

Twix's Complete Introductory Guide to Gear, Aim Training & Valorant mechanics

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discord.gg/6ZYVZ6x / twitter.com/Twix_v2

Introduction

Hey everyone! Before I jump into my analysis of the optimal training methods and routines for competitive gaming in general, but more specifically Valorant, I'll introduce myself briefly. Just to be clear, I'm not a firm believer of the thought process that achievements / citations matter much in relation to the validity of my statements, the validity of information should be judged on the basis of logical consistency and if it provides empirical data / evidence in support of its claims, not by the source's authority. However, since I know a lot of people are interested in the individual achievements of people they choose to listen to, I'll go ahead and provide that information. I'm an (ex) counter strike player with over 7 to 8 thousand hours in CS:GO, with peak elo surpassing 3k in 2016 on Faceit (EU) and I've played at a multitude of local lams and faceit tournaments. When competitive play was initially introduced in Overwatch I climbed up to top 30 in stats as McCree in earlier seasons. I've hit top 500 in Apex Legends, as well as maintaining 1% scores in Kovaak's FPS Aim Trainer. My strength as an FPS player has always been raw mechanical skill, more specifically my aim.

My aim got where it is now solely due to the thousands of hours I have spent playing a plethora of FPS games, and while that is true to some extent, aim training routines have played a large role in the progression of my skill. Everyone has a friend with thousands of hours in a game that still plays like a beginner, this is not due to genetic predisposition acting as a set-back, but rather due to the fact that while they may have spent a lot of time playing the game, they haven't spent enough time putting themselves through the right training scenarios and routines. Due to my experience with, and understanding of effective training, and the fact that I don't have as much time to play games competitively anymore but also wanting to involve myself with a community which I feel I have a lot to offer to, I started one-on-one coaching. I started off coaching players in CS:GO in 2019, moved to coaching players for Apex Legends in 2020, and finally, started coaching players in Valorant when the closed beta released and a lot of players within my community asked me to help them with the game. My coaching is very heavily based around identifying the key weaknesses of each individual player (mainly in mechanical context), and creating a daily routine personalized to cater to the areas they struggle with most. Due to the nature of Valorant as a game (gunplay / core mechanics) being very similar to CS (specifically 1.6), I believe I have a very solid understanding of how the game plays out, and can identify optimal vs. sub-optimal gameplay through VOD analysis. If rank means anything to you in closed beta, I am currently immortal 2 in Valorant, and my rank has fluctuated in the D3 - Immo 3 ranking range throughout CB. This is an informative guide which will act as a complete introduction to gear options, training routines, and Valorant. This guide's target audience is mainly novice intermediate players, but will also benefit more advanced players in some aspects. I hope you enjoy reading through my guide, and learn something from it.

The Importance of your Setup

I have seen a lot of posts and comments on reddit, talking about how “gear doesn’t matter” or “your gear isn’t making you bad, get good”, and while such statements hold *some* truth to them, gear does play quite an important role in allowing you to get closer to your potential or mechanical capacity. It is true that your raw skill is more important than the setup you have, but if you have a setup that limits you from exceeding your current skill cap then it is acting as a handicap and needs to change. Think of it this way, you might be a really good tennis player in terms of raw skill, but if you’re playing with a racket made in 1995, due to the outdated technology, you’re playing worse, being held back by something external which is in due part lowering your ability to play well, the same exact thing remains true in the context of gaming gear. Now, you don’t need a \$3,000 PC, an \$800 monitor, and \$150 mouse to play well, but you will need a setup that is generally up to date with current technology. It would be great for everyone to have an even playing field, and for me to be able to genuinely tell you that your setup doesn't affect your gaming performance, unfortunately it does. In this section, I will talk a little bit about the importance of gear individually, briefly touch upon personal recommendations, and provide you with some basic resources which will help you find gear that suits you as an individual.

The Importance of gaming monitors / why refresh rate matters

This part is pretty simple, you want a monitor that is 144hz + (240hz / 360hz are currently available as well) as you will only be able to see as much FPS on screen as your monitor's HZ value allows. A monitor's refresh rate is the amount of times per second it refreshes the image being displayed, this is crucial in avoiding choppy gameplay especially in games with a lot of movement involved, and in improving your tracking and reaction time. In games like CS or Valorant where VRT (visual reaction time) is important and responding fast to an enemy peeking you is the difference between winning or losing a round, having a >144hz monitor is important. 144hz monitors are not even that expensive anymore, being able to get a decent BenQ monitor for around 200 euros (XL2411P). Here are some personal recommendations, based on my experience with the multitude of gaming monitors that I have used:

Budget recommendation: BenQ XL2411P - \$200

Great budget monitor, 144hz, 1ms response time, and highly affordable. This is a TN panel (as most 144+ hz monitors are) and has very poor out of the box color settings, but with some tweaking can end up looking decent.

Higher end competitive recommendation : BenQ XL2546 (or XL2546s if you can find it)

Great monitor, 240hz, good colors for a TN panel, great black equalizer, 1ms response time, low input lag. This is the monitor used by the majority of competitive FPS players, have used it myself and other than the inevitable down-sides in terms of color accuracy which come with a TN panel, this is an amazing competitive monitor.

Higher end competitive recommendation (IPS) : Alienware AW2521HF

Great monitor (my current main display), 240hz, IPS panel, ok black equalizer, 1ms response time (rare for an IPS display), low input lag, great viewing angles for a competitive display. Highly recommend this monitor to anyone looking for better color accuracy while still maintaining that 1ms response time and high refresh rate.

Other recommendations : BenQ XL2540, ASUS VG24QE, ACER XB271HU, Alienware AW2518H

The Importance of a Good Gaming Mouse

Having a good gaming mouse, for me, is the most important part of your setup when it comes to your ability to perform well in tasks that are aim-related. If you don't have a mouse that fits well in your hand and suits your grip style (claw grip, fingertip grip, palm grip) then you won't be able to reach the peak of your raw aim potential. A lot of people pick their mice by looking at what the pros use and buying the same gear, do *not* copy the pros here, as chances are they do not have the same hand size as you, and them being able to land 10 headshots in a row using the logitech their limited edition G Pro Wireless doesn't mean that you will be able to do so too. You should pick your mouse based on your hand dimensions, the style of grip that you use, and the games you play. I will provide a set of resources in the area below that will help you find a mouse that works for you.

When it comes to FPS games, having a mouse which can accurately translate your arm movements into mouse movements in your game is of extreme importance and constantly undervalued by the casual gaming community. There is a common gaming myth that I am certain everyone regardless of the genre of games they play has heard, which is that if your mouse works without blatant issues then it does its job. Such misconceptions are usually passed on by casual gamers that don't support spending \$50+ for a quality gaming mouse, but unfortunately such statements are false. which is why you will never see any streamer or competitive player using a 10\$ laptop mouse. It would be pretty useless and unfair for me to tell you to go out and spend \$60+ on a mouse without providing a logical explanation as to why you should, so let's go over the reasons you need a quality mouse, as well as what makes a good gaming mouse good, and how to find the mouse that suits you best.

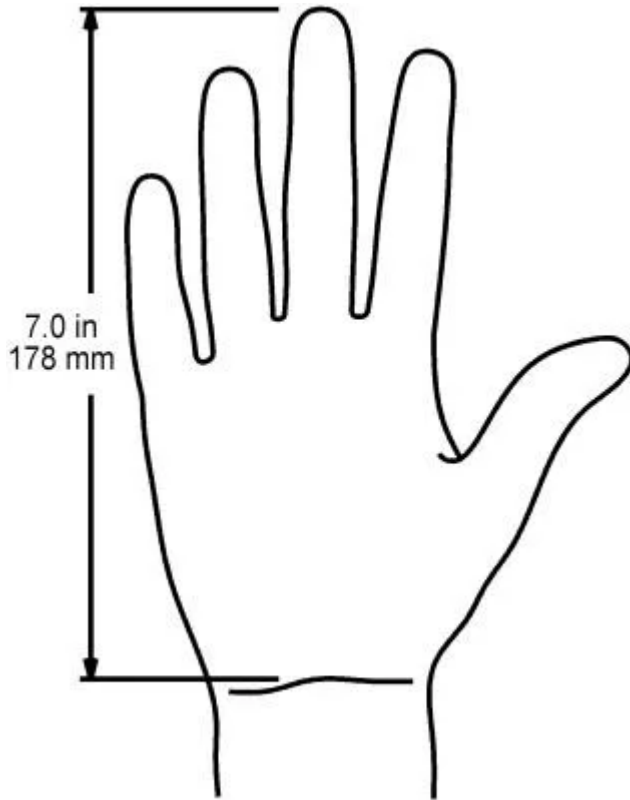
Finding the Right Mouse

When playing PC games, but FPS games in particular, you want your mouse movements to be accurate, and in order to achieve that you need to have a quality mouse, if you try a 180 degree flick on an outdated laptop mouse you will quickly realise the mouse loses track through the movement and is therefore inaccurate and even if it didn't lose track, the built in acceleration and smoothing would make the movement of the mouse inaccurate relative to the movement of your arm. Gaming mice also tend to offer much more versatile shapes which will give you a better grip, fit your hand better, and allow for larger freedom of movement. It is important that you choose a mouse that has a flawless optical sensor (laser sensors are inaccurate), most modern gaming mice offer flawless sensors, but be sure to check before you buy your gaming mouse.

