's an absolute Beast so
yeah dot cluster like provides you like more Precision like you are able to see
more errors with your aim so it's kind

of like easier to get some sort of like feedback of what you're doing wrong so for example if you were to practice like a DOT cursor then you can kind of like improve maybe at a faster rate because you'll be able to see more problems with your aim however if you're a DOT is like too small when you like play like a fast paced game like overroad for example when there's like Ultra movement on the screen it might kind of like lose the sight of your crossturn which kind of like affects your aim a lot so in a valid you don't really have this like Fast motions so that cluster can kind of like be always on your screen you don't really lose the cluster side at all like maybe sometimes but usually don't really use it so then you can kind of like apply the Precision that you kind of like get from the dot cluster inside of the game better and if you kind of like put some sort of like good techniques on top of it like taking some sort of time before aiming like up on reaction or having like a smoother Landing of the flick you might be able to have like more precise shot and father I'm just like about precision and like the dot provides you like I believe to have like high Precision so it makes sense that people are using dot environment like you need to boost a lot more and tap out more than in CS so like in CS people usually play with like crossovers of Gap because they can spray or some sort of like um a backup when they miss the shot like you missed the shot micro adjustment you spray and you get the kill and if other once braces are kind of like RNG so people mainly evolve around Precision so having like a DOT cluster that kind of like provides infinite Precision especially when you practice a lot might be very helpful so that makes sense why people are using it especially demon one when it's like training a lot it's trying to use his Precision better with the dot Crosser yeah yeah definitely I might switch the door as well um let's go okay it's not in CS by the way so oh you do that's how it is yes nice nice okay um right EV key on X is well he he's asked a few different questions but I'll just pick a couple of them um how to keep shape with minimum training
EBKey: How to keep shape with minimum training?
how to keep safe with minimum trading so I feel like the main thing that you would want to kind of have is like fun you would want to find some fun in entertaining like if you want to keep doing it you will need to make it a bit more fun like it's not always about looking for the weakest parts that you have inside of the aim and just playing the hard things all the time because when you play hard things all the time you might lose the motivation kind of like lose the drive to play so maybe at

first try to experiment with a lot of stuff try to find something to enjoy and maybe try to set some sort of like small goal because setting small goals that you can achieve is like way more helpful than having like a one big goal that is like overwhelming you know like if you have like a very overwhelming goal that you want to achieve like a perfect aim but you don't really have like any small goals then you might kind of like lose it in the process so maybe like set some sort of like a small goal of like finding some fun tasks to play and they're playing them for at least like five minutes a day just five minutes try to get this habit down try to like accomplish a small goal and then set like a new goal like for example I will try something a bit harder for like a two days you've done it boom another check and you do like small goals and if it's like small goes you might be able to develop some sort of like fun component or like you'll just develop this like drive to grind better that's what I was doing as well like always having some sort of like small goals like even within coaching we do use some sort of techniques like that trying to set some sort of goals with the players so we can always like keep ourselves like in the right boat if that makes sense yeah yeah definitely um well the next question he had was well next one on Tuesday is what is or how how should consistent aim look

EBKey: How should consistent aim look?

so that's what I was talking before about like with aiming Styles like I believe that like a consistent aim like in Tech FPS games will mainly evolve around cross replacement and crosstalk replacement is kind of like a passive aim of some sort because you need to have like an you know like more stable aiming to be able to trace coordinates of smoothness and to be able to flick between angles without really like overflicking so I feel like in Tech FPS games like the perfect aim for me would be like kind of like a Mastery of course replacement and a mix of like very deliberate adjustments so for example players like demon 1 or EA that are super good at valderlands are actually pretty much the definition of what I consider as like a perfect Aim so like in my head that is like perfect aim in your head perfect it may be something different so it's kind of like if you think that flicky aim is like more perfect in your head then it's also fine because as I said before there's like a place for any type of aimer you can be smooth aimer you can be sniper aimer and you can still be a pro so there's like a place for any aimer so

