West Proter Valorant Training Regiment

By West Proter and StarkLN

Intro

Feel free to check out a YouTube version of this doc. This is a routine that Stark and I have been working on for about 4 months. It contains a variety of Valorant specific scenarios, a benchmark sheet to help identify weaknesses, and routines to train them. I have included scenarios in this playlist in a variety of my aim routines and aim coaching, including routines made for professional Valorant players, streamers like n0ted, and many others. One of these scenarios, WPV Multipeek Ascent, was even remade in Aim Lab and put on the rA Valorant specific benchmark sheet. While I have aim coached a variety of top tier Valorant players, StarkLN has achieved Voltaic Astra and Nova scores, and was a very skilled level designer. Without him, most of these scenarios wouldn't exist, and the routine itself would be far worse than what it is. He turned this from a short routine into a massive project, and did a ton. Even though officially it is the "West Proter Valorant" routine, he was as much a contributor, if not more so than I.

Benchmarks

As stated above, this routine comes with it's own set of benchmarks. While there is some scenario overlap with the rA Valorant specific benchmarks due to sheer coincidence and my own promotion of these scenarios prior to this routines publication, the two sheets could not be more different. These benchmarks are meant to simply identify your weaknesses from a long list of potential weaknesses. My categories contain in depth subcategories, and each subcategory comes with a routine to focus on the specific weakness that it is meant to diagnose. Obviously, it is very hard to equate two scores testing two different skills, so if you feel one category speaks to your weaknesses much more than the category that you score lowest in, feel free to treat that category as your worst category.

Flicking

This category is meant to help you master the ability to flick to a target. The focus will be on still targets, and those with a very slow movement pattern. When playing against a player with good movement, the action of flicking to a still target may seem like wasted training, but this couldn't be further from the truth. The specific skills that each of these scenarios train are very important for the part where you get your crosshair to this player, and oftentimes you will kill that player before their movement pattern even throws you off. In the event that you do need to adapt to a movement pattern and hit someone who is counterstrafing, it is still important you get to that person before they kill you, a fast flick is needed.

Speed

This scenario is designed to track an ingame flick as effectively as possible. Ingame, someone peeks you, and you have a limited amount of time to react before they kill you. These scenarios have a target appear, just like you were peeked, and then the target disappears, limiting your time to kill it, just like an in-game enemy disappearing. Essentially these scenarios rate your ability to react and flick quickly. The key to your scoring these scenarios is that the sooner you hit the target, the more points you receive. This forces you to continue to try to aim faster instead of aiming for perfect accuracy like most top players do on most reaction based scenarios. Due to the way scenarios work, it's almost impossible to try to benchmark your reaction time separately from your ability to flick quickly, and I don't think it's super important to do as reaction time has a somewhat strong genetic influence and is pretty slow to train, so if you can't react quickly, train it, but you'll also need faster flicks to compensate and beat those with a similar reaction time. For that reason the playlists to train for speed include both reaction based flicking scenarios and target switching. On the target switching, play like the first hnA routine, flick super fast, and allow for some shakes in your aim.

Precision

This scenario category is designed to focus on your ability to precisely hit small targets. This is useful, one because it challenges your further than in game, two because you need to hit the center of heads when you're using a gun like the Sheriff, Vandal, etc. with some first shot inaccuracy at long range. For that reason this category is meant to benchmark your raw ability to hit targets very precisely. When training this category, flick speed should be a non issue. Your struggle should be in actually making the very precise motion to get perfectly onto the target. If you don't feel like the training scenarios are testing this, raise your sens. If you go so high you start pixel skipping over targets, lower that sens.

Micro Adjusting

These scenarios focus on your ability to make small adjustments onto a still target. The difference between this and precision is the angle. You cover much less distance and therefore are working on very small angle like you would be if someone peeked the angle you're holding and you had to make a very small adjustment onto them. You obviously don't work on the reaction component, that is speed, you're simply focusing on the flicks themselves. For isolating precise micro movements, use precision and for general micro training use Micro and for fast micros use Micro Speed.

Smooth

Smooth flicking is a tracking scenario turned flicking subcategory. This is a Far Angle Smoothness variant designed to allow you to draw a straight line, kinda like an efficient path in game. While this flick would be suboptimal due to it's pacing, I've found it's nice to practice the

perfect line just to feel it. Even if this is a weakness, I would not allow it to dominate your training.

Dynamic

I believe that the exact methods of training and assessing dynamic skill level is the key to this routine. While other routines have had dynamic scenarios, they don't separate those scenarios into categories so you can find out exactly where your failures come from. The goal of this routine is to find the kinds of dynamic scenarios that make your life hard, and make them easier.

Speed and Accuracy

These two categories benchmark a very similar skill. Your ability to hit a randomly moving target accurately. The difference is that the speed scenarios don't judge you for missing shots, accuracy scenarios do. The speed scenarios are also slightly harder because of this. If you score well on speed but not accuracy, chances are you need to focus on your ability to actually be aware you're on target, and break a habit of spam clicking spray and pray. If you score better on accuracy, you need to learn to be a bit more comfortable pushing pace in game. If you score similarly on both, then treat them as one category and train the randomized dynamic playlist. Also, because valFS 180 Click requires movement, if you score significantly worse on that scenario specifically, you may need to work on your bimanual control and shooting with movement. I'd recommend working on this skill in the range, just strafing and shooting so that you can also work on your recoil, gunplay and rhythm.

