



THE COMPLETE & ULTIMATE GUIDE

TO BECOMING A

BETTER GAMER

REGARDLESS OF GAME TITLE & GENRE

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INTRODUCTION.

Whether you're a seasoned veteran, a newcomer or you just play the likes of Candy Crush on the toilet, the truth is that 2020 is the best year so far to be a gamer.

Projections indicate that by 2021, the industry is expected to reach \$180 billion in revenue and it doesn't come as a surprise when we learn that over 2.5 billion people play video games around the world. Nearly one-third of the entire population has had contact with a video game at least once in their life.

Growing numbers can only have positive impacts on gamers themselves. More money and more users mean more opportunities, more games, more genres, better games, more gaming related jobs, more esports, more friends, more events, more fun. You get the idea.

Today, more people make money from playing video games than ever, whether it is live streaming, playing, creating content, developing games, organizing tournaments or doing online courses to help others.

At GamerzClass we help tens of thousands of gamers just like yourself get better at the games they enjoy. We work with top tier professionals to create 20 to 30 episode courses meant to give you the best strategies to be constantly improving and to dominate your opponents.

Having worked with various pros for more than a year now, we've created +20 courses over 5 different titles. We noticed that at the highest level, while the strategies change from game to game, the mindset required to reach that level and improve is scarily similar amongst the players.

GamerzClass received overwhelmingly positive feedback from users and this article intends to give you the tools needed to improve by yourself no matter where you start and what game to play.



BENEFITS OF PLAYING VIDEO GAMES.

A lot of people think that playing video games is a waste of time and that in fact, you don't have anything to gain from it, however, scientific research points in the opposite direction.

Some games act as stimulants for the brain and train it just as hitting the gym puts your body in motion. Research indicates that some of the cognitive benefits of playing videos are the following:

- Improved Coordination

FPS games such as Counter-Strike, Call of Duty, Fortnite have proven to increase hand to eye coordination as they require very precise movements. Becoming better at these games means an increased capacity to physically understand and react to your visual senses. Furthermore, games such as Dota 2, League of Legends or World of Warcraft are filled with spatial indicators and your ability to navigate the terrain in-game directly translates to an increased spatial awareness in real life.

- Problem-solving Skills

Games are built on the premises of having to achieve certain goals and having numerous obstacles come your way to prevent you from doing so. Whether it is fighting monsters, solving puzzles, gathering resources or coordinating with a team, being constantly subjected to figuring out a way to accomplish the game objectives improves one's problem-solving capabilities as much as repeating math exercises sharpens your brain.

- Enhanced Memory

If we are to take a look at Dota 2 or League of Legends, both games holster over 100 playable heroes with at least 4 spells each and when combined with just as many purchasable items, we end up going into the millions of different possibilities. Most players accustomed to these games end up knowing all of it by heart as the games require it in order to be a decent player.



- Improving Social Skills & Teamwork

Almost all games nowadays have some form of online playing capabilities. This allows gamers to connect with each other all over the globe using chat and/or voice. Millions of people admit to having formed deep relationships with people they have met online through video games. Furthermore, some of the biggest video game titles in esports require players to work together in order to reach their goal and defeat the enemy. Often times the team with the best communication and team play will win even if the individual level of the players is under average.

- Enhanced Multitasking

Video games are filled with many different sorts of stimulants and it forces players to be very observant. Usually, this means paying attention to multiple things at once and reacting to all of them accordingly during a certain time window.

- Increased Creativity

If everything else doesn't sound convincing, then at least know that video games are a great medium for storytelling. Some of the best and most loved characters have been created in video games and the other way around also stands true. Besides characters, special and time indicators also shape up the gaming universes and if books are known to increase creativity the same can be said by a game.

Alas, these are just a few of the known cognitive benefits of playing video games, but as research develops, I'm certain we are going to hear much more about this topic in the years to come.



WHY GET BETTER AT GAMING?

Most of the time you will want to get better and it won't have anything to do with the benefits of playing video games and that's totally fine. If you just enjoy playing video games and that's all you want to do in your free time, then I believe that's a good enough reason to want to get better. I always said that if you are going to do something you should at least try to get good at it.

Becoming a good player, regardless of the game, gives you a greater purpose beyond enjoyment in playing the game. The better you are, the more you will enjoy playing games as you will be playing against better players at a higher level. If you are going to spend a large amount of your time doing something why not try to do it as best as you can?

There's something magical that happens when you set a goal for yourself, work towards it and achieve it. At the end of the day, video games are just as good of a hobby as anything else in life. Some would argue that because the top esports athletes make so much money in today's day and age, it would be a better hobby than anything else, but please don't be fooled by the very few successful at the top. While we do notice their success, what you can't see is the millions of others who spend just as much time if not more than the pros and never make it.

If you want to get better, but don't know how to do so, we've gathered all of the information that is most commonly repeated throughout our courses at GamerzClass and combined it with some of our insights to create this ultimate gaming learning guide.

If your goal is to get good enough to make money from playing video games, if you want to get good enough to go pro, or if you just want to get better so you can make sure all your friends know who is the best, then we believe that by following the steps below and putting in the work, you will be able to reach whatever heights you set yourself to.



HOW DOES ONE GET BETTER?

01. PATIENCE

The number one most important thing to know when it comes to getting better at games, regardless of title and genre is to have patience. Improvement will come but it will not come overnight.

Let's say somebody waves a magic wand and all of a sudden you know everything there is to know about a game. You understand every scenario, every situation, every item, every play, every opponent, every mistake possible, everything. Even if you know all of this, you will need time to practice and perfect the information

*"If more information was the answer,
then we'd all be billionaires with perfect abs."*

- Derek Sivers

In truth, information is important but it is completely useless without ACTION, and execution takes time to perfect. In this hypothetical we assume that you know what the most optimal or perfect play is to make, you will still need to go through it at least a couple of times in order to perfect the execution.

Furthermore, it is important to understand that no matter how good you are or how good you will become, not all games are winnable and by this principle, things will take time.

Let's take Dota 2 as an example. If you are an average player sitting at **2500 rating** and your goal is to reach **4000** then you will need to **win 60 games** considering you get **+25 per win** (standard). Elo systems are designed so you always get placed with players of your caliber so in order to get a 60% win rate (already pretty high), you will still need to perform significantly better than your opponents.

With a **60% win rate**, it means that every 100 games you win 60 and lose 40. To get 60 more wins than losses you'd have to play 300 games. Now, I'm going to let you decide how much time that will take, but if you play 10 games a week it will still take you 30 weeks which is more than **6 months**.



02. FINDING THE TIME TO PLAY

Having a rough estimate of just how much it will take for you to get better is a great starting point as it gives you a grasp on what you set yourself up to.

For some people, finding time to play is not a problem, but everybody has a different situation. This chapter will help you figure out how to find more time to play games if you are serious about improvement and getting better.

Having a full-time job or going to school can take a lot of your time, combined with maintaining a social life and other activities, it can be hard to find the time to put in more than a couple of games a day. In order to make some changes you need to reevaluate and organize some of the time you use and make certain compromises. Here's a list of things you could be doing to save some more time.

- Organize Your Time

Most of the time, if you find yourself not having enough time to play then it might be because of a lack of good time management. A great solution is to take note of how you are spending your time and do some tweaking to see where you can add another game or two.

Creating a list with tasks will definitely give you a better overview of what you have to do and how much time you will have to play. Once you cross everything off the list (e.g. chores, cooking, cleaning, homework, emails, walking the dog, etc.), then you can play freely.

You can also allocate a certain amount of time to playing games every day and make sure you stick to it. Playing in chunks of 1,5h-2hrs or 2-3 games brings its own benefits. Continuously playing for large periods of time can severely reduce the quality of your own gameplay as tiredness will be creeping in. Playing in chunks increases the probability of being fresh and will help avoid getting tilted. However, from personal experience, this method is fairly risky as it requires good self-control to manage to stop playing when the set time window closes.