you don't really have to like think okay this place is perfect and I have to play the spaces all the time not really like
you can use like any playstyle you can consider any play still perfect in your head and you can go towards it with like
right training so I believe to kind of like just like listen to
yourself instead of like listening to someone like me that will tell you okay this place that is good because you have the cross replacement you have this
micro adjustments if in your head flicking is better and has like more perfect potential you can just follow it
and you can also become good because there's like place for everyone so like for me good aim is because replacement
with like deliberate shots like demon 1 and EA fluid might be some sort of aim like Asuna which is also good because
both of them are like these players are all at top level so it's kind of like proves that you can be any type of aimer
you can kind of like have any techniques and you can still be at the top so that's what they believe in
and that's I I think that's like a really good guidance too because I think I've done this too you know I've tried
lots of stuff because I'm like oh this guy aims really well I want to see how it feels and I've I've definitely kind
of forced myself to try things so I'm like all right this isn't like not fun um it's not actually fun to play like
this and I always like to play with faster sensitivities because it just felt more fun and that's actually very important like that element
and we talked about it with the mouse shape too got to feel comfortable you've got to be able to have fun and so like
what style feels like the most fun and I think it's really important not to lose sights of that I think to your point and
it's really easy to do it when you again we talked about it like it doesn't feel good to lose that's not fun so so
sometimes you're looking to change stuff but but yeah yeah ask something to remember that games are meant to be
played with some sort of fun right and if we are forcing ourselves to do something that is unfun we might kind of
like lose the main goal of games to have fun so it's also because something that we need to consider
right well the last question I'll do from the from the the um tweet that I made on X was uh from
kasx12x: Difficulty with hitting shots on long or mid-range?
Kaz he asked well he said I can't hit shots at a long range most of the time and I'm always like a pixel off
sometimes I'm a pixel off in mid-range shorts as well is this something I can fix or do I just have to get good

yes you can fix it so like previously I was talking about the sensitivity and muscle memory and they said that sometimes when you use like a certain sense for example like a low sense we might be mainly using our arm and wrist to aim and you kind of like have our fingers underdeveloped and guess what at like long range dwells we use more of our fingers to do like this micro movements so we can still train them between like aim trainers and become like way better at making them well you kind of like learn how to apply more fingers into them and like one ways that we can do it is by switching our sense to something higher so we kind of like isolated better so for example if you struggle of like long cringe Duos like you will want to kind of like introduce more fingers into your aim like more precision and build up on it so you can kind of like get some sort of like healthy habits of using it even on your main sense because a lot of like low sense players even though they have like easier time having micro adjustments they still do Target of like long range dwells just because they are having like fingers on the underdeveloped it's also like a common case within Pro players that I coached a lot of them are using like lower sensitivity and they struggle a lot with like long-range develops and that Precision part and what usually helps them a lot is kind of like isolating the fingers better and then it's kind of like feeling way more controlled inside of the game so that's what I will do trying to maybe experiment trying to introduce more fingers into the game maybe playing some sort of like micro tasks if you don't really know any micro tasks you can look up the valent benchmarks from voltech that we've made recently there's like a full micro category and there's like a lot of micro tasks that you can try to work on that awesome that's really good advice I think it's it's something that's uh for me with my training now I'm really trying to focus on because I need to incorporate much more arm movements because I always started with it again faster sensitivity so to like to do like a 180 I would just do like do a mouse lift as opposed to like using my arm so I'm still like using my wrist to kind of reposition and I wanted to have way more control and so I'm actually looking to slow my sense down a lot in in my aim training tasks so that I can I can kind of like really uh habituate what that new technique and that's actually something like another quick point I think that I'll make is that when you're trying to add some of these techniques where there's more fingers or whatever like from my experience I found that I'm kind of resistant to doing it obviously I've been you know playing FPS