The first step to narrowing down a list of mice that suit you individually, is measuring your hand size.

Hand Measurement Guide:

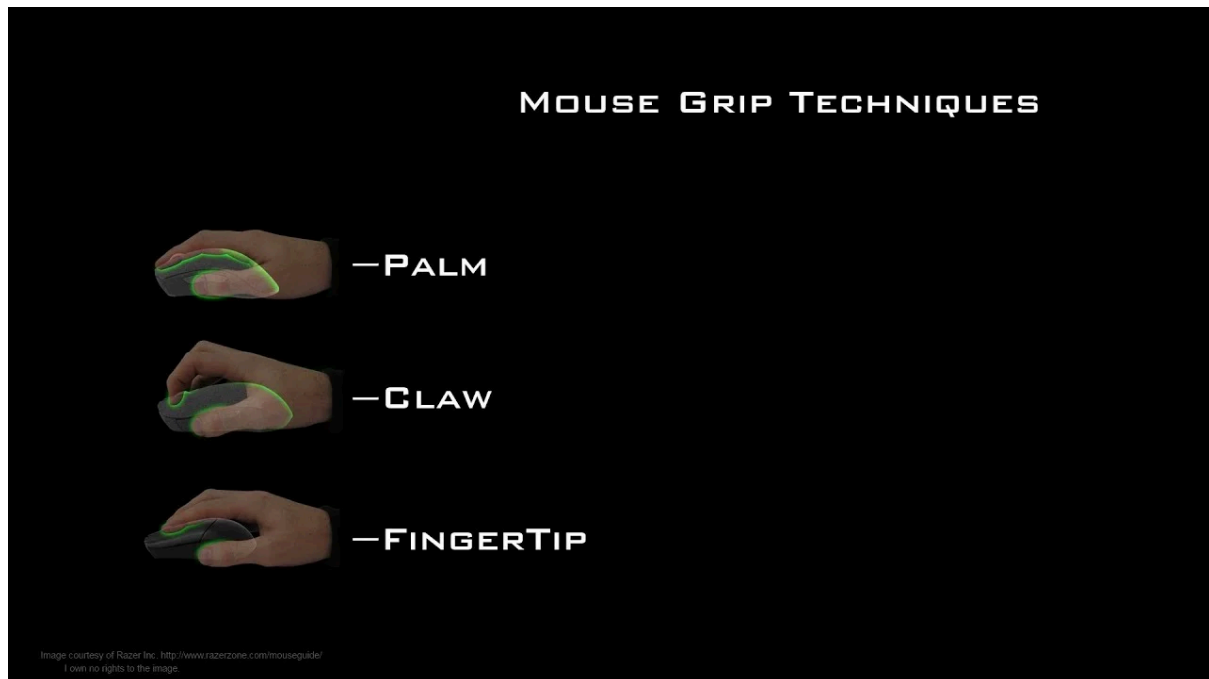
In order to measure your hands for the purpose of finding a mouse you will want to measure two things, one is the length of your hand, like so:



The other is the width of your hand, like so:



After you have determined your hand size, you need to find out what grip style you use. There are three types of mouse grips, first we have the palm grip, then the claw grip, and finally the fingertip grip. Here is an image showing each grip:



Once you have the 'L x W' dimensions of your hand and have figured out what grip style you use, click on this link : [RJN's Mouse Search](#)

You will be presented with a range of options for mice depending on your hand size and grip style. The recommendations have been put together by RocketJumpNinja himself, for those of you unfamiliar with who he is, he is a Quake player and by far the best competitive mouse reviewer out there. Once you have found 1-2 mice you are interested in you can check his mouse reviews on YT for more detailed information on each mouse.

Here is another great video by RJN himself about finding the right mouse:

[Finding the right mouse, by RocketJumpNinja](#)

A lot of people already have a mouse that they've been using for a long amount of time and are comfortable with and want their new mouse to be similar to their old mouse. For these people, the following links are invaluable.

Mouse Spec Comparison: [spec comparison](#)

Mouse Shape Comparison: [shape comparison](#)

Mouse Size Chart: [size chart](#)

By now you should have a pretty good idea of what mice suit your hand size and grip style, so you're all set for picking up a new mouse in the future. Here are a few personal recommendations as a claw gripper:

EndGame Gear XM1 - \$50

Great shape for claw grippers, narrow middle portion and thick rear portion allows for a lot of comfort while maintaining control. Good omron switches, flawless sensor (3389), pure PTFE stock feet, one of the best, if not the best, cables (flexcord). The front end of this mouse is very low, allowing for a lot of precision. This mouse is currently seen as the "claw king".

G305 - \$50

Not much to be said for this one, it's pretty straightforward. \$50 Wireless mouse with a good sensor. ~78 grams and ~9 months of battery life with a AAA lithium battery, egg shape, praise the egg.

Zowie EC2-B - \$70

One of the most used mice in CSGO, Great shape and sensor (3360), everything else is pretty garbage to be very honest with you. Bad cable, stiff clicks, mushy side buttons, mediocre build quality. Why am I recommending this? Shape > All.

Glorious Model D - \$50

An improved version of the EC2 shape by Zowie. This mouse weighs 68 grams, has better clicks, pure PTFE mouse feet, and a cable that you can barely feel. If 68 grams isn't too light for you, definitely pick this up over Zowie's equivalent, much better value for money here

G Pro Wireless - \$150

This mouse is more on the expensive side, but it's definitely worth it in my experience with it. Great responsive clicks, great sensor (wireless is just as responsive as wired), fantastic build quality, good side buttons, no cable / wire to drag across your mousepad. My only complaint in relation to this mouse would be the stock feet, but you can get a pair of tiger arcs for \$5-10. Weight distribution is also *slightly* rear-ended but it shouldn't matter much when you aren't picking the mouse up. My current main mouse. A great alternative to this if you like the LxW but prefer lower rear profiles is the Razer Viper Ultimate.

Finding the Right Mousepad

Along with a good mouse, you should get yourself a high quality mousepad that caters to your individual requirements. Mousepads are very commonly overlooked in terms of importance, as people believe expensive pads are just a gimmick. This is entirely untrue, and a high quality mousepad can play a great role in influencing your aiming. There are two types of mousepads, control pads, which focus on controlling your mouse's glide and usually have high static friction and limit your glide further, and speed pads, which usually have lower static friction and allow for faster glide. There are also two (or three if you count hybrid) pad types in relation to density, soft pads and hard pads, soft pads are usually more control oriented, while hard pads are usually speed oriented. A lot of cloth pads, especially speed oriented pads, tend to be coated. Be weary of coated pads as they usually aren't as durable (mousepad loses glide when the coating wears off) and their glide can't be "revived" through washing them as you would wash a non-coated cloth pad (don't wash your coated pad, it'll ruin the coating).

There isn't much more to say in relation to what pad works for you as it's highly preferential. Here is an amazing spreadsheet of all the currently popular mousepads and their stats:

[Hoya's mousepad master sheet](#)

Here is a list of my personal recommendations from pads I've used:

Zowie G-SR - \$30

Great, high quality control pad, the most popular pad amongst CSGO professionals. Warning, this pad is *very* slow, currently the slowest pad on the market. The pad also slows down *even further* quite quickly at around 2-3 months of use.

Zowie G-SR-SE - \$33

The G-SR's coated brother. This pad is very similar in quality and feel as the original G-SR, but it is a coated pad (pretty long-lasting coating) which is faster than the original. My personal favorite.

Logitech G640 - \$40

Great compromise between speed and control. The pad feels very smooth and comfortable to move your arm on, initial glide is great. The down-side is that this pad wears out very quickly, in a couple of weeks you can already feel it slow down, and in 2-3 months it's ready to be tossed out. Don't be fooled by the amount of pros using this pad, they're sponsored and probably have an entire closet stocked with them to replace weekly.

Razer Gigantus V2 - \$10-50 (depends on size)

Great compromise between speed and control. The pad feels like it's somewhere in between the G-SR and the G-SR-SE in terms of glide and control, although it's slightly more abrasive. This pad lasts longer than the original G-SR however at around 8-10 months lifespan.

A Complete Introductory Valorant Guide

This part of the guide is meant to help you all comprehend the core mechanics in Valorant better. I will try my best to elaborate upon the game's fundamentals and most important aspects. This section will go over: Agents & Abilities, Maps & Tactics, The importance of crosshair placement, Sensitivity, and finally the correct structure for aim training routines related to Valorant. Enjoy!

Agents & Abilities

There are currently 11 agents available to the player in Valorant, all with a different set of abilities and a different individual role within a team composition, this aspect of Valorant is what makes it stand out when compared to other tactical shooters such as counterstrike. In order for a team to be effective in their role as an attacker or defender, they must play off of each other's agent abilities in order to efficiently push into or defend a bomb site. In the pages below you will find a list of all the agents currently in the game.

Viper



Purchasable: Snake Bite and Poison Cloud – Snake Bite fires a projectile that creates a damaging pool of acid, while Poison Cloud fires a projectile that creates a toxic cloud of gas. You can pick up the projectile from Poison Cloud and use it again after a cooldown, as long as you have sufficient fuel.