- Meal Prep

Cooking is one of those things that can take anywhere from 45min to 2hrs every day depending on what you have in the house. If you find yourself going to the store every day or every other day to buy food, it is going to be taking a large portion of your free time even if it is very optimized.

The best way to save time (and money) is to meal prep. Pick a day where you take 4-5 hours to go to the store and cook multiple portions for the entire week. You can easily manage to do multiple different meals during this time window and store several in the freezer.

Having already cooked meals during the week also relieves a lot of stress. Thinking about what you have to eat for the day, every day can be very draining and exhausting. Meal prepping also allows you to eat healthier as it will be easier to dodge fast foods.

If you are in school or still living with your parents and they are the ones cooking for you, then you manage to save time by avoiding having to cook, but they might still insist you eat dinner together. In this case, try speaking with them to reach some sort of compromise. Mention that you want to improve and that it's something important to you, but you also want to keep eating dinner together just not every day. Propose a plan where you can eat at the computer 3-4 days a week and the rest with them.

This way you let them know that you don't want to completely give up on family time and assure them that spending less time per week will most probably increase the quality of the remaining time spent.

- Increase Efficiency

There's always a better way to do things around, whether it's chores, homework, cooking, sleeping or spending time with family and friends. I'm not suggesting you cut out any of these but try to combine and increase your efficiency. If you experience long queue times, then it's the perfect time to do even the smallest of tasks.



If you have 30 minutes on the train, bus, metro, drive to & from school/work to home, try to fill up this time with some productivity. You can already start doing your homework on your way home or finish up writing emails/doing calls for work. If this isn't the case, then the least you can do is to plan your day ahead. On your way home, you can already think of what you will do first thing, what's next, and make a list of everything needed so you can be efficient and get to gaming as soon as possible.

Eliminating some of the clutter in your room is another great idea. The principle of "the less you have, the less you have to clean" will save you a lot of time moving forward.

Lastly, cleaning as you go is probably the most effective process you can use to make sure you never have to spend hours every week to clean up big messes. In the kitchen, you can always combine cooking with cleaning. Is the food going to be in the oven for 20 minutes? It's not enough for a game, but it's plenty to do some cleaning, wash dishes, wipe the dust or fold laundry.

We all have that one corner where we stack unused clothes. Putting your clothes away immediately will not only make mom happy but will also save you time and make you feel & perform better. A clean outer environment unconsciously makes for a cleaner inner-body environment.

- Cut Corners

Look at everything you do throughout the day and figure out where you can cut out some corners. If you sleep more than 7-8 hours you can probably cut off 15-30 mins. There's no need to take long showers or baths when you can keep it to 5-10 mins and gain a little more time. Buy in bulk to avoid going to the store every day and save enough time to squeeze in one or two more games.

Analyze your day by day routine and keep track of all behaviors that could be considered unnecessary. It's totally ok if you are not up to date with the latest seasons on Netflix and you use that time to play more games. However, keep important that taking a break is also important so don't go overboard.



03. PRACTICE

It is obvious that if you want to get better you need to practice more, but this doesn't mean just mindlessly queueing one game after another.

If you are serious about improving and getting better, climbing in divisions, ranks, elo or whatever matchmaking system the game you enjoy has, it is crucial to give all of your energy every game.

If you've followed any of the GamerzClass courses you probably have already heard this before, but if you don't feel 100% then you should not be queueing up for ranked on your main account. Having a smurf can be beneficial in these situations where you still want to play ranked games but are either sick or not feeling it.

Having an alt account can also help out when you want to test new strategies that you are not super comfortable with executing. However, if having a new account requires you to purchase another copy of the game, then this might not be worth it. In these cases, I suggest you either practice in unranked modes, test with friends or if the game allows it to use the demo mode.

There's a big difference between being 100% engaged in your game and being only 75% playing mostly on autopilot mode. If you feel you are getting distracted in your game, then it's probably time to stop queueing and switching things up. Doing some push-ups, other quick exercises, a quick shower or just stretching can help you refocus.

The goal is to enter every round in peak performance, because that way you will not only get the best results, but you will also learn the most about what your own gameplay. Generally, you will prefer to have a proactive mindset rather than a reactive one. You should always be thinking of what you are doing, the choices you are making in-game and why you are making these decisions. Furthermore, it's not enough to think about your own gameplay but also about your opponents.

Understanding what the enemy is going to attempt to do and being able to predict it is a skill that needs to be trained just like any other. This is impossible to achieve if you are not totally into the game that you are in.

So make sure you are focused and in a good mood when going for ranked games, otherwise look to play unranked and/or on alt accounts.



04. SET UP GOALS

Focusing and giving your best in every game is the first important step, but there's a lot more to be done. Every pro player we've worked with at GamerzClass has agreed with us that the importance of setting goals is unquestionable.

How to set goals to become a better gamer?

First things first, you need to have a good understanding of where you are at. Usually the game does a pretty good job to let you know where you stand. Try and take a look at all of the stats the game gives you and compare them with some of the best players out there. You can use sites such as dotabuff.com, op.gg, tracker.gg, overbuff.com and others fitting your game.

If stats are not available, simply glancing a look at your rank and having an overall grasp of where you sit on the leaderboard is enough to get started. Chances are if you are not in the top 2% then you have a long way to go anyway.

If you are sitting in the lower echelons, you shouldn't feel discouraged. On the contrary, you should be happy, because it will be easier for you to improve because there are many areas you can act upon to increase your level. Think of it as losing weight. Losing 5kg when you are sitting at 80 will be much harder than losing 5 at 120.

Now that you have a fair estimate of where you fit on the curve, it's time to take action and set goals. Your primary objective is to improve and each goal will represent a single step in that direction.

Goals should represent one mechanic at the time and need to follow the **S.M.A.R.T.** rule.

Simple - every goal needs to be simple and easy to understand mostly for yourself. Take one aspect of the game at a time and practice it without intertwining it with anything else. If you want to get better at Creep Scoring for example, work on that and only that.



Measurable - You need to be able to measure how well you are doing. To continue the example used above, if you want to improve creep-scoring, try to set a number and aim for it. If you average 70 CS by the 10th-minute mark, try to aim for 90 or 100 in your next games and keep track of your performance. Stat tracking websites can help you keep track of your progress.

Achievable - Your goals need to be possible within the limits of the game. No matter how much you want, you won't be able to get 200 cs in 10 minutes, because it's just not within the boundaries of the game.

Realistic - This means you should always aim for things that are within your reach. If you average 30 cs, don't aim for 100 straight off the bat. Being ambitious is great, but it can be discouraging if you are not being able to reach anything close to what you set yourself to, even though you are making improvements. Take small steps.

Time-Bound - Your goals need to be able to fit within a time frame. If you want to get better at CS-ing, set yourself a time period and I'm not talking about in-game time. Depending on how much you play, set a period of 1 or 2 weeks where you only improve on this one specific goal. This will help you stay motivated, and make it very easy to evaluate the success of your performance.

Here are some good examples of SMART goals you can set up for yourself:

- 01.** Improve CS-ing within 2 weeks by consistently reaching 100 CS at the 10-minute mark. (**League of Legends**)
- 02.** Practice Defending (**FIFA**) for a week and not let my opponent score more than 3 goals a game.
- 03.** For the next month, focus on not dying more than once in the first 15 minutes of the game (**Dota 2**).

Bad examples of the same goals without using the S.M.A.R.T. formula:

- 01.** Get better at creep score (**League of Legends**)
- 02.** Win more games (**FIFA**)
- 03.** Feed less (**Dota 2**)



05. ONE STEP AT THE TIME

After setting multiple goals for yourself using the **S.M.A.R.T.** formula it's time to get to practice and start executing.

However, the secret to getting better is forming new habits or behaviors that lead to better in-game results. Depending on how old you are and how long you have been playing, replacing your less effective playstyle to a more correct one can take up to several weeks.

For this reason it is important to focus on one thing at a time and not to try and do everything at once. Working on improving only one area will help you avoid getting overwhelmed and cuts down your process into smaller chunks.

My recommendation would be to remain on a certain mechanic until you are absolutely sure you master it. Resist the temptation to jump forward to the next topic, no matter how boring it could become because the better your foundation is the more you will improve going further.

