

Improvement Checklist: Laner Edition

Support

Pregame:

- I know when to take the Exhaust versus the Ignite summoner spells, and I adapt my choice on a game-to-game basis.
- I have a good grasp over both the support and ADC Champion matchups, and am mindful of them during champion select.
- During champion select, I pay attention to both team compositions when deciding which support to play. [1](#)
- If one of my teammates requests a specific support for me to use, I will consider their suggestion without prejudice. However, I will pick the Champion that I was planning on picking if I feel too uncomfortable/uneasy accommodating their request.

Warding: [1](#) [2](#)

- I constantly ward during laning phase.
- I constantly ward throughout the entire game.
- I have a vision ward up somewhere on the map at all times.
- I maximize the efficiency of every ward that I place.
- I always ward before I push my lane. If I have no wards, I will politely ask my ADC to ward instead.
- I can influence the enemy team's actions via proper vision control.
- I will deny as much vision as I possibly can from the enemy team.
- I attempt to aggressively ward whenever it is possible for me to do so, particularly inside of the enemy team's jungle.
- I ward for my laners as much as possible.
- If the enemy team has a Champion who utilizes a stealth ability, I will attempt to have a vision ward in my inventory at all times.
- I always ping whenever an enemy walks through the vision of an important ward.
- I always attempt to sweep the Dragon, Baron, and Rift Herald before my team clears them.
- I always attempt to give my team vision over the Dragon, Baron, or Rift Herald wall while we are clearing them.

Roaming: [1](#)

- I understand how and when to roam.
- I understand when not to roam, and when to instead stay in my lane with my ADC.
- I understand when to roam to the middle lane and when not to, depending on the matchup presented by their Champions and the state of the lane.
- I understand when to roam to the top lane.

Laning:

- I am capable of helping my ADC farm minion waves under their tower.
- I understand that bottom lane is a joint effort; I adapt my playstyle during the laning phase based upon how my ADC is playing in order to have better team cohesion.
- I can properly apply pressure to the enemy bottom lane throughout the laning phase.
- I always poke the enemy bottom lane with auto attacks whenever possible. I do not only poke with abilities. [1](#)
- I always poke the opponent with my abilities when it is viable for me to do so.
- I understand what retaliation trades are and how to execute them. [1](#)
- I understand when to engage onto the enemy bottom lane.
- I understand when not to engage a fight onto the enemy bottom lane.
- I always ping when I engage onto the enemy bottom lane.
- I know the “do’s” and “don’ts” of helping my ADC push a wave.
- I know how to break enemy freezes for my ADC.
- If my ADC requests for me to stop doing something, I will generally listen to them.
- I make sure to keep track of key enemy cooldowns throughout the lane. (ex. Morgana’s *Black Shield*, Sivir’s *Spell Shield*, Caitlyn’s *90-Caliber Net*)
- I make sure to keep track of my ADC’s cooldowns throughout the laning phase. I do not engage on the enemy bottom lane when one of their key abilities is on cooldown.
- I make sure to keep track of both the enemy bottom lane’s and my ADC’s summoner spell cooldowns throughout the game.
- I am capable of catching the enemy ADC and/or support out of position.
- I can predict the enemy ADC/support’s actions. I use this knowledge in my actions.
- Throughout the laning phase, I try to protect my ADC from harm as much as possible.
- I understand when and how to use the Exhaust and Ignite summoner spells in lane.
- I have rejected the notions of “killstealing” a kill during the laning phase. I damage the enemy laner until they die, regardless of who gets the kill credit.
- That being said, I attempt to give my ADC the kill credit whenever possible.

Teamfighting: [1 \(section 9\)](#)

- I know when to use my shield items/abilities during a fight.
- I understand when to use the Exhaust and Ignite summoner spells during a teamfight.
- I know how and when to peel during teamfights.
- I am capable of determining who to peel for on my team on a fight-by-fight basis.
- I know when to save my various cooldowns to peel versus when to use them offensively during a teamfight.
- I understand how to properly position in teamfights based on my Champion (*e.g. frontline as tank, backline as mage support*).
- I understand my role in teamfights according to my Champion.