Predictable

Predictable dynamic clicking is exactly what it sounds like. It's what would happen if someone counter strafing continued on forever. While this would rarely, if ever happen in game, the purpose is to train the control needed to hit a moving target. In game people strafe, and if you can't react to their movements, you need to train that, but if you can't hit a moving target at all, this reaction isn't going to get you anywhere. If your worse at this scenario than the speed and accuracy categories, that means your ability to hit predictable targets is lacking and you need to train it more. One of these scenarios is a floating heads variant, the other is a bounce 360 variant. The floating heads variant trains your ability to hit horizontal predictable targets, your bounce 360 score tests yours ability to hit vertically moving targets like someone crouching. If you have drastically different scores in each scenario, try isolating your weakness whether it's vertical or horizontal with one of those respective playlists.

Acquisition

Acquisition is a weird category as it is actually ts. When you flick to a static target you need stopping power to come to a complete stop on the target. When you flick to a moving target you need to slow down without stopping and then hit it. This category is meant to benchmark and

train that ability. It's scenarios focus on evasive target switching as these scenarios require you to not stop when you hit the target, but instead track it.

Tracking

Tracking itself is almost completely untranslatable for Valorant. That being said, certain skills trained in tracking scenarios provide a lot of benefits for Valorant. Don't use these scenarios as a reflection of your skill, instead treat them as a reflection of what scenarios you should train to get these benefits.

Precise

Precise tracking focuses on the ability to make small precise adjustments. Because it is a very complicated and in depth scenario, other skills will be benchmarked and inevitably improved. However the focus is small precise motion. I would allow these scenarios to dominate my training even if they were my worst scores, but I would use them. If you find you have a weakness in one of the more precise categories like precision or micros, that would be a good indicator you need to train the precise playlist, this simply benchmarks which difficulty will help you improve at the skill at hand.

Reactive

In this scenario, a target moves in a way that requires you to react to it. A good indicator that this type of scenario would be good for you would be low scores in Accuracy and Speed dynamic, but it will also help a lot with poor reaction time limiting your Speed flicking scores.

Playlists

Benchmarks:

https://docs.google.com/spreadsheets/d/1WyNR4noCIqvTsaWe0G1gpAYsrItefI5v8CMEb_3LZAo/edit#gid=0

Flicking

Speed Easy: KovaaKsAcingAlmightyBattlepass
Speed Med: KovaaKsZoningAfkDink
Speed Hard: KovaaKsWipingAcedInfiltration

Precision Easy: KovaaKsAdsingAlmightyRank
Precision Med: KovaaKsAscendingAntiquebrassAimbot
Precision Hard: KovaaKsAdventuringAlmondGulag

Micros Easy: KovaaKsBobbingAttachedFamas
Micros Med: KovaaKsBouncingBlackEngine
Micros Hard: KovaaKsChattingBuggedFullbuy

Micro Speed Easy: KovaaKsCarryingBrownCrank
Micro Speed Med: KovaaKsChallengingBuffedAp
Micro Speed Hard: KovaaKsChatfraggingBuffedPrecision

Smooth Easy: KovaaKsCampingBrickredRhombus
Smooth Med: KovaaKsCamouflagingBrickredBigpot
Smooth Hard: KovaaKsCheatingBurntorangeChopper

Dynamic

Speed Easy: KovaaKsBlinkingJunglegreenFinisher
Speed Med: KovaaKsBobbingKnockedUfo
Speed Hard: KovaaKsBloomingKnockedCashdrop

Accuracy Easy: KovaaKsBottingLongBunnyhop
Accuracy Med: KovaaKsBuffingMagentaLoadout
Accuracy Hard: KovaaKsBouncingLongStrike

Randomized Dynamic Easy: KovaaKsBaitingJumpy1x1
Randomized Dynamic Med: KovaaKsBackflippingJumboCinematic
Randomized Dynamic Hard: KovaaKsBindingJumpyPatrol

Predictable Easy: KovaaKsCapturingMediumAttachment
Predictable Med: KovaaKsCamouflagingMauveHip
Predictable Hard: KovaaKsBuyingMaroonBm

Predictable (Vert) Easy: KovaaKsChokingMiniFlash
Predictable (Vert) Med: KovaaKsClearingMountedChaingun
Predictable (Vert) Hard: KovaaKsClickingMountedVehicle

Predictable (Hori) Easy: KovaaKsChatfraggingMidClear
Predictable (Hori) Med: KovaaKsChattingMidnightblueAdd
Predictable (Hori) Hard: KovaaKsCheatingMidnightbluePharmercy

Acquisition Easy: KovaaKsCounterstrafingNastyExitfrag
Acquisition Med: KovaaKsCrackingNavyblueBuystation
Acquisition Hard: KovaaKsCrankingNavyblueTacmap

Tracking

Precise Easy: KovaaKsDunkingPetulantRando
Precise Med: KovaaKsEnragingPickedGod
Precise Hard: KovaaKsEntryfraggingPlumClutch

Reactive Easy: KovaaKsDroppingPetulantBait
Reactive Med: KovaaKsDodgingPeriwinkleDiff
Reactive Hard: KovaaKsCrossfiringNerfedLowground