A common phenomenon is forgetting what you have just learned after a few days or matches. It happens to a lot of people when they learn something new. People usually get very excited and use the newly acquired information for their next 5 games or so and then they fall back into old patterns.

It is important to constantly revisit the materials you are learning from, rewatch them and keep reminding yourself what you are trying to accomplish and how to do it. Having clear and smart goals can definitely help with that.

At GamerzClass, our courses attempt to prevent this from happening through downloadable workbooks that summarize each episode. They serve as reminders showing what and how to practice after each episode so you don't forget.

The auto-pilot mode I've talked about in section 3. The practice is a very dangerous catalyst stopping you from the continuous implementation of the new-found knowledge and or techniques. The purpose of focused practice is to raise the level of your "auto-pilot" gameplay to new levels and incorporate more efficient habits to your usual unconscious playstyle so you can consciously work on further new things. To summarize, you want to be consciously working on one thing at a time until it becomes a natural occurrence. Once that happens & you get the feeling that you have mastered that subject, you can move to something else.



06. KEEP UP WITH THE META

The “meta” is a term used a lot in gaming & esports used to describe the state of the game. This usually refers to what is at that moment in time the most effective way to play the game, whether it is strategies, item builds, champions, heroes, skill builds, orders, skill moves, maps and everything else you can think of that dictates how the game is supposed to be played.

Usually no matter what game you play, there is something called the competitive meta and the public matchmaking meta. Sometimes they can overlap, but not necessarily. Games that rely heavily on teamwork, communication and coordination tend to develop specific strategies that only work at the highest level of the competitive scene.

However, both metas may significantly affect each other as the solo queue can be used by the elite tier as a creative battleground to test out new strats, combinations, compositions, etc.

If you are serious about improving at video games, it might be a good idea to constantly check how the meta looks like and what direction it is going. There are plenty of websites out there like mobafire, dotabuff, op.gg, hltv, futbin and whatnot, that allows you to always be aware of what the best and most successful trends are in the game.

Esports is different than traditional sports games because in gaming, things change all the time. The rules of the game are constantly being updated through patches and it's important to remain informed. What works today may not have worked 6 months ago and will definitely not be as powerful 6 months from now.

If you are accustomed to taking long breaks from certain games, but always find yourself returning, I would recommend this be one of the first things you do when you are interested in becoming a better player.



07. WATCH THE PROS

Keeping up with the meta and watching the pro's are two different things that seem similar at first glance, but the reason behind them is totally different. Understanding the meta will always help you make sure you are up to date with what's the most efficient way to play the game.

However, watching the pros is a way of learning and boosting your own creativity within the game. Watching pro player perspectives both in public matchmaking and competitive games gives you insights into how to execute strategies and mechanics.

Everybody here at GamerzClass including myself highly recommends you watch multiple pros and multiple games from each. Make it a goal to watch one game a day or 2 games a week depending on how much time you have.

Most games have built-in tools to watch pro players' games, but if they don't, it's not too difficult to find videos yourself. Pick one of the best players from a top team of the most recent tournament and look up their replays on YouTube.

When watching replays of professionals, everything we have discussed so far still stands. Have a specific goal in mind and look only at that aspect of the game. It is no different than playing your own games. Pay attention to one thing at a time per replay. Match your in-game goals to pro demo analysis and if you desire to improve creep-scoring, pay attention to creep scoring and not much else.

Doing too many things at once even while not playing can lead to inefficient training and practice. Taking notes of how the pros do things you can't, helps you remember them more easily and serve as reminders during in-game. Take a quick look at your notes every time before every game to make sure you are aware of everything until you feel you've mastered the subject and then move on to the next mechanic.



08. ANALYZE REPLAYS

Watching and learning directly from a pro is a great way to improve in a certain area of the game. At GamerzClass we make this easy for you by approaching pros and having them do it for you. The coaches we work with are some of the most successful pro esports athletes out there and they break down their replays to explain what they are thinking and how they approach the game.

However, If you desire to do this for yourself, replays of pro's are a great way to improve on certain mechanics. With that said, it is not sufficient to just watch pros play the game and try to replicate their movements.to reach your full potential.

You need to start analyzing your own demos and replays. Looking at the pros is great, but only when you know what to look at and what needs improvement. Watching your own replays is crucial in understanding what your strong points are and where your weaknesses lie.

It is a common misconception that you should only perform replay analysis when you lose or have a bad game. This couldn't be further from the truth. Most coaches at GamerzClass agree that it is just as important to study your wins as your losses.

When having an exceptionally good game, it is a good opportunity to analyze what you did well and what happened that put you in a position to simply take over and pop off. Even if you think you understand everything that happened during a game (either loss or win), you should always go and check anyway, because there might be things that you were not aware of during the game.

Even when you think you played well, watching the replay will reveal just how many things happen that you are not aware of because in the game you have to focus on a lot of things at once. However, watching the replay is in a different setting where you are more relaxed and can get a bigger picture of what is going on.

Sadly, a lot of people who want to improve don't want to watch their own gameplay because it is boring or it might make them feel uncomfortable to see how bad they play, but it is one of the most effective ways to identify the areas where you could improve.



09. PLAY IN TOURNAMENTS

Taking a step in a different direction from everything we have covered until now, playing in tournaments is a total curveball that could drastically improve your gameplay over moderate amounts of time.

Nowadays, there are so many platforms out there that allow players to find teams and sign up for different tournaments of all levels - Reach, Faceit, ESL, ESEA, Dota Battlecup and League of Legends' Clash just to name a few.

Even if you don't have a team or any friends to play with, a quick google search will yield a bunch of discord servers and sites where you can look for players to team up with. Facebook hosts thousands of active groups where people are constantly searching for others to play with and against

Playing in a more competitive setting can help you greatly understand the value of teamwork and communication. Learning to be a better teammate is crucial to climbing in ranks especially in games such as Dota 2, League of Legends, Counter-Strike, Fortnite, Rainbow 6 Siege or any other game where you are forced to play with others in order to succeed.

Playing in local or online tournaments will not only force you to interact with other players and learn to communicate, but it will also put you in an environment filled with other like-minded people. Most of the players who attend tournaments are competitively driven and surrounding yourself with these individuals can help you stay motivated.

It is easier to succeed if you manage to immerse yourself in an environment where everybody else wants to do the same. Always make sure you are doing everything you can to set yourself up for a favorable situation both in the game and out.



10. PLAY IN A TEAM

Similarly to playing in tournaments, joining a team and playing in a 5-man stack or a full group is a great way to boost your game knowledge and improve.

The difference is that when playing in a team, you will mostly just be playing online through the ladder and not necessarily looking to compete. Depending on the people you party up with, this will result in a more relaxed or competitive setting.

Playing party games in full stacks improves your communication, team coordination and allows you to consistently experiment with different playstyles. This is a great opportunity for any player to learn from others, ask for constructive criticism and master the art of team play.

To get the most out of this, I'd recommend you play with as many different people as possible in order to get used to the various different play styles out there. Some people really enjoy playing very aggressively while others enjoy playing more reactive or strategic or tactical. Some may tilt very easily and some may not take the game seriously at all. To become better at the game you must be able to adapt and play your best no matter what the others are doing.

Furthermore, you should also look to play with players from all different kinds of levels. Expose yourself to both lower and higher-ranked players. It is important to see the mistakes happening in lower ranks in order to not do them. If you find yourself the highest-ranked player most of the time when playing with others, you will have to put all of the weight on your back. This is a good thing because it will teach you how to carry and you will have to learn to play better. When all of the pressure is on you to win, then you must play differently. There are certain mistakes that you won't be allowed to many anymore and it's a great place to build a solid foundation & create good, game-winning behaviors.

Similarly, you want to keep an eye on the higher-ranked players from your group and mimic their behavior. If some mechanics aren't very clear to you, then this is a good opportunity to ask questions and have them explain their thought process. This will help you improve fast and learn mechanics quicker.