Itemization:

- I know when and why to buy each support item.
- I have a good grasp of what each support item does.
- I understand when to buy Relic Shield and what supports to buy it on.
- I understand how Relic Shield and its upgrades work, and am capable of using them to their fullest potential.
- When I am using the Spoils of War passive on the Relic Shield or any of its upgrades, I always make sure to prioritize the use of its stacks on melee and cannon minions whenever possible.
- I always make sure to keep a Spoils of War stack to use on cannon minions during the laning phase.
- I try to use my Spoils of War stacks when my ADC is not at full HP.
- I know when to buy Spellthief's Edge and what supports to buy it on.
- I understand how Spellthief's Edge and its upgrades work, and am capable of using them to their fullest potential.
- I understand how and when to use Frost Queen's Claim's active to its maximum potential.
- I know when to buy Ancient Coin and what supports to buy it on.
- I understand how Ancient Coin and its upgrades work, and am capable of using them to their fullest potential.
- I understand when and how to best utilize the active of Talisman of Ascension.
- I always make sure that I have an upgraded sweeping lens once I am level 9 and have purchased my Sightstone.
- I know how to properly itemize on every support that I play.
- I understand when or when not to build offensive stats at any stage of the game.
- I am capable of itemizing both offensively and defensively based upon the situation at hand.

ADC 1

General:

- I understand how to position properly at all stages of the game. 1
- I have a good grasp over both the ADC and support Champion matchups and am mindful of them during champion select.
- During champion select, I pay attention to both team compositions when deciding which ADC to play.
- My champion pool is versatile; I have at least three to four ADCs that I can comfortably pick at any point in time. This way, I can never be entirely countered, outpicked, or outbanned. 1
- I never force my support to do all of the warding. I make sure that our lane is warded before I push the lane. If my support is out of wards or has not warded, I will make sure to ward instead.
- I will never blame my support for a lack of vision if I had a ward off-cooldown myself.
- I have a vision ward down somewhere on the map at any given time.
- I always use my complete attack range to its fullest extent while doing any activity.
- I have a good grasp over the level power spikes of every ADC and support Champion.
- I have a good grasp over the item power spikes of every ADC Champion.
- I am capable of itemizing properly on every ADC that I play.

Mechanics: 1, 2, 3

- As a general rule, I always have a minimum of at least 150 CS by 20 minutes every single game. (A.N.: This is roughly 70% of the max. CS at 20. Aim for 85% [175].)
- I am capable of CSing underneath my tower.
- I am capable of stutter stepping/kiting.

Teamfighting/Mid-Late Game:

- I fully understand how to and am capable of positioning during a teamfight. 1
- I pay attention to ALL targets/champions in a teamfight, regardless of whether they are directly in front of me or not.
- I avoid tunnel visioning at all costs.
- I understand that I am not the one to initiate teamfights, and as a general rule, I always let my teammates engage before I go in.
- I *always* stay behind my team's frontline whenever possible.
- I always stay together with at least one other member of my team at any point in the mid-to-late game, unless there is a very good reason for me not to do so.
- I understand how sticking with my team affects the entire game as a whole. 1, 2

Laning:

- I know when to recall, and avoid overstaying at all costs.
- I understand how to manipulate creep waves while recalling. [1](#)
- I understand when to trade with the enemy bottom lane.
- I can harass and trade with the enemy bottom lane. [1](#), [2](#), [3](#)
- I understand when to harass the enemy bottom lane versus when to CS. [1](#)
- I understand what retaliation trades are and how to execute them. [1](#)
- I always abuse my attack range as much as possible in lane. (e.g. *Lucian vs Caitlyn*)
- I can punish my lane opponent while I am winning lane using any method. [1](#)
- I make sure to keep track of key enemy cooldowns throughout the laning phase. (ex. Morgana's *Black Shield*, Sivir's *Spell Shield*, Caitlyn's *90-Caliber Net*)
- I make sure to keep track of my support's cooldowns throughout the laning phase. I do not engage on the enemy bottom lane when one of their key abilities is on cooldown.
- I make sure to keep track of both the enemy bottom lane's and my support's summoner spell cooldowns throughout the game.
- If my support requests for me to stop doing something, I will generally listen to them.
- I understand how to position properly in lane.
- I understand how to end the laning phase.
- I know how and when to properly execute rotations to the middle and top lanes.