Signature: Toxic Screen – Launches a line of gas emitters that you can trigger to create a wall of gas. You can reuse this ability as long as you have sufficient fuel.

Ultimate: Viper's Pit – Use a chemical sprayer to fire a chemical cloud surrounding Viper. Players inside the cloud will take damage and suffer reduced vision.

In-game Role: Viper is a Controller, while playing her your focus should be based on setting up your defenses/traps in a way that makes it difficult for the opposing team to push into site, or defend a site. Your abilities don't deal a lot of damage, so they're best used as "space makers" allowing you to cut line of sight for crucial defender or attacker angles, or setting up your toxins to block a path. Unlike the other agents, Viper has a unique mechanic which you'll have to keep an eye on, her fuel level. Toxic Screen and Poison Cloud require fuel, so if you use these abilities too early, you'll quickly drain your supply. In most cases, Viper's abilities are best used defensively, particularly when setting up for a post-plant defense.

Tips: Viper doesn't take damage from her abilities e.g. You can play inside your "Poison Cloud" if you want to use it slightly more aggressively. Although most of Viper's abilities are best in a defensive context, her ability to deny line of sight can be used aggressively as long as you take the time to learn a couple important line-ups for each map.

Jett



Purchasable: Updraft and Cloudburst – Updraft spawns a gust of air like Tailwind, though it propels you upward, allowing you to reach otherwise unreachable places. Cloudburst fires a projectile that expands into a cloud, blocking the vision of anyone caught on the wrong side. You can also curve Cloudburst by holding down the ability key.

Signature: Tailwind – Use a strong gust of air to dash in the direction you’re moving.

Ultimate: Blade Storm – Spawns a range of floating daggers that resupply when you kill an enemy. You can throw the daggers one at a time or unleash all of them in a burst, and they kill instantly on a headshot. (Pretty much only useful during eco rounds)

In-game Role: Jett is one of the most versatile agents in Valorant when it comes down to movement mechanics. In-game, she’s marked as a Duelist (like phoenix, reyna, raze), and while she certainly does do well in aggressive situations, she’s best played as a secondary fragger rather than an entry. Her abilities “Cloudburst” and “Updraft” are great repositioning tools that can be used either defensively or aggressively, and allow you to position yourself in an area that’s unexpected to the opponent. Your “Updraft” ability makes a pretty loud sound that the enemies can hear if they’re within footstep range, so make sure that you use it before the round begins if you want a positional advantage. The new and improved “Cloudburst” smokes allow you to cut off line of sight for 7 seconds and are great for aggressively denying the enemy team angles while attacking, paired with her “Tailwind” dash, you can deny trades quite easily with Jett.

Tips: If you’re an operator player, definitely pick up Jett. Her “Tailwind” dash ability allows you to rapidly reposition behind cover after an OP shot, eliminating the risk of you being killed while chambering another round into the operator.

Cypher



Purchasable: Trapwire and Cyber Cage – Trapwire, as the name implies, allows you to shoot a tripwire that will reveal and daze any enemies who walk through it. You can pick up the tripwire if it hasn't been destroyed and redeploy it, too. Cyber Cage deploys a cage in front of Cypher that blocks vision. The cage will also make a noise when enemies pass through.

Signature: Spycam – This ability allows you to fire a camera in the direction that you're aiming. If you reuse the ability, you can take control of the camera and fire marking darts at your enemies to reveal their location until they manually remove the dart.

Ultimate: Neural Theft – Use intel from a dead enemy to reveal the locations of all living enemies.

In-game Role: Cypher is an agent that shines in his ability to gather information on the enemy team's positions above all else. Cypher's strength is undoubtedly his role in defensive situations. When playing Cypher defensively, you should always make sure you have your tripwires and camera set up in a way that makes it as difficult as possible for the enemy to push into the position you're holding without being revealed. While playing on the attacker's side, Cypher is best played as a lurker, setting up traps to deny enemy flanks, and trying to figure out optimal paths for his own flank.

Tips: As cypher always make sure you cover as many LOS (line of sight) as you possibly can simultaneously. Set up his tripwires in near proximity to his smokes, this allows you to activate a smoke whenever an enemy walks into your tripwire, giving you the ability to shoot at a slowed target while simultaneously cutting off their LOS on your position.

Brimstone



Purchasable: Stim Beacon and Incendiary – Stim Beacon spawns a field in front of Brimstone that grants RapidFire (increased fire rate) to anyone inside. Incendiary allows you to use a grenade launcher that fires incendiary grenades. These grenades don't explode on impact. Rather, they burst shortly after coming to a stop, creating a damaging fire zone.

Signature: Sky Smoke – Using a tactical map, Sky Smoke allows you to deploy smoke clouds from the sky. These clouds last for a while, and in the process, obscure enemy lines of fire.

Ultimate: Orbital Strike – Orbital Strike allows you to fire a laser from the sky using a selected location on the map. The laser deals damage over time to anyone caught inside.

In-game Role: Brimstone (like viper) is a controller, yet the role he fills in-game is quite different. As Brimstone, your role is to support your teammates by cutting off enemy LOS either to deny enemy vision while defending, or to cut off threatening positions to make it easier for your team to push into a bombsite. Stim Beacon (post-update) is highly situational but allows you to "buff" your team's fire-rate which makes it easier to spray through walls or shoot down sage walls faster. Your "Incendiary" or, molly, is great as a long lasting area denial tool. As Brimstone, your goal is to deny the enemy team's ability to hold threatening angles, allowing your teammates to easily push into a bombsite, or defend one.

Tips: If you want to main brimstone, or at least play him at a high level, take the time to watch a couple of YouTube videos on optimal smoke placements and post-plant molly line-ups, it's 100% worth it. Your molly lasts approximately 7 seconds, and being able to delay a defuse by 7 seconds from a location where the enemy can't kill you is huge, paired with your ultimate this allows you to deny a defuse extremely effectively at any rank.

Sage



Purchasable: Barrier Orb and Slow Orb – Barrier Orb spawns a solid wall wherever you fire it, while Slow Orb creates a field that slows players and prevents jumping. Note that Slow Orb applies to all players, not just your enemies.

Signature: Healing Orb – Incredibly versatile, Healing Orb allows you to heal yourself or your teammates. A standard shot will administer healing over time to a teammate in your crosshairs, while alternative fire will heal Sage.

Ultimate: Resurrection – Resurrection allows you to revive a dead teammate. The process takes time, however, so make sure to put up a wall or hold your angles when using this ability.

In-game Role: Sage is Valorant's medic agent, which you can tell in an instant when reading her abilities. She's an excellent agent to start as if you're new to Valorant. While playing Sage, your role in-game is to stay alive as long as possible, playing in the back line, as the utility which you provide for your team is *extremely* impactful to the course of the round. Your slow orb and barrier orb should be used carefully and tactically in order to delay enemy pushes for as long as possible, with your slow orb lasting 7 seconds, and your barrier orb lasting a maximum of 30 seconds (600hp per wall segment), your ability to stall enemies pushing from a certain area while defending a bombsite or post-plant is extremely useful

Tips: As sage make sure to use your heal as often as possible but also not on players with <25 HP missing as the ability has a 45 second cooldown and is extremely useful in topping up the HP of your teammates (doesn't regen shields). As a defender, make sure to play in positions where you can use your barrier orb to effectively delay an attacker push, e.g. B entrance on Haven.

Breach



Purchasable: Aftershock and Flashpoint – Aftershock allows you to shoot a charge through a wall, dealing damage to anyone on the other side of it. Flashpoint is a projectile flash ability that works similarly to Aftershock, blinding any players in it's line of sight on the other side of the wall.

Signature: Fault Line – Spawns a seismic blast, which causes an earthquake in a straight line that stuns enemies standing in it's AOE (area of effect) after a short delay. Can be used through walls.

Ultimate: Rolling Thunder – Unleashes a seismic charge in a forward cone in the direction you are facing that stuns opponents hit by it for approximately 7 seconds and launches them into the air. Can also be used through walls.

In-game Role: Breach is an Initiator, he is NOT an entry-fragger. I see a lot of lower rank people play Breach as an entry, popping his flash and pushing with it, but if you think about the range of his flash, and the delays that come with his "Fault Line" and "Aftershock" abilities, it becomes pretty clear that breach is meant to be an initiator. Your role as breach is to set up flashes, stuns, and area denial (using "Aftershock") to make it easier for the duelists to push into a position. Breach's ultimate "Rolling Thunder" is a great offensive tool for stunning everyone on bomb-site, resulting in a very easy push. Breach's ultimate can also be used defensively as area denial while defending a bomb site post-plant, although this usage of his ult is not nearly as effective as it's offensive counterpart.

Tips: When using your "Fault Line" stun or flashes, make sure to communicate with your teammates to let them know when they should push, also make sure to line your stun ability up in a way where it covers the largest area possible in the direction you're aiming it at

Raze



Purchasable: Boom Bot and Blast Pack – Boom Bot spawns a robot that explodes when it reaches an enemy. Blast Pack allows you to toss a satchel that sticks to any surface and explodes upon reactivation or after a set amount of time. The satchel deals no damage to you and can be used to propel you in your direction of choice.

Signature: Paint Shells – Toss a cluster grenade that deals damage to anyone nearby. Upon exploding, the grenade creates smaller projectiles, which damage enemies within the AOE.