Another great benefit that comes naturally with playing with more people is making more connections and more friends. It is easier to make progress at anything when you aren't doing it alone. Even if you don't play with everybody, having the ability to play with friends every now and then is a great feeling that will help you keep the game enjoyable and stay motivated in the long run.



11. IMPROVE COMMUNICATION

Regardless of what you play, whether it's party, online tournaments, normals, LANS, squads, local games or just good old solo queue, climbing in ranks is next to impossible without good communication. Mastering the art of covering as much information as possible in the quickest and most precise manner is a great tool to have even beyond video games.

Understanding how to communicate effectively and work in team environments are transferable skills that will serve you forever so you might as well get good at them because they can take you very far both in-game and IRL.

I first learned how to communicate properly when I started playing World of Warcraft high rated Arena's back in 2009. Back then, characters had over 30 spells and you had to know all of them by heart. The first thing I learned was that anything that was obvious to me, was not also obvious to my teammates.

Even if we are in the same game, watching the same things, I might notice something and they might not. So with this in mind, it was important to call everything and not assume they know what I know. Competitive games have developed so much that players now all have their specific roles within the match and so everybody is focused on their own situation.

Competitive World of Warcraft is like any other competitive game at the moment and can be decided in seconds. For this reason it is important to call out everything as quickly as possible but this doesn't mean you have to speak faster. Instead break down all of your communication only to the most crucial of things, like calling out abilities used, cooldowns, rotations, positions of enemy players and intentions.

The last one is very important. Depending on the game you play, you will have to perfect the timing of this, but stating your intentions can be a crucial factor to determine the outcome of a strategy. Let your teammates know what you will be doing and how you intend to execute something. Give them enough time to adjust to what you're going to do and how you plan on doing it.



In the same manner, giving information is great but it's not complete without asking for information. The same way you want your team to be able to adjust to your strategies, you need to be able to adapt to theirs. If you lack sufficient information before performing an action, a quick 2-second question can assist you in your decision-making process. In the end, greed is feed so if you can take an extra 2 seconds to play it safe, you'd much rather be safe than sorry. You always want to put yourself in a favorable position.

Most games have built-in communication systems that allow you to give and ask your teammates for information such as voice comms or ping systems. Otherwise, you can use 3rd party tools like discord, skype or TeamSpeak to facilitate communication between you and your teammates.

- How To Improve Communication

By now I hope you have a better idea of what good communication is supposed to look like. Just like solid gameplay, communication is also something that can always be improved upon and perfection is impossible to achieve as there is always room for more.

There is an ongoing duality between you should have said something and you should've asked. In theory both sides of the argument are neither wrong nor correct, but the common consensus is that you can always do more of either, regardless of which end of the rope you find yourself on.

To better your comms, you need to take a step back and look at your own behavior. This is more of a mental exercise that involves self-awareness. Pay attention to the way you talk and react when something happens in the game.

For example, If you're playing Counter-Strike and you get shot, you have a few seconds to give out information that can be useful for your team. Within 5 seconds, the enemy might have totally changed position and your information won't be accurate anymore. So, it is crucial to not waste any time when handing out information.

If you believe your self-awareness level is bad, try to record yourself during a match and listen to yourself. Just like watching replays, this is a great way to notice verbal behaviors that you might be doing unconsciously.



It is a good idea to start crossing out everything that is not related to the game and keeping it for after the match. As a general rule of thumb, in this case, the less you say the better it is. Try to say the same amount of things in fewer words. This might be challenging if you are not communicating in your mother tongue, but you can use online dictionaries to perfect your vocabulary. Tools such as google translate and Thesaurus.com will come in handy at all times.

Although I'll be touching this subject more in the upcoming chapters, it is impossible to close the communication topic without mentioning negativity, toxicity and overall flame. It should go without saying, but I will do it anyway.

- You Should Never Flame!

You should never flame because it doesn't accomplish anything besides making the situation worse. There has never been a setting where telling somebody they are bad or performing poorly during the match has caused them to have an epiphany and magically improve by 200%.

Consistently being exposed to negativity does the exact opposite instead. Whether you are on the giving or receiving end of the toxic behavior, you will only cause a decrease in performance both to yourself and others.

If you really insist on saying something, try to say it out loud and not write in the game to your teammates. Keep everything you want to say until the end of the game preferably, and even then, you have to realize, most players will never listen so you will just end up wasting your time and getting emotionally involved in something that cannot change the outcome of the game.

Generally, giving feedback to your teammates can be a good idea, but only if you play regularly with the same people and find a way to be constructive about it. If you are not sure about how well it is received, you can ask them. Sometimes, what you say may be perceived as very aggressive even if you have the best intentions. In almost all of these cases, your advice won't even be taken into consideration even though what you say is right.



Communication is not just what you say but also how you say it. Whenever you are thinking about how to improve your comms, also think of the ways you are conveying your message. Everybody is different and responses vary from person to person, so be aware that what may work with somebody, may trigger an unpleasant reaction from another person. Unfortunately, there is no universal formula that you can follow to instantly become the perfect speaker but being nice about everything will in general get you pretty far down the road.

Lastly, conversations are not one-way streets. They are bi-directional which means that you also need to learn how to **LISTEN**. Asking the pro's that we've worked with here at GamerzClass, they define listening as not only shutting up and hearing the words coming out from the other person's mouth but a little bit more than that.

A great listener is somebody who is able to put aside their opinions of the topic and try to understand the point of view of the person talking through their eyes rather than a filtered lens.

This is a little bit hard to digest, so to simplify it, the ability to listen is basically just willing to give the other person a try even if they say something you don't agree with. Enter every conversation or feedback session as a blank slate. If there is something you don't understand or are unsure of, simply ask for clarification. It is better to spend an extra 2 minutes on clarifications than to move forward with bad info,

Inaccurate or incomplete information is oftentimes worse than not saying anything at all.



12. MINDSET

Your mindset is the biggest factor that is going to determine the success of your journey. It will also impact the speed of your progression, the quality of your games and overall it is the single most important aspect that can help you differentiate yourself from 99% of the player base.

There are literally thousands of books out there breaking down the mindsets of the most successful people in the world and explaining the way they view the world and how to replicate that. If I would have to recommend a book on this topic it would be **Mindset** by *Carol S. Dweck*. It can even be found in audio format on audible and I'd recommend you give it a listen while doing chores or are on your way to/from work/school.

However, at GamerzClass, we put a special emphasis on adopting the right mindset and it is one of the building blocks that sit at the foundation of every course of ours. We attempt to deep dive into the mind of the pros not only to learn what they think but also how they think and most importantly, how they ended up to those conclusions. Sometimes, you hear certain people speak and you immediately understand why they are special and it simply makes sense that they are so good at what they are doing.

A successful mindset is not something you are born with. It is something you can learn and adapt to your behavior and the faster you do so, the faster you'll get results and see improvement in your gameplay.

- Focus

It is normal that having a **FOCUSED** mindset is the number one thing making it at the top of the list. I've mentioned this before at the beginning of this guide because it is that vital to improvement.

Being focused means that you are at all times aware of what it is you are trying to accomplish and that you are constantly working towards your goals. There will be moments where your focus and resolve will be tested. Having the will to get back on track and remember why you started this journey is going to be the number one reason that will determine not only if you will improve but also how far you will get.



Due to how the brain works, it will be easy to start focused and give it your best early on, but as time goes by, you will need to learn to be **DISCIPLINED** and keep practicing just as hard or as much in the beginning. If your goal is to get better then make sure every game, every match, every round you are always playing with this in mind. It is ok if you want to have fun, fool around and do crazy things, but then expect your progression to slow down.

It might help to think that the tools handed in the ultimate guide to becoming a better gamer are simple but time-consuming and at times, downright boring. However, it is impossible to not get better and improve if you are doing everything mentioned here.

Even some of the pros don't follow all of the practices mentioned in this compendium, so by default, **doing what others don't will get you where others won't**. In this case that means the 99.9th percentile or the top 0.1%, however, you like to call it.