Mid

General:

- I understand how to position properly at all stages of the game. [1](#)
- I have at least three to four mid laners that I can comfortably pick at any point in time. This way, I can never be entirely countered, outpicked, or outbanned.
- I have a good grasp over the level power spikes of every middle lane Champion.
- I have a good grasp over the item power spikes of every middle lane Champion.
- I am capable of itemizing properly on every mid laner that I play. [1](#)
- I know when and why to take each different summoner spell, and I adapt my choice on a game-to-game basis.
- I have a good grasp over the middle lane Champion matchups and am mindful of them during champion select.
- During champion select, I pay attention to both team compositions when deciding which mid laner to play.
- I have a vision ward down somewhere on the map at any given time.
- I know when to buy a farsight orb versus a sweeping lens on each Champion I play.

Laning:

- I always make sure to ward both sides of my lane whenever applicable.
- If I have a higher range than my lane opponent, I will do my best to abuse it.
- I understand the benefits and risks of pushing my lane, and when to do so.
- I understand how to and am capable of successfully laning as a melee Champion.
- I understand how to and am capable of successfully laning as a ranged Champion.
- I understand when to follow my lane opponent's roams and when not to.
- If my lane opponent roams and I choose not to follow them, I always damage their turret as much as possible or do something impactful elsewhere on the map (*i.e. getting a kill elsewhere or taking an objective*).
- When I am getting camped, I never go past the halfway point of the lane.

Roaming:

- I understand why and how to roam. [1](#)
- I understand when to roam to the top or bottom lanes and when not to.
- I can recognize which teammates on my team are worth assisting, based upon their Champion/matchup, performance, and attitude.
- I am capable of deciding whether I should stay in my lane or roam elsewhere.
- Whenever I am going to gank a lane, I ask whether the lane is warded beforehand.
- That being said, if the enemy laner is completely pushed into my tower, I will continue with the gank, regardless as to whether or not I have been spotted by a ward.
- As a general rule, I never sit in a bush for longer than the amount of time it takes for me to recall.
- I always adapt my ganking strategy based upon the Champion(s) that I am ganking.
- I attempt to avoid areas that are commonly warded on the way to another lane.

Teamfighting/Mid-Late Game:

- I fully understand how to and am capable of positioning during a teamfight. [1](#)
- I fully understand how to position during a teamfight as an assassin Champion. [1](#)
- I *always* stay behind my team's frontline whenever possible.
- I understand how sticking with my team affects the entire game as a whole. [1](#) [2](#)
- I understand who to focus at any given point in time during a teamfight.
- I avoid tunnel visioning at all costs.

Top

General:

- I have at least three to four top laners that I can comfortably pick at any point in time. This way, I can never be entirely countered, outpicked, or outbanned.
- My champion pool can fill any compositional need that my team may require. (*ex. AP Champion for an AD-heavy team comp, tank for a squishy team composition*)
- I have a good grasp over the level power spikes of every top lane Champion.
- I have a good grasp over the item power spikes of every top lane Champion.
- I am capable of itemizing properly on every top lane Champion that I play.
- I know when and why to take Ignite or Teleport, and I adapt my choice on a game-to-game basis.
- I understand how to use the Teleport summoner spell to its fullest potential.
- I have a good grasp over the top lane Champion matchups and am mindful of them during champion select.
- During champion select, I pay attention to both team compositions when deciding which top laner to play.
- I have a vision ward down somewhere on the map at any given time.

Laning:

- I have mastered the art of managing creep waves and CSing properly. [1](#), [2](#), [3](#)
- I always try to gank with Teleport whenever possible.
- I constantly watch the minimap and other lanes for possible Teleport opportunities.
- I am capable of properly reacting to enemy Teleports.
- I know when I can force a gank and how long I can stay away from my lane for.
- I know when and when not to use Teleport to catch minion waves in the top lane.
- I am capable of keep tracking of and informing my team of the Teleport cooldown of my lane opponent.
- I know how to properly react to ganks based upon my Champion and matchup.
- I understand the optimal times of warding in the top lane.
- I can determine when I am vulnerable to being tower dove and how to react to turret dives properly.
- I understand how to push my advantage when winning in the top lane.
- I understand how to remain relevant when behind in the top lane.

Splitpushing:

- I understand the fundamentals of splitpushing
- I know how and when to splitpush.
- I am capable of properly exerting splitpush pressure throughout the game.
- I constantly monitor the minimap and am capable of reading the flow of the game to determine when to back off while splitpushing.