

# Training Methodology

#Method

## What is your training method as a coach?

**Philosophy** → **Make one specific for the team, what are the mantras of this specific team?**

1. Love what you do → [Passion](#)
2. [1% better everyday](#) -> [obsession with the details](#) -> [kaizen](#)
3. Gardener of good (mental) aptitudes that makes the difference in EVERYTHING you do → Seek [Flow](#)
4. [The rule of thirds](#)
5. [Accountability](#) to the highest standards
6. [Trust](#) yourself, trust the process
7. More isn't better, better is better → [effectivity of good time planning](#)
8. No regret! No *I wish i would have done more* → [Sacrifice](#)
- 9.

## Method

- [Drexler-Sibbet Team Performance Model](#) → Confidential form to create a profile of the players (adding the questions of Drexler-Sibbet steps)

### **5.- Learn what makes a player tick (Chapter 7 p. 95)**

Players are not forthcoming about their deepest yearnings. Look for ways to get inside a player's head. A good strat is to create a 'personal shield' profile based on classic questions such as: 'What's your greatest aspiration?', 'Who's influenced you the most?'. After, on further one on one meetings, try to probe more deeply. To test how the players

fell on the team use the 'social bull's-eye': make them position on the bull's-eye based on how connected they fell to the team (and probe a little more).

- Decision Tree, based on:
  1. Situational Frame
  2. Clear and concise communication:
    - Between rounds -> economy-ultis-plan
    - No asking, COMMAND (with initiative)
    - Callouts for every corner of the map (no 'there' and a ping)
    - No unnecessary info (complaints, hp of the enemy to justify a lost duel, etc)
    - All in the same page ≠ CounterCALL
    - Protocols
  3. Mindful awareness ≠ Autopilot -> enemy reading and making conclusion based on the info is key (meditation everyday is an important tool)
  4. Refrags 95% of the time (opening angles with 1-2 technique) -> No hero complex
  5. Basic stratbook (macro) + adaptability (gamesense) + creative proactivity (micros)
- VoD review -> Pen & Paper + study and self awareness
- Server time
  1. Dry runs
  2. Plant color code (green, yellow, red)
  3. Refrag exercise - retake - postplant
  4. Study of lineups, utility and angles
  5. Map callouts
- **Fundamentals** > *Counterstrat*
- Compete as much as you can -> nothing compares or gives you the experience of those kind of matches → experience on LAN
- Clear objectives → for the season, the split, the month, the week, the day...

Routine = Discipline

- Tipos de rutinas:
  1. [Aim routine](#)
  2. [VoD review](#) individual & pros -> study your notes
  3. [Server time](#) (agents & maps) -> study the game
  4. Grind ranked (step up you individual level)
  5. [DMs recording exercise](#) -> improve [communication](#) and helps learning the map callouts
  6. Weekly meet with team psychologist or performance coach
- Fulfill personal routines (whether imposed by the staff or not) to become a better player every day is the foundation for reaching a professional level. If I diligently follow through with the less enjoyable aspects of the game, I will have a better time competing in the game that I am passionate about. Additionally, this personal [discipline](#) will translate into the necessary discipline for playing in official matches, just as one trains in practice sessions.

## Schedule

- 5 training days (4h hour minimum as a team)
- 1 day team building -> play other games, do different activities
- 1 day full rest

## Culture of the team

- **Patience** to get to know oneself and grow
- **Proactivity**
- **Punctuality**
- **Honesty, sincerity, and clarity** →
  - Your team has to be the most open space on your life. You should be able to speak what you think and what you feel no matter what. Always that it is in a respectful and positive way. ([culture](#) - [feedback](#)) - Enzo
- Integrity -> unity between what I think, say, and do

1. **Lead from the inside out** Speak from what you are, from your heart. Don't use techniques (that might work short term). Find what it's authentic for you and they will listen.

- **Ambition, work, and effort**
- Selflessness

## Tools

- Stratbooks
  1. [Valoplant](#) -> creation of strats and library of them
  2. [TheRadiant.gg](#) -> micros
  3. [VLR.gg](#) -> match statistics and scouting of teams and compos
  4. [RIB.gg](#) -> match statistics and scouting of teams and compos (more extensive analytic tool)
- Lineups:
  1. [Strats.gg](#)
  2. [Valoplant](#)
  3. [Tseeky](#)
  4. [vladk0r](#)
  5. Creating my own
- Team organization
  1. [Teamup](#) -> schedule
  2. [Millanote](#) -> Tracking individual and team objectives
  3. [Drive](#) -> stratbooks y analityc docs
  4. [Trello](#) -> schedule + important info (brief) - Trello can combine Teamup and Millanote (need to test it)
  5. [Miro](#) -> visual support for specific theoric teaching
  6. [Pracc.com](#) -> pracc booking for training
  7. [Discord](#) -> comms app and for quick info checking
  8. Others:
    - Asana

- Augment
- Aim routine
  1. Aimlabs aim routines
  2. YouTube aim routines → videos curated by me
  3. Kovacs aim routines -> aim trainer