- Progression

Every game you join is a new opportunity for you to do something better than before and you should make that your mission. If you think about it, doing just 2% better than the previous day every day will double your skill level within 35 days and raise to a 724% increase after 100 days.

Of course, it's hard to measure skill level in terms of percentages, but I hope you understand how powerful the idea is. Making small steps forward every day can lead to giant leaps forward in very short amounts of time. People usually overestimate how much they can accomplish in a day but underestimate how much can be achieved in a year.



Progression is something that happens over long periods of time so be patient and keep going. Take things slowly, and go day by day. Focus on learning something new every day but don't forget to practice the execution. Keep in mind that if more information would be the key, everybody would be a billionaire with 6 pack-abs.

Forward momentum is one of the most powerful driving forces out there. Seeing yourself improve and climb is something that will keep you motivated to focus on doing that as much as possible. However, the opposite is also true. Feeling you are stuck and can't climb or you are regressing can downright be the worst feeling and the world. In these moments, everything might seem pointless and you won't want to play the game anymore. This might be inevitable as most ranked systems (elo system) is designed to always match you with opponents of your caliber and get your win rate close to 50%.

In these cases, you should always take a step back and reevaluate everything. Don't be afraid to revisit this guide and start from the top. It's a grueling process, but sometimes in order to keep going forward, you will need to force yourself to do it. Examining yourself and developing a strong sense of self-awareness is crucial to any sort of progression.

- Playing To Improve

There is a clear distinction between the top players and the amateur level gamers across all games. Every pro we ever talked to and ever had over for shooting a course has told us that they don't care so much about winning or losing in solo queue as much as they care about playing for improvement.

When you play to get better, you understand that winning or losing is not everything. You need to also understand that even when losing you can still feel like a winner. No matter how bad you are getting stomped there is a lesson to be learned and if you are actively learning from those lessons then winning will follow naturally.

In the same way, defeating your opponent is great, but not only because you get an increase in MMR or ELO or rankings or you get one step closer to climbing the division you wish to get into, but it's also great due to the fact that you can learn just as much from wins as losses.



For this reason, it's generally a great idea to not give up and still play games no matter how dire the situation looks for you. If you are having a bad game or you are matched against a better/stronger opponent, you can still learn from it. It's just as important to master playing from behind as it is to play from ahead and some would argue that it's even more significant.

The faster you manage to accept bad in-game circumstances, the more you will be able to play your best no matter what. Attempting to get the most out of any situation should be one of your constant goals and you should be aiming for it consistently game after game.

- Having Fun

Playing for improvement is one thing and playing for fun is another, but they don't necessarily have to be mutually exclusive. You can have one with and the other at the same time.

Having fun may not be as necessary as playing to improve in order to progress, but it is very essential in order to maintain a healthy mindset. There is no point in playing a game or getting better at something if you genuinely don't enjoy it.

Earlier when I said that your resolve will be tested, I specifically had this part in mind. When you wish to improve, you will need to have the discipline to fight off the boredom that comes with playing meta heroes or practicing the same thing over and over again. In these cases, you might get the feeling that you lost the reason you enjoy started playing the game in the first place and you will have to find something else that rises enjoyment in this.

Also, sometimes people can get too obsessed with their rank and only wish to win at all costs. By itself, wanting to win is not a bad thing, however if it comes at the cost of frustration, negative emotions and loss of enjoyment, then you will need to reconsider your strategy.



- Not Giving Up

Continuing from the last point, not giving up is an integral part of climbing. It should be deeply ingrained in your brain that there's always a chance to win. No matter how bad it looks like, you should at least try your best. Not all games are winnable, but sometimes even the direst of situations can be turned around under certain circumstances and you need to be ready.

It may not be totally in your control, and the enemy might have to do multiple mistakes in a row in order for you to come back and win, but it's only possible if you are playing the game.

There are countless people out there going AFK and rage-quitting because they are having a bad game. Unfortunately, most of them won't get banned or punished by the report systems, however, they will also never climb. Most grinds are a test of mental fortitude and the victorious outliers are always those who manage to pull through even with their backs against the wall.

Giving up is the only way to decrease your chances to 0. As long as you hold on, there is always a possibility. This is important because winning a game you shouldn't have is not only a great feeling but is also one of the biggest differentiators when trying to increase your win rate. Losing one ranked game sets you back for 2. If you are sitting on 100 and lose 50 in the first game, then you need to win 2 games to get over the initial number and no matter what you play, it can consume a lot of time and energy.

- Toxicity

It is no secret that some of the most competitive games in esports are also the ones with the most toxic communities. It is impossible to play the ladder without meeting toxic people and dealing with constant negativity. Some people don't know any better and not everybody is actively trying to grind, climb and improve.

Embarking on the crazy journey of becoming a top-level player requires you to have nerves of steel and not succumb to the negativity of others. The easy way out is to hit the mute button on everybody, but unfortunately in some games you will still need to communicate with your teammates in order to maximize your chances to win.



Positive **M**ental **A**ttitude or **PMA** has become a meme in the gaming community, but it is indeed a powerful tool that can allow you to win games with flammers, inters and ragers. Think of PMA as the opposite of flaming. If flaming makes your teammates play worse by continuously pointing out their mistakes, insulting them and calling them out on bad plays, then positivity is the act of taking your teammates by the hand and encouraging them every step of the game.

Players with positive reinforcing behaviors are usually well regarded by others and get trolled less. Unfortunately, it is not fair that you have to sometimes beg people to play and keep telling your teammates that everything will be fine. Keep reassuring them that even if they are having a bad game it doesn't mean the chances to win are gone and they should continue trying to win.

More often than not, positivity works. Some people are immune and too self-absorbed to see the bigger picture, but that doesn't mean you shouldn't try to assist them. Climbing is done most efficiently when you are doing everything in your power to help both yourself and your team achieve victory.

- Taking Leadership

Every game out there has two types of players. Reactive and Proactive. Reactive play-styles mean waiting for something to happen and then reacting to those events. This is a great way to create a solid foundation of fundamental mechanics and is definitely a more risk-free approach to the game.

Unfortunately for you, the most dominant players in the world all take a proactive stance. If you are not used to taking control and calling the shots, it can be scary to start. Sometimes your plan or idea will end up being a bad one and it will feel terrible to be in the wrong. Don't feel discouraged because it happens to everybody, but the success factor is determined by how fast you can learn from the experience and bounce back.

In team-based games you will get matched with all sorts of players who play the game in many fashions. In some cases, you will have to take leadership and micro-manage them if the game feels like a drag. The better you get at this, the more likely you are to win even if the game has digressed sideways.



- Only Rely On Yourself

You have to understand when playing ranked games, especially ones that are team-based that the only constant in your games is yourself. Everything else changes from one game to another. Not only that, but you are also the only variable you have power and control over. You can't change what your allies are doing, and in almost all cases, there is nothing you can say or do to impact their behavior or mentality.

A lot of times, it is only going to be yourself. So, what does this mean in reality? Well, you have to play differently than when playing with friends or people you know, because in solo-queue you can't rely on anybody for anything. Play as if you have to do everything yourself.

I've seen countless people lose games because they expect others to do some of the work. Unfortunately for you, setting these sorts of expectations will only lead to frustration and disappointment. It is, of course, normal to believe that people should know how to play, but every individual has weaknesses and strengths. While valid, you shouldn't even attempt to answer questions such as "how did this guy get at this elo", "why is he in my team", "how is he so bad", etc.

If you ever find yourself in an unfavorable position because you took a play for granted or expected a teammate to do something, blame yourself for it. As I'll explain in the next chapter, it is ok to get angry and feel other negative emotions, but you should always take the responsibility for future situations so you can improve and not repeat the same mistakes.

Climbing in solo queue is often a mental battle with yourself and others. The more control you have, the better your experience will be. However, there aren't any cookie-cutter recommendations. In some situations, you will have to be the greediest person ever and trust your carrying capabilities, while in others you will have to share the pie with your team and let them have a bite.