Ultimate: Showstopper – Grants you a rocket launcher with a single insta-kill AOE projectile for a set amount of time. Shooting the rocket also propels you vertically for a short distance.

In-game Role: One of the current go-to duelists for competitive play, due to her ability to displace and damage enemies with her abilities. Raze is the only agent with 4 damage based abilities. Your role as Raze is to clear angles using your explosives and scout areas with your boombot to get information on the enemies' whereabouts. Your boombot is very easy to shoot down and makes a loud distinct sound when it locks on to an enemy so it's better used as a tool to gather info or clear a path you want to push. Your satchels can damage enemies in a small AOE so they can be used to clear corners, but are best used as a powerful repositioning / movement ability. Be careful not to deal damage to your teammates when using your satchels to reposition yourself.

Tips: Try to throw your nades in angles where the enemy isn't given a lot of time to react to the incoming projectile, throw your nades further forward rather than in a large vertical arc. When using your ult, pair it with your satchels to propel yourself into the LOS you want to peek, don't simply activate your ult and walk around with your rocket launcher as you can be killed before your rocket has time to reach the enemy you shot it at. Learn satchel hops.

Omen



Purchasable: Shrouded Step and Paranoia – Shrouded Step allows you to quickly teleport to a selected location within line of sight (short range), while Paranoia fires a blinding orb that obscures vision and deafens all players in it's AOE. Paranoia can be used through walls.

Signature: Dark Cover – Select an area of the map to send out a (almost) global range “shadow orb” smoke.

Ultimate: From the Shadows – Teleport to a selected location on the map. During the teleport, Omen will appear as a Shade, which can be destroyed to cancel the teleport.

In-game Role: In game omen is best played as a lurker, but his kit allows him to be very versatile as he has 2 regenerating smokes per round that can be used globally to block LOS similar to how brimstone's smokes would. Omen's abilities allow him to reposition freely while lurking into an enemy flank or defending a bomb site. Make sure to use your “shrouded step” ability to teleport away from the location your enemies have last seen you at in order to set up in angles they least expect. Your blind ability applies a “nearsighted” debuff identical to that of Reyna's “Leer” ability, it can go through walls and has quite wide large AOE. Your TP allows you to flank the enemy or rotate in an instant, something no other agent in the game has access to.

Tips: When playing omen, try to use your abilities in ways that confuse your enemies as much as possible. Think outside of the box, you can use your “Shrouded Step” to pull off tricks such as faking going into the teleporter in bind, or even fake TP so that the enemies hear the sound and assume you repositioned, but stay put in the same location to confuse them. As omen your smokes are hollow, meaning you can play inside them with full vision of anything within the smoke. You don't need to use your ult to TP, it can be used for info

Sova



Purchasable: Owl Drone and Shock Bolt – Owl Drone allows you to use an aerial drone to scout an area with the ability to tag them with a dart that tracks them and reveals their location for a short duration. Shock Bolt equips your bow with an electrically charged round that detonates upon collision and can be set to bounce up to two times.

Signature: Recon Bolt – Fire a recon bolt that shoots out three pulses that reveal enemy locations within a set range.

Ultimate: Hunter's Fury – Fire three energy bolts in a straight line leading away from Sova. These blasts travel for a set (almost global) distance, ignoring walls, damaging enemies, and revealing the locations of anyone hit. Sova's sensitivity is reduced while using the ult, and the location Sova is aiming toward is telegraphed.

In-game Role: Sova is described as an initiator, such as Breach, however the two agents' roles are vastly different. As Sova your in-game role is similar to Cypher's, but allows for a more aggressive playstyle. As Sova you want to prioritize gaining information on the enemy players' positions throughout the round. Your recon bolt can be lined up to land into a bomb-site or other areas from a great distance, allowing you to scout an area without ever needing to expose yourself to the enemies defending it. Your owl drone also allows you to scout areas without exposing your player model, however, the drone makes a very loud sound when deployed, revealing sova's location, and can only travel a set distance before running out of fuel / battery. Make sure that you're behind cover or protected by your teammates when you're in your owl drone.

Tips: There are many creative line-ups for Sova arrows, just like with Brimstone, you'll benefit from watching a few YouTube videos on the matter.

Phoenix



Purchasable: Blaze and Curveball – Blaze shoots out a flame wall that moves in the direction which it's fired in (you can curve the wall by holding the activation key while it shoots out and moving your mouse in the direction you want it to curve in), damaging any enemies that pass through it. Curveball tosses an orb of fire that curves around the object you're standing behind / against and flashes enemies. Holding LMB will curve it to the left, while RMB will curve it to the right.

Signature: Hot Hands – This is basically the Phoenix equivalent of Brimstone's molly, it can be thrown at less of a max distance however, but it also heals Phoenix if he stands in it. In my experience, you'll be using this ability to heal more often than you'll be using it aggressively.

Ultimate: Run It Back – Phoenix turns into a fire engulfed version of himself for a set amount of time, while your ultimate remains active, dying will respawn you back in the location you cast your ultimate in rather than fully killing you. This is basically a second life for Phoenix, your gun will have reloaded when you respawn, however if you got killed during your ult's duration your armor will be gone.

In-game Role: Phoenix is Valorant's bread and butter entry fragger, easy to pick up, but hard to master. Phoenix has a very simple well-rounded kit, an ability that blocks line of sight, and ability that can be used either as a heal or as an AOE molly, and a very straightforward flashbang. As phoenix your role in a team comp is to be the entry fragger, you want to be the one initiating pushes, you always want to be the first into a bomb site. If you don't want to entry frag, don't play Phoenix.

Tips: Be careful where you initiate your ult, there's a short animation during your respawn which you can't move during and makes it very easy for enemies to tap your head.

Reyna



Passive: Soul Harvest – Enemies drop Soul Orbs when killed, these orbs last three seconds.

Purchasable: Leer and Devour – Leer shoots a destructible eye in the direction Reyna is aiming, applying the nearsightedness debuff (same as Omen's blind) to anyone who's looking at the orb's direction. Devour allows you to consume a Soul Orb to rapidly heal over a set duration. You can heal past 100 with Devour, though any extra health will degrade over time.

Signature: Dismiss – Consume a Soul Orb to become intangible, and if Empress is active, invisible.

Ultimate: Empress – Drastically improve your fire rate, weapon swap speed, and reload speed for a set period of time. Killing an enemy while Empress is active renews the duration. Empress will also automatically cast Devour. Soul orbs won't be consumed while the "Empress" buff is active.

In-game Role: Reyna is, as described, a feast or famine type agent, what this means is that depending on the player using her, she can either be extremely powerful, or extremely useless in a team comp. Reyna's role in game is to be a fragger, her abilities allow her to both entry and lurk effectively, how you play her is up to you. Reyna is pretty straightforward in the sense that she has 0 team utility and her kit only benefits you greatly if you can chain kills consistently. Reyna is definitely not recommended to novice players, or players that aren't confident in their mechanical skill or an aggressive playstyle.

Tips: Use her "Dismiss" ability instantly after getting a kill to deny the enemy team's ability to trade off of their teammate's death. Your "Devour" ability gives away your location, so always try to use it behind cover. You can also use "Devour" to bait enemies into peeking.

Best Agent Picks for Beginners

When you first download Valorant, you'll have access to five agents: Brimstone, Jett, Phoenix, Sage, and Sova. You can unlock all of the remaining six agents either by completing their individual "agent contract" or buying them with in-game currency. By simply playing the game, you gain access to two free agent unlocks of your choice. Although all five of the starting agents are pretty accessible for novice players, there are three agents in specific which are easier to use.

Sova

Sova is the perfect starting agent for players coming from CS. With the amount of info to be gained from using his abilities, and the low skill-cap that they require, you don't need to know too much about map design, e.g. you can get your recon bolt to land in any bomb-site with ease as long as you get used to the charge + arc. Playing as Sova allows you to experiment with different abilities without having to play too aggressively or expose yourself to enemy fire.

Sage

Sage is the only agent in Valorant entirely focused on healing and being a "support" character as defined in other games, every team comp needs a sage, and her support abilities aren't difficult to use. If you have played Overwatch, you understand how crucial healers are to a team's composition. Playing Sage will allow novice players to help the team through her extremely valuable abilities, without having to play aggressively or perform incredibly in terms of mechanics.

Phoenix

As mentioned earlier in his Agent description, Phoenix is your basic bread and butter entry fragger. Phoenix will appeal greatly to players who want to fill an aggressive role, but also don't know too much about the maps or tactics. Phoenix allows you to rely on your mechanics and entry frag comfortably without having to rely too much on your team, his flash along with his self-heal and second life ultimate ability make Phoenix a great starting agent for anyone looking to learn how to play duelists.

Maps & Tactics

There are currently 4 maps in Valorant. Each map plays a little bit different in relation to the default defender setups, common attacker tactics, and optimal agent setup. In this section I will attempt to cover these three aspects as thoroughly as I can, without making the structure of information too dense to read with ease. Learning the maps and getting comfortable with the tactics that work best for each is a crucial aspect of getting good at Valorant, even things such as movement & crosshair placement are heavily influenced by the map you're playing on. Enjoy!

Note: Sage won't be included in the "crucial agent picks" section for each map, as she is a default pick regardless of the map, and yes, I know, "But TSM played without a Sage in their comp!". You're not TSM.

