

Esports Practice Resource:

Vocabulary:

Mechanic: The basic skills within a video game that are not strategy based. Examples of mechanics are Aerial Dribbling (Rocket League), Quickscooping (Valorant), Last Hitting (League of Legends), etc.

VOD: A video recording of your match that you can review to see mistakes, scout opponents, and plan strategies

Scrim: Short for scrimmages, or practice matches against other teams

SMART Goals: Specific, measurable, attainable, realistic, and timely.

Basic formula for esports practices:

1. VOD Review
 - a. For strategy and planning what your team needs to work on this week. Review films of your previous matches, or of an upcoming opponent. This is usually done at the start of the week or soon after your match was played.
2. Goal Setting:
 - a. Create SMART goals that your team will target this week in practice. Create a specific plan on how you intend to achieve and measure your achievement of these goals.
3. Drills
 - a. Anything that targets a specific mechanic so it can be practiced repetitively for improvement. Gwoop.com is a great resource to work on several esports mechanics.
4. Scrim
 - a. Matches against other teams where you can practice the strategies and mechanics in a real game situation. Scrim can be found in specific channels on the MNVL Discord server.
5. Professional Player Video Review
 - a. Have players look up videos of professionals who play their game/role/position/character and learn from those videos. Watch guides and then try to emulate them to improve faster.

Non esports activities that can be done with your teams:

1. Icebreakers
2. Fundraisers
3. Build team bonding with other activities such as outings and for fun game time
4. Work out as a team: Physical activity is an important factor in esports that is often overlooked
5. Go over wins and give players a chance to talk about things they were proud of
6. Model the activities you ask them to do. Show how to do a VOD review
7. Field trips to college programs or esports companies (Wisdom/Version1)
8. College recruiter visits to your program
9. Throw in-houses. Tournaments in a game for just the students in your program
10. Start building teams outside of competition. Social media team, broadcast team, design team, etc
11. Have top players teach the team how do a mechanic. Have them be the teacher

Example practices (from Jake Utities at St Louis Park) on next page:

Agenda:

Vod Reviews in ROOM B225

- Practice positive phrasing (how you can talk to your teammates in a positive manner)
- Build goals from watching films
 - On your own with team

Goal setting

- Create your SMART goals for this week
- How will you attack that goal with targeted practice?

Homework:

- Read general rules and your game rules at <https://www.mnvl.org/spring-rules> (Rocket League and SSBU also read Varsity/JV rules)
- Watch all the FAQ videos on <https://www.mnvl.org/faq>

Practices:

All teams: 1 hour of game Vod Review

Also all teams: Every loss this week in practice, games, and your personal solo queues = 15 push ups, 15 jumping jacks, or 15 sit-ups. You choose after each loss.

@Rocket League Player

- Drills
- Varsity: <https://steamcommunity.com/app/252950/workshop/> Aim Trainer by CoCo
- Everyone else: <https://steamcommunity.com/app/252950/workshop/> Speed jump rings 2 by DMC
- 1 hour scrim against each other
- 1 MNVL scrim

@Valorant

Goal: Learn new agent and build specific mechanics based on personal feedback.

Every player: Play two games individually as harbor. He is not open yet, but I want you to personally experience him and find his weaknesses and strengths.

Drills:

- Carter/Ian/Gregor: 1 hour (in 15 min increments): Aim practice in-game training
- Cayden/Nolaan/Adam: Triple queue 1-2 ranked games: Stream pov to discord for Joseph
- Joseph: Watch Cayden/Nolaan/Adam and shot call their game while not actively playing. Practice in game calling

Scrim for rest of time. Rotating in players.

@SSB

Goal: Build mechanics around finishers

Drills: 1.5 hours (in 15 min increments): Finishing combos practice: Team scrim with characters starting at a handicap of 100%, 10 stocks, no time limit. Play the above scenario with your coach and anyone else willing to scrim. Do that over all of your practices if the time requires it.

Rest of time up to Carlitos (asst coach)

@Minecraft

Goal: Get your openers set.

- In house practices (2v2)
 - Practice your opening strategies on all maps, reset, and do the opener again. 3 per map.
- Rest up to Nolan (asst Coach)