In general, my recommendation would be to assess every situation and only depend on yourself. Try to get away with as much greed as possible even if you enjoy playing more supportive positions. A lot of people complain that they can't win playing support as they can't be the ones carrying, but this is not true. There are plenty of things that you can control and you are the one who can set them up for success. As a support it is your role to create opportunities for your team.

On the other hand if you are the carriers in your game and your supports aren't doing their job, then the same principles apply to you. Don't wait for them to do something. Set yourself up for success even if it might cost you something. It is better to waste some time so you have a better game rather than complain about it and wait for somebody to do it for you.

- Risk vs. Reward

The Risk vs Reward dynamic is what the pros, everybody here at GamerzClass and even some of the most successful business people in the world believe to be one of the greatest thought processes you can adopt.

Just like everything else in this guide, the idea itself is very simple, but executing on it is what makes it hard. Being in a risk / reward mindset means that you analyze every situation as measuring the risk vs the size of the reward. There are multiple types of situations possible, but the following 4 are the most important ones:

Low Risk - High Reward

These are the types of situations that usually end up winning you the game but most people would consider it as the boring stuff and unfortunately that's why they lose a lot of games they shouldn't. Have the discipline to take advantage of a good situation and go for objectives to push your advantage even further.

First example that comes to mind would be going for Towers or Roshan / Nashor after a good team fight in Dota 2 or League of Legends.



High Risk - Low Reward

High-risk low reward plays are generally the type of things that more often than not cause you to throw the game. Attempting something very crazy "for fun" or for a kill on a support is never worth. Almost every game nowadays has catch up mechanics and most of the times you will just end up overextending and throwing away your position for almost nothing. Being able to control your ego and not risk doing stupid things will help you close out games that you should never lose.

High Risk - High Reward

This type of plays are crucial to having a great win rate, because they will often make or break your game. It is an all in situation and often you encounter such situations where you are very close to losing. In a way it's high risk because if it doesn't pan out, it's a guaranteed loss, but if you don't go for this play, then you will most likely lose anyway. Not all games will start great, but that doesn't mean it's not winnable. Turning games around is one of the most important skills to develop during the process and these types of plays will help you get back in the game.

Low Risk - Low Reward

Lastly, the low risk, low reward play is in general just playing very safe and defensive. While in itself there is nothing wrong with the low risk, low reward play, you should try avoiding sitting in this zone for too long. Look to always get a bigger reward for a lower risk. The best players in the world all try to push the limits and you should too. Everybody in the game starts on the same level, but the top-level players know how to do & get more with the same amounts of time and resources.



13. DEALING WITH YOUR EMOTIONS

When I first climbed an online ladder was back in 2009 when I was playing World of Warcraft arena's way before League of Legends or Dota 2. If you're serious about improving you will see that it's a long journey and learning to deal with your emotions is a crucial step in overcoming massive loss streaks.

Being *tilted*, is the most common phenomenon that happens in gaming. I'm sure I don't have to explain what it means, but in the offshot chance that you are fortunate enough to not know what it entails, let me ruin it for you. Simply put, being tilted means letting your emotions get the better of you and having them impact your game. This means that you stop being completely rational and start making decisions based on emotions which in 98% of the cases will be sub-optimal.

Some people have nerves of steel and never get tilted, which is incredible, but also very very rare. It's normal to have emotions come up while playing especially if you take your games serious and want to improve or rank up. This level of dedication is impossible to achieve without being emotionally involved and that's not uncommon because you care about it. In this chapter, I'm not going to tell you to be careless, because it's only a video game and you shouldn't take it so seriously. Quite the opposite, if you are serious, it's normal to be emotional and you **SHOULD** be feeling things.

First it is important to understand your feelings in order to control them and the more stable you are, the better you will be performing. However, processing what's happening should never take place during the game. Don't think of it as suppressing your emotions rather I want you to envision it as putting them on hold until the end of the game regardless of win or lose. I know this is easy to say and hard to do, but with time, work and patience, you will manage to do it.

Once the match is over then you can lash out. Lashing out is a crucial part of the process and shouldn't be ignored. However, I strongly suggest you don't break anything and throw your mouse or keyboard or headset around. Also, don't try anything stupid like punching the wall or screaming at the top of your lungs as it will not accomplish much.



Take a moment to process everything that is going on inside your body. Focus on breathing and think about what was the thing in the game that triggered your emotions. Learning what causes your reactions will help you deal with them at a later stage. Once you identify the cause, look to understand what exactly are you feeling, is it anger, frustration, disappointment or on the other hand if it's joy, excitement, happiness. Be as precise as you can and with time, being able to quickly identify what & why you are feeling is a great starting point to having a better understanding and more control.

You might be wondering how this might help you and what advantages it brings. Well for starters, being conscious about what is going on both at a physical and emotional level is healthier. Secondly, controlling your emotions is a powerful tool that will help you climb because it will stop you from tilting and taking sub-optimal decisions based on feelings. Lastly, it's going to overall help you in other aspects of life, both in-game and outside. Imagine playing in a tournament finals and being 0-2 with your back against the wall in a best of 5. The pressure is huge and you need to be able to deal with and keep performing. Controlling previous emotions regardless of type will help you in future situations.

14. KEEPING CALM

I like to separate keeping calm and controlling your emotions into two different sections because even if the process is the same, the source and outcome is completely different.

Many beginners struggle to keep calm because of multiple reasons. There's something called ladder anxiety which some people have a real issue with, but it isn't an issue that can't be overcome. Many people are afraid to queue up for ranked games because they are scared of losing their ratings. But losing is part of the process. Unless you are some prodigy, (which I will assume you aren't because you are reading this), then much like Thanos, it is inevitable.

There is no secret sauce or magical answer, you just need to accept that you will lose and you have to play the game. With time this will diminish until it disappears. A reason why some people might have this is because they have achieved a rank they think is too high for them and don't want to lose it. However, the only way to get rid of this is to play and prove it to yourself. Sooner or later, you will have to get over it.



Secondly, the more important and recurring phenomenon is not being able to keep calm due to the many stimuli. I've seen many players get very stressed because of all of the things that happen at the same time on your screen. The way to get over this is to slow it and yourself down. There's no point pumping out APM just for the sake of doing as many things as possible in a short time span. You want to gradually increase your APM with precise & exact movements. For that you need to start low and work on speed once you master the fundamentals. It is better to do only one mechanic and do it properly rather than 2 on an average level.

Lastly, you will encounter high-pressure situations multiple times in a game. There will be varying degrees of pressure however your success rate is directly proportional with your ability to not choke and keep a clear mind.

To give some examples, think of last hitting a cannon minion in League of Legends, or having the opponent in your box at FIFA, or having to clutch in a 1vX situation in CS:GO. Each situation has a different degree of pressure but being able to keep a clear mind and keep breathing is crucial in being able to salvage the situation or push your advantage.

15. TAKING A BREAK

What is probably the most overlooked step of the process is taking a break. It seems counterintuitive. *How can you get better if you are not playing? To get better I need to play more!* This is not entirely true. Playing more games is important however we've seen that playing is not the only thing in the world that leads to improvement.

There are two types of breaks you need to be taking during your climb. The first is what I call a small break. If you are doing long gaming sessions make sure you get enough water, stretch your legs and go for some fresh air every few games. You might want to take just 5-15 minutes to make sure you stay fresh. Some studies show that doing any sort of practice for long periods of time is ineffective. Instead try to bring your A-game for a couple of hours (2 or 3) at a time and then go away for a while and come back.



When you are taking short breaks, it is a good moment to watch some replays, revisit a mechanic, use the practice tool or fool around in a non-ranked game. If you're focusing properly in ranked, it will be a very exhausting process and taking time to rest should not be neglected.

The second type of break is what I would call a long break, although I use the terms short and long very loosely. What I mean by a long break, is a period of time when you are totally disconnected about the game. This means a portion of time where you are totally immersed in something else and not doing anything actively to think about your game.

Some of the most common examples of longer breaks include going to the gym, going out, cooking, cleaning, watching a movie, spending time with friends or family, etc. I think by now you get an idea of what it means. These breaks are important for a multitude of reasons. It helps keep the game fresh, it boosts your creativity and what's probably the most important thing, it keeps you sane.