Bind



Default defender setup: Bind only has two bombsites, meaning that one of the sites will have an uneven amount of players defending it. In my opinion, it's optimal to have three players defending A, with the defender holding "A short" able to take the "Teleporter" for a quick rotation into "hookah / b window" if the attackers are spotted pushing into B site. In conclusion, the "Default" setup for this map is 2-3, with 2 players holding bomb site B, and 3 players holding bomb site A, the positioning of these players depends on their agent picks.

Crucial Agent picks

Cypher - Due to the map structure forcing two people to play on B site, putting the defenders at a number disadvantage, Cypher is a great pick which compensates for the lack of a third player on B site with the utility and push delay that his abilities bring to the table. With his abilities fully bought, Cypher can easily control a push from hookah / B window, while his teammate watches B long. Cypher can either position his cam to give his teammate playing B long free info into the LOS, or he can place it high up back-site in order to watch for the hookah / window push.

Omen - Omen's kit feels like it was made for this map, with the narrow pathways he can completely smoke off, his ability to trick enemies into thinking he entered the teleporter using his "shrouded step" ability, and his ability to reach vertically inaccessible positions with ease to catch his enemies off guard makes him an extremely solid pick for this map. Omen's ult is also very strong on this map.

Map tips: Make sure you don't over-rotate on this map, as it is very easy for attackers to abuse the teleporters and very quickly change their route even if they were initially pushing the opposite bomb site, unless you are certain that the enemy team has committed to pushing the site which you aren't defending, hold your position.

Split



Default defender setup: For “Split” the default defender setup in the current meta is a 2-2-1 format, 2 players playing on A, 2 players defending mid, and 1 player holding B. In the past, prior to the post-launch update to the map’s middle lane, It was viable for a setup where one person played “Vent” which allowed them to cover mid while also easily rotating to A quickly if need be. Currently, since it’s too easy to ability spam “Vent” and the position doesn’t allow for a lot of freedom of movement, It’s better to have 2 people play A (perhaps 1 site, 1 rafters) 2 people playing mail, and 1 person holding B from back site. If the B player spots enemies in main, the mail player(s) can easily rotate into B rafters / heaven to defend.

Crucial Agent picks

Cypher - Cypher is a perfect pick for this map, as he can fill the “solo B” defender spot extremely well, using his camera to watch “B main” for info, and setting up his trap wires to stall a potential push even further. Cypher’s camera also makes it easier to clear mid while attacking.

Sova - Split has tons of narrow pathways that lead to more open areas, It’s a very difficult map to push in without info, and due to the map’s design there is a lot of freedom for bouncing Sova arrows into important positions. His ult is also much easier to land on this map.

Map tips: Mid control is everything on Split, always have your sage player playing mid, along with another player. Sage should wall off mid every round to deny attacker pushes. If you lose mid on this map, the attackers will gain easy access to both sites. Usually if the attackers gain access to mid, they’ll push B through Rafters / heaven, as it is easier to do so than to push into A from Ropes.

Haven



Default defender setup: For this map, the default strat for defenders is a standard 2-1-2 setup, however, you can mix it up and have cypher solo hold A site if that's what you feel like doing. Ideally on this map, you'll have 2 players playing A, 1 player holding B (This should always be your sage as she can wall off the entrance to cut off enemy LOS + Delay a push for a maximum of 30 seconds) 1 player holding "C window / Garage window" and 1 player holding C site.

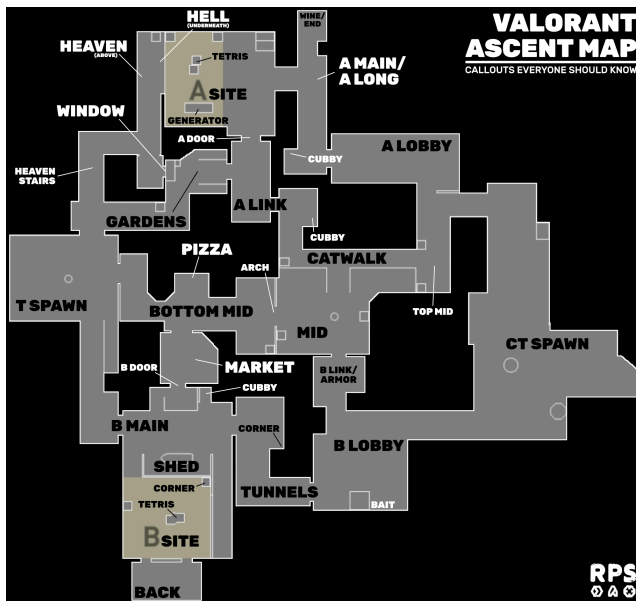
Crucial Agent picks

Breach - Due to the long LOS that you're forced to push in order to take engagements on this map, Breach definitely comes in handy quite often as an attacker. Breach can very easily use his flash to set up for a push into "Garage" (marked as C short on the map above) and other such positions like "C cubby". Breach's ultimate also comes in handy on this map, mainly on attacker side, but it also works surprisingly well on defender side, if you're playing "Garage" for example, you can ult towards attacker spawn for an easy ace if you are given info that they're pushing toward you.

Brimstone - Due to the long LOS on this map, it's very difficult to push into a site without the utility that Brimstone's smokes bring to the table, pushing C long is very difficult if an OP player is holding from platform, same is an issue when pushing into A site and a defender is holding angles from "A tower / Window". There are also tons of easy to learn post-plant molly line-ups for Brimstone on this map, which makes defending from retakes easier.

Map tips: Nothing too in depth here, Haven is the simplest map when it comes to rotations and strats. Make sure you hold positions without peeking too much, enemies can't rotate from site to site as easily on this map, so they usually won't split as much as in maps like bind or ironically enough "split".

Ascent



Default defender setup: This is Valorant's newest map, and depending on the elo you're playing in the setup you're defending in may vary slightly, but in my opinion and experience, the setup which works best for me is a 2-2-1, with 2 players holding A site, 2 players playing mid, and 1 player playing B site (this will either be your Sage or your Cypher). The map is currently very OP dominated, as it has the largest open area (mid) out of all the maps currently in the game, which is why having 2 people hold mid works very well, besides, if your Sage / Cypher gives you info that enemies are pushing into B, the rotation from bottom mid into market is very quick.

Crucial Agent picks

Jett - Jett is a very clear cut winner as the most powerful duelist pick for this map. Due to her kit, Jett is the best agent to OP with as she can easily reposition after she hits or even misses an OP shot. Jett's updraft also allows her to gain advantageous positions while OP'ing (such as the boost from B lobby into A short), and her smokes simultaneously allow her to cut off enemy OP'er lines of sight. Jett thrives on Ascent.

Brimstone - Brimstone is a must have on Ascent, the reason Jett thrives on this open map, is also the reason why it's almost impossible to hold / push through mid without having the utility which his smokes provide. Allowing the enemy operator players to abuse your team through maintaining mid control is a very easy way to lose a game on Ascent.

Map tips: Similar to Haven, rotating on this map from one site to another takes quite a while, therefore you shouldn't be worried so much about players splitting between sites or rotating too often, but rather focus on mid control, as you would on Split. Losing mid control on this map almost always results in a lost round, keep in mind that if enemies decide to push through mid they'll usually attack B site through Market. Always have your Brimstone smoke Top mid and B link at the start of the round to deny premature first bloods.

The Importance of Crosshair Placement

Why is crosshair placement important?

If I was asked about the importance of consistent crosshair placement in games such as PUBG, Apex, Overwatch, Fortnite, etc. I would probably answer by saying that while it's beneficial to maintain solid crosshair placement, it's by no means the most important aspect in relation to performing well in those games, in tactical shooters however, it's a whole different story. Tactical shooters are low TTK (time to kill) games, and for the most part, a single bullet to the head is enough to eliminate a player, this means that in contrast to AFPS games, or games like Overwatch or Apex, which have a much higher TTK, first shot accuracy is of extreme importance in Valorant, inevitably leading to the fact that crosshair placement is also extremely important. In a game with higher TTK, even if your first shot accuracy isn't perfect in an aim duel, you can win the fight if you land more shots on the opposing player over x amount of time that you trade with them, while in Valorant, whoever needs to make the least amount of adjustment to their crosshair when engaging in a 1v1 scenario wins the exchange. It doesn't matter if your raw aim is out of this world, even if you have the most precise flicks known to the FPS community, if your crosshair placement is sub-optimal, you will lose vs. someone with consistent crosshair placement, this is simply due to the fact that all they need to do, is click once your head moves into their crosshair, often without even needing to move their mouse. Crosshair placement may very well be the most important aspect in relation to gunplay and generally the mechanical aspect of tac shooters such as CS:GO or Valorant, as it's the deciding factor in the majority of aim duels.

Common Misconceptions

A large amount of players tend to underestimate the importance of crosshair placement in Valorant, and especially the underlying complexity of maintaining consistency in that context. People think that all you need to do to maintain solid crosshair placement is aim high enough to hit headshots, meaning that the only factor that affects crosshair placement is vertical positioning, others still stick to making their main source of information on game improvement being players who make statements as un-informative and vague as "just click heads", my main goal is to break down and explain the multiple factors that go into proper crosshair placement. Lets start with the basics:

Vertical Positioning:

As mentioned above, one of the elements which ties into crosshair placement is vertical positioning. This is the set distance that you need to position your crosshair at in relation to the ground to be able to align your crosshair's horizontal axis with player model head-level. The good thing about vertical positioning, is that you can get accustomed to the head level that the player models have in Valorant quite rapidly, as the hitbox sizes in this game are identical, meaning you can always use the ground as a point of reference to determine where the enemy player's head would be.



