Cicada's aim onetrick improvement guide:

What do you require to farm aim?

Farming aim in essence is 55% aiming skill, 20% tapping skill, 10% reading skill and 15% rhythm

These values can vary from map to map, typically the lower the BPM, the higher the aiming skill and lower tapping skill required. Conversely, higher BPM requires more tapping skill and less aiming skill, though then the aim required shifts from more precise to more fast aim.

To guarantee the fastest possible improvement, the 25% made up of rhythm and reading skill will not be concretely practiced, as those can be put to the side until there is a skill wall that has been hit.

I do not recommend using Hidden with DT just yet, as a) Nearly every player I have seen with slow improvement plays Hidden b) I have not played with Hidden and thus can not make 100% correct statements on how to improve with it.

How do you train aim and tapping?

Within these categories, you have to differentiate between two types of skill: Skill ceiling and Skill floor.

What is skill floor and ceiling?

Simply put, skill ceiling defines what is theoretically possible for you to achieve with your aim, while skill floor defines what you can aim consistently. To put it into perspective, I am a player with a high skill ceiling compared to my skill floor, this was much more extreme when I was in the 15-30k rank range, where I wasn't able to FC 7* but was choking 8.5*+.

How do you train your skill ceiling?

Simply put, skill ceiling is trained by playing maps out of your own comfort range. To practice aim, my rule of thumb is playing NM jump spam where I get somewhere between 85-90% accuracy while not paying any attention to rhythm, and playing DT ranked farm maps where I miss approx. 10 times per minute of diff spike.

As for training tapping, I play 5-10% higher BPM maps than my highest comfortable BPM, in my case I'm comfortable at 300bpm, so to practice my skill ceiling I play 315-330bpm. When practicing tapping, the star rating of the map should be somewhere in the middle between your skill ceiling and skill floor, as if it's too hard you can't focus on practicing tapping and if it's too low you don't practice actually aiming that BPM too.

Ideally, skill ceiling is to be practiced during times where you are more energetic, as if you were to be tired, you would not be performing as well as you could and you'd only gain about half the skill from the training.

How do you train your skill floor?

Your skill floor is fairly easy to practice, as essentially you just need to farm maps which are slightly harder then what you have farmed before, so if you farmed 300pp previously with that skillset, you then try farming 330 and so on.

A common misconception in my opinion is that consistency maps are ideal for practicing skill floor, when in reality most of them are simply filled with filler and just have a few diff spikes, so you're essentially playing 3-4 short farm maps in a row.

Which should you train more?

Osu is a game which in it's system heavily rewards skill floor and gives near no reward for skill ceiling in the short term. Despite that, it is essential to consistently work on your skill ceiling, as it determines your rate of improvement of your skill floor.

The concept of becoming hardstuck, or the term for it in the osu community "hitting a skill wall", is nothing other than what happens when your skill ceiling and floor are at the same level. When this happens, it is incredibly hard to get back on track and improve quickly again. Examples for this in MKD are stewie, devi until recently and urav. What I'm going to say next is just my personal theory, but I believe when a person hits a skill wall, it is the psychological side of things which makes it so hard to improve after it, as inferiority complexes start building in the mind of the player.

To summarize: If you want quick results: 60% ceiling/40% floor, if you want long term improvement: 70% ceiling/30% floor

In my experience it is also important to occasionally take time to farm, solely for the psychological aspect for things and so that you know you really are improving. That is why you often see me not play for a month or two and then gain 300 profile pp in a few days.

How do you train aim?

Aim really is separated into two different types of aim when farming DT: Distance aim and Speed aim. To train distance aim, you play no mod jump spam, to train speed aim you play high bpm jump maps. There is also precision aim, but until you hit 3 digit you realistically do not need to practice that as you're really only forced to learn DTHR/Consistency/Speed when you get 3 digit.

Resources for practicing:

The three holy grails of resources for practice are:

-FunOranges osu trainer

-McOsu

-osu-pps.com

With the first two you can fine tune existing maps to whatever your needs may be, the third is a listing of maps where you can filter by length, pp and mods. Use these together to practice high bpm tapping, high bpm aim and reading.

As for resources for jump spam maps, I'm afraid you are left on your own on this one, as I do have lots of them but they are all 8-10*, which is not suitable for you yet. There are some ranked no mod maps in similar fashion that you will find on osu pps, but not a lot. Despite that, you can do your own research and I am sure you will stumble upon something, since I do also remember there being a reddit thread with a list of jump spam maps sorted by star rating.