At GamerzClass, pro players tell us they practice less and less compared to how much they used to play before going pro and most of the top teams now have performance coaches, sports psychologists & managers that force players to do more things outside of the game to keep their minds and bodies fresh.

16. ADAPTATION

As we approach the end of the guide, I still have some topics to cover and one of them is *Adaptation*. This subject is disregarded a lot especially at the lower levels and to be fair it is understandable. Being adaptable means not doing the same thing every single game, every round or every match. The same thing that makes these games attractive is also the same reason why they are very difficult to master and that is the feeling of playing a different game every time.

If your desire is to truly get better at the game, then you have to realize there are no cookie-cutter strategies. Cookie-cutter strategies are those one type fits all kind of things. Unfortunately, becoming very good is hard work and requires you to do many things and constantly think about what and why you are doing a certain action in the game.



Going for generic but safe strategies is a very lazy way of playing the game. Good for everything type strats might be decent, but that's all they are and that's all you will be if you choose to go for those. While it may win you some games, it won't get you those incredible win rates and to be fair it might even be detrimental in the long run.

Video games are different than sports because in gaming, the rules are constantly changing. New patches are regularly being pushed by developers to keep the game fresh and entertaining. With every change, the meta shifts a little bit until one day when it's going to be a completely new experience.

It is important in these cases to be able to ride the wave. It is in the human biology to enjoy being in the comfort zone and continue with familiar strategies so you have to force yourself to adapt, be agile and implement a pro-active "always thinking" approach to the game.

Implementing such a game plan is not very hard, but doing it successfully is. It will take some time before you get a good grasp of what decisions to take and failing a couple of times is acceptable as long as you improve your game sense. It is impossible to imagine that if you constantly think about the match, you won't get better. Every opponent is different so you have to treat them accordingly. Always be thinking about what they are doing and what you believe to be the optimal way to think about it. Constantly change your game plan depending on what your opponent is doing. It doesn't have to be massive tweaks, but small things here and there will end up having a serious impact on your long term journey.

17. KEEP GOING

One of the many mistakes people make when trying to improve or climb is giving up early on in the process. It helps to know that it takes a long while to get at the top and it's definitely a journey that you sign up for in the long run, however, there are things that you need to be actively doing in order to stay motivated.

A lot of people start changing some of their behavior and follow the advice given in this guide and they improve for a while. But then, after 2 or 3 months they get lazy or even worse, complacent, and stop taking an active approach in their development. In these moments you have to realize that what may have worked at lower ranks, might not work at the higher ones and vice-versa. It might be unpleasant, but you might have to take it from the top once again.



Every time you feel like you've hit a roadblock, take a step back and re-evaluate the situation you find yourself in. Progression is not always a linear path, so fluctuations are expected to some extent. If you struggle to stay motivated, try taking a few breaks. Cut yourself some slack because you've worked hard for it and improvement is a tedious and difficult process. Try not to be so rough on yourself. If it helps, you can have some reminders laying around either in a notepad on your desktop or even physical reminders. Don't forget where you want to be, where you started from and why you are embarking on this journey to greatness.

Grinding it out and improving at video games is most of the time a mental battle with others but also with yourself. There will be periods where you will shine and, sometimes you will fall in such slumps that you won't want to touch the game ever again. However, no matter what, you have to keep going forward. Some people get lucky and some are very talented, while others just simply need more time. There are countless pro players both in esports and traditional sports that reach the top only after several years of practice down the line.

You are never too old and it's never too late to start getting very good at something.

18. STAYING HEALTHY

Finally, you are doing everything you can within the realm of the game to improve and you're getting there. You are also crossing out all of the checkmarks on the mind-set list. You are in the zone every time, you don't tilt, you're being positive and learning to take leadership and develop that side of your game style as well.

But you want more, and I want you to do better as well, so here's how you can keep improving your game through real-life practices. Staying healthy might not take your plays to the next level, however what it does is it ensures that you consistently play at your best. If normally you alternate between a good week and a bad week, living a healthy lifestyle will reduce both the duration and frequency of your bad weeks, allowing you to reach peak performance more often.

There are of course a lot of aspects that determine just how healthy of a lifestyle you are living, but in this guide I'll only be covering the most common 3. Most of the pros that teach at GamerzClass agree that when you are physically feeling bad, your performance automatically decreases whether you are conscious about it or not.



- Proper Nutrition

Having proper nutrition is crucial to maintaining a healthy lifestyle. It is important to have a high level of energy when playing to ensure your reflexes are sharp and you're not just on auto-pilot mode. While we are not professional nutritionists here, there are some recommendations we could make that would 100% help you feel better during your gaming sessions.

Drink Enough Water

Make sure you drink around 2L (64 oz.) of fluids a day. Have a glass or bottle of water next to you at all times and make sure to fill it up every now and then. It's also a great reason to get up and stretch your legs every now and then.

Avoid Too Many Sugary Drinks

Energy drinks, sodas and other high on caffeine drinks are really good short term energy boosters, however try to avoid stacking upon them for long gaming sessions or increased periods of time. Having one every now and then is fine, but the primary problem is the crash you feel after a couple of hours.

Avoid Heavy On Fat Foods

Foods that are very oily and heavy on fats, whilst very delicious, they can sometimes be very hard to digest. Your stomach will take a lot of power to process the food and therefore your energy levels can drop for an hour or two when digestion starts.

Load Up On Fruits And Vegetables

It's important to stay fresh and energized when doing long gaming sessions and if you ever feel the need to for a snack, try to avoid heavily processed foods like chips, cookies, chocolate bars. Opting for fruits instead offers a healthy alternative that will give you the same boost but with natural sugars which are preferred by your body.

Balanced Diet

Lastly, having a balanced diet allows you to indulge in everything but you should keep it in moderation. There are plenty of free online calculators where you just put in your height, weight and age & they give you all of your macros nutrients. Mostly you will want to look at the main ones (proteins, fats & carbohydrates) and try to stick within the normal ranges to the best of your abilities.



- Regular Exercise

Being in shape is complementary to maintaining a healthy diet. Studies show that regular exercise increases overall creativity levels, helps oxygen flow through your veins and overall increases your energy and productivity.

Exercising also improves your mental health and mood and keeps your reflexes sharp, both of which are useful when trying to give your best during your ranked games. There are many ways of doing some sort of exercise. You don't necessarily need to join a gym, start running or pick up a new sport to stay within healthy parameters. Just being active for 20 minutes a day is enough. For example, a short walk and a few push-ups every day can help you maintain a decent form.

- Getting Enough Sleep

There are more and more scientific research studies that link good sleep with solid health benefits. Firstly we need to note that sleep, exercise and nutrition are all inter-linked. This means that changing something in one of them improves the other. If you get good exercise and healthy food you will sleep better.

The better you sleep, the better you will play. Not only does solid sleep help reduce stress, inflammation and keeps you more alert, but some research is starting to show that people who sleep less than 7-8 hours a day are unconsciously performing worse than those who get a full night's sleep.

One particular study asked 2 groups of participants to perform a series of tests. One of the groups was on normal sleeping hours (7-8) and the others were only allowed to sleep between 3 & 5 hours a night.

After several days, participants were asked to perform another series of tests and even if those who were getting less sleep admitted to feeling alright, the results showed that there was a twofold difference in their performance. They performed worse than the control group on the latter test, and they also scored worse when compared to their initial attempt.

So make sure you get enough sleep and if you are having a bad day try to think about it. Have you slept enough the night before? The previous week? What did you have for dinner or lunch? Did you Overeat? All of these can lead you to a poor day or a series of poor days. If you think about it and realize that you aren't having the most healthy lifestyle, then you might want to improve on these aspects as they will guarantee better days.



GAMERZCLASS & TAKING A COURSE.

If you've made this far, it definitely shows you are interested in learning how to get better and your desire to improve trumps your laziness. For this reason, I'm already liking your attitude. Just by reading everything in this guide so far, you've proven it to yourself that you are on the right path and you are willing to put in the effort. Now all you have to do is maintain it and not give up.