In Valorant, the head level always remains a set distance from the ground

In order to train your general ability to place your crosshair at the correct height, try to make a habit out of constantly reminding yourself to place your crosshair at head level, regardless of where you are or what you're doing on the map. What I mean by this, is that even if there isn't any imminent threat of enemy players peeking you, try to keep constantly keep your crosshair at head level, the more time you spend doing this, the faster it will become a habit and become something you do subconsciously, without having to actively focus on the action. This habit allows you to build muscle-memory during otherwise useless down-time,

another way to do this is to track your teammate's heads with your crosshair while rotating, leaving spawn etc.

While vertical positioning is something that people get used to relatively easily, I have come across a recurring issue among the VODs of people I coach, and that is that people generally struggle with adapting the vertical component of their crosshair's position to varying points of elevation. Here's an image to help you visualize a scenario where this could be an issue:



Peeking C Long, Positions marked: Cubby (right), Platform (left), back-site (back)

In the image above I am peeking into C back-site from C long on the map 'Haven', I have highlighted three different positions / angles where an enemy could potentially peak from in an in-game reenactment of this scenario, Platform, Cubby, and back-site. What you'll notice is that these positions all have different points of elevation, meaning that while using the ground as reference will allow me to maintain my crosshair at head-level if someone peeks my position from ground level on C site, in order to clear cubby and platform, I would need to adjust my crosshair accordingly, using their lower levels as a reference for where the head-level position would be in those angles.

Unfortunately, if you are struggling with this due to the fact that you aren't familiar with the map layout yet, the only thing that will remedy your situation is more time spent playing the game, if however, your issue stems from a mechanical inability, meaning that your mouse control isn't good enough to allow you to make such adjustments comfortably, the routine provided later in the guide may help you get past that issue.

Horizontal Positioning:

Just as with vertical positioning, horizontal positioning is pretty self-explanatory in terms of its function. Knowing at what height to position your crosshair at in relation to the environment is far easier to do than knowing where to position it on a horizontal axis, the reasoning behind this is that with vertical placement you will always have the ground or lower level of the object the opponent is standing on as a point of reference which allows you to instantly know at what height head-level is. When focusing on the horizontal aspect of crosshair placement, there isn't a set point of reference at all times; Sometimes you need to hold wide angles, sometimes you need to move along with the object you're playing against, and sometimes you need to pre-aim to swing effectively, all this variability makes it much harder for a newer player to grasp crosshair placement and horizontal positioning is just as crucial as vertical positioning if not even more important.

A very common mistake which I see a lot of in the VODs I review as a coach, is newer players holding angles too tightly, meaning that they're playing in a position where they anticipate an enemy push and are waiting for the engagement, and their crosshair is in a position where it's hugging the edge of the wall the enemy will peek from. Here is a visual representation of what I'm talking about:



Example of incorrect horizontal placement

In the image above, I'm holding an angle where if someone crosses moving parallel to the wall I'm looking at, I'll have under 50 ms to react, my crosshair is so close to the edge of the wall that I will need to click my LMB the milli-second I see the enemy. By holding this angle, chances are that by the time I click the enemy will have already crossed to the left of my

crosshair resulting in a miss and most likely my death; It would take inhuman reaction times for anyone to hit a player while holding like this, especially if the enemy player is swinging. Instead, you should allow some distance from your crosshair to the edge of the angle you're holding, allowing yourself to spot the enemy's player model, and then time your click effectively. Here is a visual representation of correct crosshair placement while holding the same angle:



Example of correct horizontal placement

As you can see, in the image above I am allowing for some space between the wall and my crosshair, giving me a significantly longer time window to spot an enemy player and react. Holding an angle that's too "tight" would mean I need to make a larger adjustment to hit the enemy, and therefore I increase my margin of error due to vertical overshoot (see below). There are exceptions to the rule when it comes to the distance you need to hold at, if the angle you are holding only allows forward movement (into your crosshair) you can hold a narrow line of sight. If you are clearing an angle (moving along it to check for enemies) and you are the aggressor, you can hold tight and move along with the wall / LOS to allow for a faster reaction if you spot an enemy during your movement. If you are the aggressor and you want to swing into an angle that you believe / know an enemy is holding, it is sometimes optimal to pre-aim, meaning you position your crosshair in a way where without moving your mouse it will be aimed at the enemy's head once you swing out the angle.

Vertical Offset:

The final common issue I would like to bring up which ties into both crosshair placement and horizontal click-timing, is something I call "vertical offset" or "vertical overshoot", this is a player's inability to move his crosshair horizontally while maintaining the same vertical placement. Vertical offset is a big issue when it comes to switching angles or flicking horizontally, I have seen many scenarios where a player is holding an angle properly with their crosshair at a pixel-perfect vertical position in relation to head level, only to make a 30 degree turn to check a different angle and end up shooting at an enemy's chest and losing the duel. Usually, the larger the movement, the more the player's crosshair deviates vertically. Here is a depiction of what vertical offset / overshooting looks like in-game:



Example of margin of error caused by vertical offset / overshooting

In the image above the green dot is where the crosshair should end up in an ideal scenario while flicking from it's current position to the target dummy, while the green lines represent a theoretical margin of error for overshooting. Fortunately for people that face this issue, I have come up with multiple Kovaak's maps and firing range excercises to help combat it and largely reduce your margin of error when moving your crosshair / flicking horizontally.

Settings: What sensitivity / crosshair should I use?

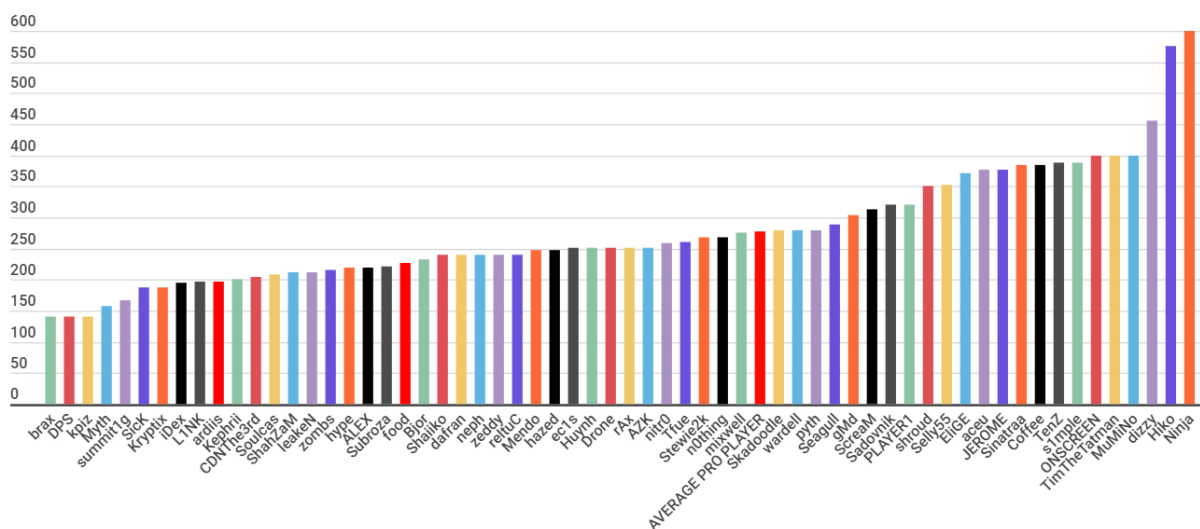
This part of the post discusses a topic which is highly subjective, both the sensitivity you use and the crosshair you use are something preference-based that you should decide upon on your own, the reason I'm adding this section into the post is for players which are newer to the tac-shooter genre; There are a few guidelines that will help them narrow down the settings that work the best for them.

First off, don't by any means copy your favorite pro's config, just because something works for a professional player that has probably spent well above 10,000 hours playing FPS games and decided upon their ideal sensitivity and crosshair within that massive period of time, doesn't mean that it's going to work for you, use whatever you're most comfortable with. Other than individual preference, and having gotten used to their sensitivity, the Pros you watch may be using gear which feels different at their sensitivity setting. A lighter mouse, faster mouse-pad, and faster feet can feel very different in terms of mouse movement, even if you're playing on the same sensitivity value on paper. In relation to grip-styles and what mice are ideal for each hand size, make sure to check out my first post in this sub before moving forward with this guide, as playing on hardware that caters to your individual preferences plays an important role in increasing your mechanical potential.

Low vs. High Sensitivity, what should I use?

As I stated in the paragraph above, sensitivity is something quite subjective and while there's no general rule as to which single sens value is superior, Valorant and CS:GO professionals tend to stick to e-dpi or cm/360 much lower than professional players in other titles and FPS subgenres. Your e-dpi is your in-game sensitivity value multiplied by your mouse's DPI setting. The average e-dpi used by Valorant professionals is around 250 e-dpi, which would be a value of 0.625 in-game @ 400 DPI, or around 50 cm/360.