games for like 20 years so I don't know if that's part of it but my brain's really resistant to it and it wants to it wants me to go back to what I've always done so it takes like and this goes back to the point that you made about like the the mental aspect too like understanding what you're trying to do and really trying to force that because for me using a slow sensitivity there's there's a reason why I don't do it and it's because it doesn't feel fun for me um but like and I think I said this on my last stream when I was when I was streaming this I'm like guys this is not fun for me like I'm not enjoying any of this training but like I need to need to do it because when I get into the game and now I'm like using way more arm I'm like I have so much more control and that is fun uh because I'm in my I'm incorporating that skill with my other skills and just using it in the right places and now it's like it makes the game like feel way cool like better so it's it's not always going to be fun the training but if you know what kind of outcome you are looking to get it's it's again like the gym analogy again like you know the the Reps that you're gonna make the most kind of um you're gonna Force the most adaptation in your body with um to get that muscle growth are the ones that are the hardest that feel like the most and like you have to really dig deep to kind of get those reps out and I think it's there's a similarity here too you it's not all going to be fun some of the training and you have to force yourself to make the changes and you can't just let yourself just revert back to the thing you've always done and if you put loads of hours into playing and you play casually all the time that the the the issue with that might be that you're not going to be able to if you're let's say you're playing eight hours in a day and you're just playing ranked you're probably not going to be focused in the types of mouse movements that you're trying to habituate you're probably just going to do what you're already doing so it's something that's important to bear in mind I think true I do agree with that completely it's kind of like hard to like force ourselves like full challenge at times like sometimes it's like really needed to challenge ourselves to get like a higher level and sometimes there's like this saying no pain no gain and it's kind of like applies to him training in like a different sense because we don't really want to feel any pain in our hand and wrist because it kind of like leads to health injuries but depending on like the mental level so for example you feel like mentally that you don't really want to be doing but you know deep down that

it will help you so it's kind of like you need to force yourself to feel challenged so you can reach that higher level and that's what we do as well in trainers to kind of like always push ourselves out of the comfort zone that we can reach like new hates within aiming that's that's what we do we kind of like push that boundaries all the time yeah it's really funny because like sometimes I'm like doing this ain't training especially when people like come on my stream and I'm doing on my stream I'm like I'm just like moving my mouse and just following this orb left and right and that's like it just seems It's just so mundane and just it feels so boring at times but again there are the results are the results are worth it so um right so do you have any uh plugs for minigod's plug - coaching service any projects that you're currently working on like what what are you doing um in the world of aiming in the world of coaching what is mini up to um so plaques maybe I can plug my own coaching service that I started like recently like two months ago because previously I was always like kind of like only working with like Pro players mainly with the content creators like you for example right now so I was like mainly focusing on like kind of like sharpening my skills with like Pro players now I kind of like do both I can like offer the coaching sessions for the community and pro players as well with the pro players that kind of like coach them and inside of the amped program amped program is kind of like a more often like premium type of service for pro players we kind of like offer weekly sessions we offer our own custom a scenario Creator low gravity 56 I'm gonna mention him as well and so it's kind of like more premium service and there's like much more commitment here because it's kind of like a longer type of program we do alterative analysis and stuff like that and I wanted to kind of like bring some sort of that analysis that I do for this Pro players to the community as well so I would want to plug the converting service that I provide on my Twitter as well on my now X so like if someone is interested to kind of like work with me or kind of like learn more about me you can look me up on Twitter at mini.cs and you can like talk about the details when it comes to coaching if someone is interested awesome and uh if if people want to get like you know you mentioned before getting involved in finding some of these programs um or benchmarks that voltaic have if uh if there are some people listening to this and they want to get they're really How to learn more about the aiming community

curious about the aiming Community they want to kind of like learn more or find out more what's the best way to to go about that best way will be to join voltech Community voltage is like the biggest in community out there we have like the biggest server about aiming we have like 90k members the server is like Orient router Improvement around in training around aim we have like LH as our team member we have like all the pro players involved in here as well so if you are looking for some sort of guys some sort of benchmarks like any ideas like any tips you want to get some tips from better players you can like look up voltaic Discord server where you can like look up voltaic on Twitter or like X so like I would go for Vault like when it comes to like resources awesome all right well I think I think that pretty much covers everything you

ddk testimony for mini's coaching and goodbye!

got your your coaching plug in there I hope people take advantage of that I know I know just like uh a testimony

right now it was a really awesome experience working with Minnie um going through the sort of the analysis seeing what you're good at seeing what you're you're bad at and sort of getting the programming that will help you to like all the stuff we talked about of how how do I know what category this like floor am I aiming like Falls in and then where what's then the connection between that and how I have to program and how much time I have to spend and having that individual tensions like very very valuable even if even if it's something you only invest in for like a short time like even like a couple of weeks there can be like massive value I would say uh maybe instead of you know buying a couple new mice or whatever but put that money into some coaching um definitely valuable so uh thank you so much money for for chatting my Amy

with me I really hope that a lot of people had their minds owned by some of the the knowledge that you were dropping in this and and that they can kind of like better themselves in their aiming Journey so yeah thanks so much for joining me thank you as well and see you guys in the aim Improvement Journey as well peace guys I'm leaving bye bye