However, if you wish to accelerate your learning process, you are in luck. Nobody can do your push-ups for you and while there is no replacement for hard work and practice, (which are things you are still going to need to do), there are a lot of online platforms out there that can help you achieve your goals faster.

GamerzClass is a professional and structured gaming learning platform. They work with the top tier pros to bring out what is otherwise inaccessible knowledge to the average gamer through online master courses. The basic idea is to deep dive into the minds of the biggest professionals to help gamers like you improve at a faster pace. While there are tons of youtube videos and streamers out there that provide some of the same educational content and help you stay in touch with the meta, those channels are not always the most optimal way to learn.

Think of it this way. If you want to learn to play an instrument or a sport, you would never go to youtube and just watch somebody play for hours on end. What you do instead is go to a professional or a club (group of professionals) and have them break down all of the techniques you need to get better and practice.

Not only do they break it down for you, but they also give you exercises, maybe even some good old homework and overall, the best teachers give you the best practices. If you take a look at any sport, all of the players have their own coaches and people who are constantly helping them reach their maximum potential and so should you. We notice this behavior starting to become a standard in esports as well. The biggest teams start hiring performance coaches, sports analysts, psychologists, nutritionists and just anybody who could be used as a tool to raise the ceiling.



At GamerzClass we want to do the same thing for you. We're always looking to work with the most relevant professionals to help you stay up to date with the best practices and most efficient learning patterns. At the moment we have courses for people who wish to get better in 5 different games, League of Legends, Dota 2, CS:GO, Fortnite and FIFA20, but GamerzClass is looking to expand within more titles in the upcoming years.

The GamerzClass platform works in a very simple way. You go to the website gamerzclass.com you view the game categories, choose your game, browse the different subjects & coaches pay around \$35 for a single course and start improving immediately. I understand not all of the people can afford it, but when you think about it, it is at the moment the most cost-efficient learning program you can take.

Some of the best live coaching services charge that amount per hour for live coaching and there is only so much you can cover in a single session. If you could afford it, then live coaching is definitely the fastest way to get better, but it can just as quickly become crazy expensive. On the other hand, the free alternative is great for those who aren't willing to spend money, but it is very time consuming and you will end up spending hundreds of hours going through different videos and vods to find exactly what you can do and what to learn.

So GamerzClass doesn't just help you get better, but it also accelerates the process at a reasonable & affordable price. Furthermore, you also get lifetime access to the course after a one-time payment, which is great because you always know where you can find the information, so you can easily revisit it. One of the biggest problems with free YouTube videos or Twitch VoDs is having to manage infinitely expanding playlists or deal with those ever-annoying bookmark folders.

Overall, most of the students that purchase from GamerzClass admit having improved and over 90% of the people say they don't regret it. It won't necessarily take you from 0 to hero, but it might help you take the next step and when you think about how you will probably keep playing that game or another for the next few years. If you think about it this way, then I believe it's a small price to pay for just how long you will use this information. And I haven't even mentioned that some courses contain a lot of transferable information that you can take with you either in a different genre or even in real-life situations.



THANK YOU FOR READING!

Congratulations! You've reached the end. I hope you have enjoyed the "Ultimate Guide to Becoming a Better Gamer" and have found it useful. The journey of improvement is a long one and it takes a lot of dedication, motivation and hard work to reach your goals and I admire you for having the courage to go down this road.

I like to believe this is the first step out of a thousand and I want to say thank you for choosing to walk together with me, GamerzClass, and all of the pros that we work with. I believe that if you've managed to come this far into the guide, you have proven just how serious you are and you are willing to do whatever it takes to get better and that is exactly the mindset that will get you there.

Greatness is not guaranteed, but reaching your personal goals (or going beyond them) is one of the best feelings in the world. If you truly care about doing something in this life, why not become very good at it, no matter what it is.

I'd like to give you some **FINAL ADVICE** to make sure you get the most out of this long article. Here are my recommendations.

Save this document and make sure you come back to this guide whenever you feel down or think you have stopped progressing.

Focus on one thing at a time and move forward only when you mastered a new mechanic

Consult with friends and other high caliber players to find out what they are doing to get better and work together.

Join a community or a discord server that focuses on improvement and surround yourself with other like-minded gamers.

And lastly, never stop having fun. There is nothing worse than grinding for so long that you end up forgetting what made you enjoy the game in the first place. It is never worth sacrificing your body, mind or soul for temporary success. Keep having fun and keep going. With this said, thank you very much for being with me all the way to the end, I hope you managed to learn something useful and GLHF further in your pursuit to maximizing your potential.



ABOUT THE AUTHOR.

This guide has been written by Mircea "Mirch" Staicu (@MirchTV). I'm 27 years old and I've been a gamer since the age of 3. I can't remember much of my early gaming days, but I probably started out just like anybody else on an old console that unfortunately got lost and don't remember what it was exactly.

I played some of the games dating from back then and the most notable ones that I can remember are Duck Hunt and Mario. When I was 5 years old my dad who was (and still is) passionate about computers brought home a PC for the first time. Ever since then I have been hooked. I went from basic title to title until I was about 8 or 9 and discovered some of the biggest game titles even today. Quake & Starcraft. I played both of these for a very very long time until I stumbled onto the universe of Warcraft.

Some of my friends from school introduced me to the original Dota back when I was 12 but having changed schools after the 6th grade, I not only lost contact with my friends, but also with Dota for a while.

Afterwards I got into World of Warcraft and this is when for the first time I've started taking games seriously. I remember this series of events like it was yesterday. Half-way through The Burning Crusade expansion, I've gotten into PVP and decided to make my own video. I've uploaded the video to warcraftmovies.com and got quite a lot of negative feedback because I wasn't very good at the game. Ever since then, all I wanted to do was take that feedback and improve my game, and so I did.

I continued playing the game as a PvP-er and focused all of my energy on getting better. I would play 2v2 or 3v3 for 12 hours a day every day for about 3 years until the end of Wrath of the Lich King. It was at this time I was in my peak World of Warcraft form, reaching 2200 rating in both brackets. (which was around the highest at that time). At our best, my friend and I were ranked 42nd in the whole battleground and this was in season 7.



It was also around this time, I started to gain interest in Dota and after going back to it for a few weeks, the same people who got me into Dota, introduced me to Heroes of Newerth. HoN ended up being my life for about 2 years but sadly, I could never say I got good enough at it.

After HoN, some of my other friends from high school started playing League of Legends and I got into that as well. I kept bouncing around from League to HoN and when i got beta access to Dota 2, I started playing that as well. I would always play one of these for about a year and then switch to the other, until HoN died and then it was just League / Dota 2 and the occasional new World of Warcraft expansion.

Today I still play all 3 games depending on my mood and such, but at my peak, I was ranked 201st in League of Legends, just one game away from Top 200 Challenger in February 2016, and ~4800 MMR in Dota 2 towards the end of 2017.

While I wouldn't consider any of these achievements extra-ordinary, I have managed to stay in the 97th percentile in multiple esports titles for almost a decade and I consider that to be a fairly good achievement.

Today, I don't have as much time to play, nor the drive to push myself everyday, yet I still enjoy the occasional high skill ranked game and love competing. When you combine my gaming achievements. alongside 20+ years of being a passionate gamer and also currently working in the esports industry with some of the best gamers out there, I hope it gives me the credibility to create this document and allow you guys to learn from my and others' experiences.



CONTACT.

If you have any questions regarding your climb or improvement, don't hesitate to contact either myself [@MirchTV](#) or [@GamerzClass](#). We'd be more than happy to help and answer to the best of our abilities.

To make it easy I'd like to provide a few links for you. Make sure to follow us on social media to be the first to receive special offers, news and information about all our existing and upcoming courses.

We truly care about your journey and would love nothing more than to see you reach your full potential. Everytime we receive a testimonial from somebody telling us about how much they have improved after following a course, it makes our day. We love hearing about it so please don't keep it to yourself. Reach out to us and let us know if we helped in any way or if we can do more in the future. Good or bad, we want to know!

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