Valorant Pro's and Streamers Sensitivity



Average player plays with 400 dpi and 0.69 in game sensitivity (giggity). Values taken from prosetting.net.

Pro player & Streamer sensitivity settings (e-dpi)

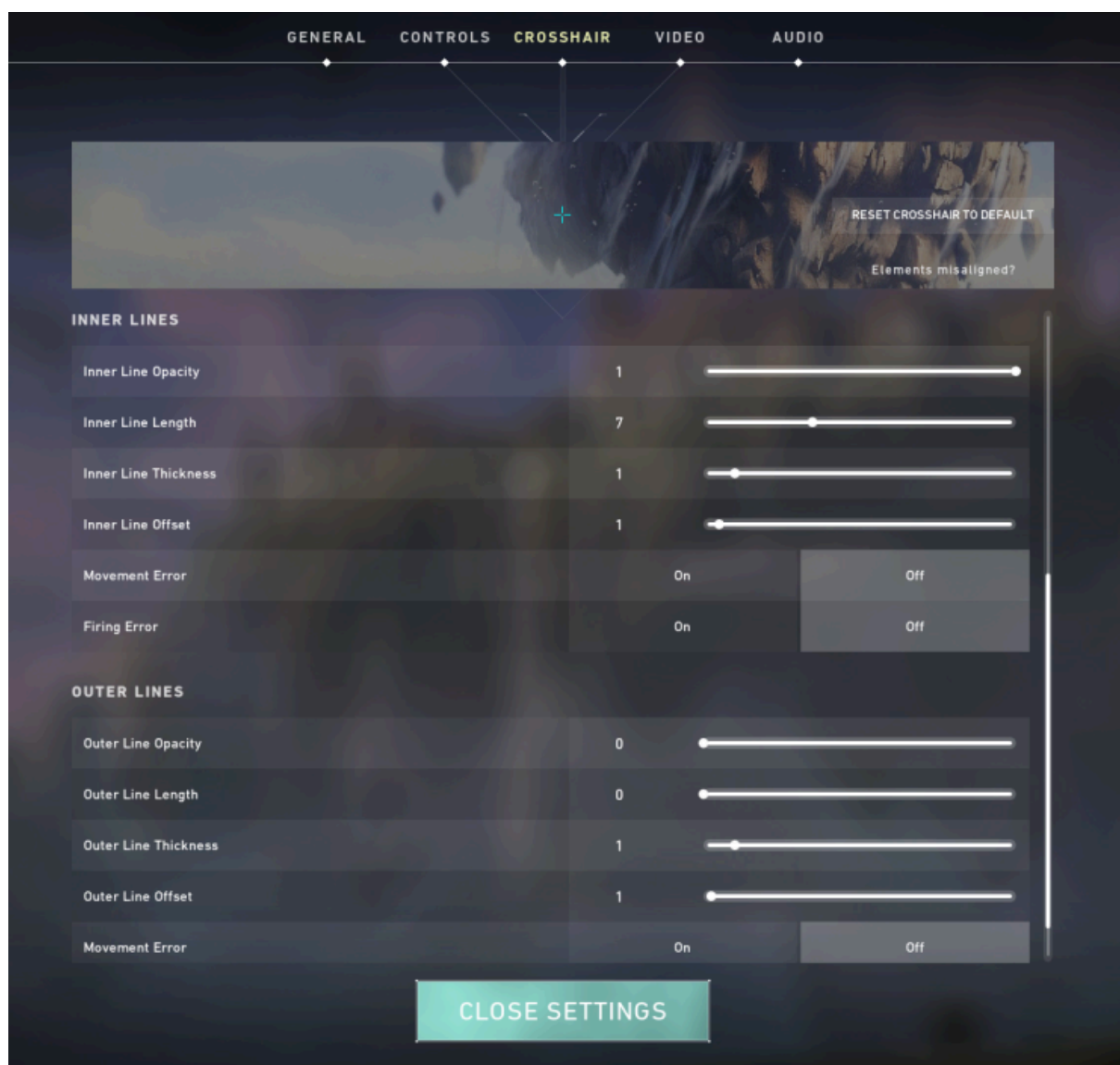
cm/360 is a universal format for sensitivity measurement, it's the amount of centimeters you need to move your mouse in order to perform a full rotation. This is the format adopted within aimer communities due to the simple fact that you asking someone "what sensitivity do you play on?" And them responding with "1.5 in CSGO" is pretty useless information as they could be playing at any DPI range, and you don't necessarily know what each CSGO sens corresponds to in relation to physical movement, or even movement in other games. "e-dpi" solves the issue of different DPI x Sens measurements within the same game, but the cm/360 format is easily transferable from title to title.

The reason professional players in the tac shooter genre use lower sens on average, is due to the fact that in contrast with other FPS games, tac shooters don't require larger or extended movements, instead they require you to hold or clear angles while maintaining stable crosshair placement, the least adjustments you need to make to your crosshair's position on

your screen, the better your "aim" will be. The majority of players I have coached report that it has been significantly easier for them to maintain consistent crosshair placement at lower sensitivities. For newer players that still haven't found a "main" sensitivity that they feel comfortable on, I would recommend for them to stick to the range of 200-300 e-dpi, while for more experienced players coming from CS or other similar games, I would recommend a similar range with a higher cap, at 200-400 e-dpi (very few professional players play above 300 e-dpi).

Crosshair settings:

This is something even more subjective and preference-based than sensitivity even, so what I will do in this section is simply post my own settings which I use for my in-game crosshair, and explain why I picked each value within the menu.



Crosshair Settings

So, let's break my crosshair down setting by setting:

- **Color:** I use "Cyan" as it stands out quite well for me with my current color settings, any color that doesn't match your enemy outline color works perfectly fine here.
- **Inner Line Opacity:** This setting basically determines how see through your crosshair will be, I like setting mine at "1" as It makes the crosshair stand out more.
- **Inner Line Thickness:** I set this to "1" which is the lowest value, a lot of professional players like to use "2", I think setting the value to "1" makes it easier to align your crosshair with heads or with other objects in the environment, it is also less obstructive, so I highly recommend either this or "2" to newer players
- **Inner Line Offset:** This setting determines how large the gap is in your crosshair, I like setting this to "1" as the gap is as small as possible without disappearing, larger gaps make it more difficult to determine where the exact center of your screen is, which can act as a hindrance in your first shot accuracy at longer range engagements.
- **Movement & Firing Error:** These settings just turn your crosshair into a dynamic crosshair and make the gap widen significantly while moving or shooting respectively in order to give you a visual representation of how the inaccuracy factor works. Useless and distracting, would highly suggest that you keep these both off unless you're very new and still don't understand how movement / spray accuracy works.
- **Outer Lines:** Everything is off here, I don't think playing with outer lines provides any benefit whatsoever and it's an extra distraction.

Aim Training for Valorant

(Kovaak's & AimLab)

Aim training is something that everyone can benefit from since it builds mouse control which is something that transfers over as a skill regardless of the game you choose to play. Since Valorant lacks a workshop / community browser, there is no option for players to create in-game training scenarios or even set up custom FFA HSDM servers for people to train their aim & crosshair placement. Due to the lack of in-game provisions, Valorant players will benefit greatly from implementing a daily aim trainer routine as part of their game-specific practice. In this section I will provide a set of routines which I have experimented with in the past month and found to be the optimal starting point for the majority of Valorant players. Keep in mind these routines are not specifically made to cater to anyone's individual weaknesses, but generally a safe map-pool which everyone can benefit from regardless of skill-level. If you want access to custom-made playlists and VOD analysis through 1-on-1 sessions, join my Discord server which will be linked at the bottom of this guide.

Good luck on your grind!

Kovaak's Training Routine

Color Key:

Red = Click-Timing oriented map

Blue = Click-Timing (micro adjustment) oriented map

Orange = Target-Switching oriented map

Green = Smoothness Training

Maps for Novice - Intermediate Players

> 1 wall 2 targets horizontal - 10m

> Valorant small flicks - 10m

> 1 wall 6 targets adjust -10m

> Wide wall 6 targets - 10m

> ValTarget switch - 10m

> PatTarget switch small no reload - 10m

Map Alternatives for Advanced Players

> Floating heads timing 400% - 10m

> Pasu small reload horizontal - 10m

> 1 wall 2 targets small reload - 10m

> reflex micro++ flick - 10m

> Valorant microshot speed small - 10m

> Centering 1 - 10m

> Smoothness Training Sphere 2 - 10m

Recommended time split = 30 mins of Kovaaks pre-game (5 mins of each map) and 30 mins of Kovaaks when you're done playing for the day

AimLab Training Routine

How to access my custom AimLab Playlist:

- 1) Launch AimLab and go to the "Custom" tab
- 2) Select the "workshop" option
- 3) Filter by "Playlist" in the search options and type "val routine by twix"
- 4) Play through the routine (30/60m) enjoy!

Note: You can also search for my custom tasks individually

Most viable default maps [not recommended]

> Linetrace - ultimate - 10 runs

> Circletrack - precision - 10 runs

These two are meant to train smoothness

> Microshot - precision - 10 runs

Standard micro-adjustment training

> Sixshot - ultimate - 10 runs

Basic click-timing map with smaller sized targets

> Timingshot - ultimate - 10 runs

AimLab alternative for "Floating Heads Timing 400%" in KvK

> Pentakill - Standard - 10 runs

predictive CT, targets move in a uniform horizontal direction

Read:

The AimLab maps which are currently available are pretty limited & restrictive due to the lack of user-created content, therefore this routine isn't as highly specific as my Kovaak's routines so I still highly recommend that you follow those. For players who cannot currently afford Kovaak's, this playlist will work fine for now

General in-game Training

HSDM:

Valorant doesn't currently offer it's own deathmatch servers, therefore the next best thing is practicing in CS:GO. HSDM is a headshot only modifier for community FFA servers in CS:GO. Playing FFA on headshot only forces you to maintain head-level crosshair placement as body shots don't count. I advise going for taps rather than spraying, as it limits the RNG, also spraying in CS:GO isn't transferable to Valorant as a mechanic. Make it a challenge for yourself to maintain positive K/D while playing. Use the AK in rifle servers, and the USP-S in pistol servers.

Firing Range:

> *Wide angle horizontal click-timing - 5 minutes*

Use a ghost, focus on tapping the bot furthest to the left then furthest to the right, repeat

> *Strafe peeking practice - 5 minutes*

Use a ghost, place a sage wall and focus on eliminating bots whilst counterstrafing, move in the direction you're peeking from, and press LMB the moment you hit the directional key opposite to your current directional movement

> *Spray control practice - 5 minutes*

Toggle infinite ammo "off" and try to kill as many targets as you can while using a single clip [vandal/phantom]

> *CH placement practice - 10 minutes*

Take the portal to the "spike defuse" part of the firing range, set difficulty to "hard" and focus on clearing the map <10s

Bad Habits In Valorant

In this section of my comprehensive guide, I want to mention some common mistakes I see players make habitually.

There are two types of these bad habits, one being physical habits, and one being ingame habits. The physical bad habits you need to be aware of are: Posture, Chair to desk height, and Monitor position. Bad posture can cause neck / back strain and improper blood flow which will not only affect your gameplay negatively, but also your health, so for god's sake, don't sit on your chair leaning 90 degrees forward like the Hunchback of Notre Dame. I mentioned Chair to desk height because many people play with their chair too high relative to their desks, or too low relative to their desks. Ideally, you want your forearm to be able to comfortably rest flat upon your desk while holding your mouse, without the elbow hovering into oblivion or dropping below desk height. The final point on physical bad habits is monitor position, I won't explain this one in depth as it is pretty straight forward, you want your monitor at the right height and distance so that you can see the entirety of the screen without the image being distorted due to the tilt / angle.

Crosshair placement

In terms of ingame bad habits there are TONS so I'll just stick to the ones specific to Valorant for this post. The first point being poor crosshair placement. For those of you with no experience in games like CS or maybe even games like R6, crosshair placement won't be something you have perfected, most games aren't low TTK (time to kill) enough for crosshair placement to be as important as it is in the aforementioned games, therefore people don't need to worry too much about the position of their crosshair while moving around the map. In Valorant, good crosshair placement is the most important aspect of aiming, and the deciding factor in how a gunfight goes while peeking or getting peeked. Due to the fact that this game is very similar to CSGO in TTK, you will want to make a habit of constantly keeping your crosshair at head level, it doesn't matter if you're expecting someone to peek at the given moment, make a habit of always keeping your crosshair at a position where an enemy player's head would be in a scenario where they peeked the angle you're holding.

Shooting while moving

Another bad habit I see people make a lot, especially in lower ranks, is shooting while moving. DO NOT shoot while moving in this game unless you're counter-strafing and single firing (counter strafing is the act of shooting mid-directional change to reset the inaccuracy factor). In CSGO you can spray while crouch-walking and maintain accuracy, which may confuse a lot of players coming from CS to Valorant, in this game however, even while holding down the control key your bullets will fly in all directions, so don't move while spraying unless you're close enough to the target that you can sacrifice accuracy.

Repetitive Playstyle

A bad habit that I see quite often in VODs I review, is people being too predictable / repetitive. Stop pushing the same exact angle every round, or playing the same exact spot on defense every round, or using your abilities in the same exact way every round. This doesn't mean that if you're a B player on defense you should rotate to A next round, it just means you should try to mix it up between rounds so that the enemy team can't just prefire or ability spam the location you played last round for a free kill. Something similar to this is peeking the same angle multiple times, if you try to go for a kill while peeking and miss your shots, don't peek the same exact angle a second later as you'll simply get one-tapped by any half-decent player.

Over-Rotating

Interestingly, a bad habit I see too often even in higher ranks (diamond / immortal) is people over-rotating, this is a big one. Let's say you're playing B on split, you still have mid control, and your team just got a kill or two in A main but you don't have clear info on the rest of the team, do NOT leave B to go defend A, this is called over-rotating, and I have lost far too many rounds due to teammates doing this. Only rotate when you have enough information on the enemies' positions to be able to leave the site you're holding with 0% chance of the enemy team pushing it while you're off it.

Bad Plant Positions

This one here I'll go through shortly as it's pretty self-explanatory, in VODs I review from lower rank players, I see many instances where the attacker is in a 1v1 situation where they could very easily just plant the bomb in a position where they can play time behind cover, and peek when the enemy attempts to defuse, yet instead they plant in horrible spots that force them to wide swing an angle in order to get vision on where they planted.

Economy

Finally, I want to mention economy mismanagement briefly. If you lost the first round, regardless of if you got the spike planted or not, you never want to force-buy second round, unless you receive credit compensation due to a teammate which has disconnected, or somehow everyone got a kill each + your team planted the bomb, you don't want to buy. Make sure you have at least 1600 credits remaining after buying up during the 2nd round's buy phase (amount fluctuates slightly depending on the ability pricing of the agent you're playing).

Note: oh, quick complaint, If your teammate has spent the past 20 seconds flanking around the enemy team, don't just stomp past him like an elephant and alert the entire map to his position. Dick move!

The Importance of Sleep & Nutrition

There are plenty of training routines out there which focus on gaming, but very few of them highlight the importance of proper nutrition and sleep. Before I jump into explaining why exactly nutrition and sleep (especially sleep) are so important in retaining information, let's talk a bit about exercise since I've seen it discussed in this sub the past few days. You don't need to be hitting the gym daily in order to see a positive influence on your in-game performance, nor will you notice one in general, but it is a fact that physical exercise can lead to a temporary boost in neuroplasticity, which is an active change in your brain physiology due to synaptic growth that plays a large role in learning new things. A decent amount of cardio pre-training will increase blood flow to your brain and release certain proteins which have been found to boost synaptic growth.

Here is an article which explains this in-depth:

<https://elifesciences.org/articles/45920>

The article contains a lot of scientific terminology, but it's still decently comprehensible for those of you with an advanced vocabulary in English.

I won't go too in-depth about nutrition, as it's a pretty straight forward concept. The human brain needs to be "fed" properly in order to function at an optimal state, this doesn't just mean eating enough, but also eating healthy. You need to maintain a balanced diet in order allow your brain to function at it's peak, protein intake is especially important, a poor / incomplete diet can very often lead to lack of focus, which is very evidently an important factor when it comes to processing / retaining information, meaning you should never be hungry while training. Other than base nutritional values, make sure you don't have any vitamin deficiencies, and take care of them through supplement consumption in the case that you do.

Here is an article which discusses the impact proper nutrition has on learning.

<http://www.educationalneuroscience.org.uk/resources/neuromyth-or-neurofact/diet-makes-a-difference-to-learning/>

Now for the most important aspect of all, sleep. Sleeping patterns have one of the biggest influences on learning in regards to the ability to retain information, and proper sleep is very often disregarded by people. Sleep deprivation can lead to a plethora of problems which will negatively impact both your learning process during training and your actual gameplay during the day. Sleep-deprivation, just like poor nutrition, can lead to an inability to focus,

which will impact your training / gaming for obvious reasons. Sleep deprivation will also keep your brain from resting properly, meaning that your exhausted neural synapses will not be able to function properly, failing to coordinate information. This means that information being processed at the time being won't be absorbed properly (think of an old sponge that has lost its properties) AND your brain won't be able to access prior-knowledge, meaning you function at suboptimal levels mechanically as well. In a more psychological aspect, your mood may also be affected by lack of proper sleep (and nutrition) which can lead to a lack of motivation amongst other things which will negatively impact your game training. If you don't sleep long enough, your brain won't go into the REM stages necessary to retain knowledge, the main aspect affected by this is procedural memory, why is this important? For those of you that aren't aware, muscle memory is a type of procedural memory, and muscle memory is something directly linked to your mechanical performance in-game, so yes, improper sleeping patterns will actually lead to poor decision making, poor aim, a bad mood, and your training during that day will go to waste.

here is an article explaining some of my aforementioned points:

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>

I understand that most of you won't want to read through a lengthy article, so here's one of the most important excerpts:

In conclusion, if you want your daily training to be absorbed properly, and your in-game decision making and mechanics to perform at an optimal level, eat and sleep properly. If you don't care about playing Valorant at a competitive level, still, eat and sleep properly. No really, It's important.

**If you got this far, you probably just
scrolled for far too long, but in the
off-chance that you read through my
guide, I hope I helped you learn a thing
or two, enjoy your grind, and GLHF
-Twix**

