



# Training for Esports with Viewsonic

## Training in Esports

Training allows athletes to better understand their chosen game, improve skill level, build motivation, improve confidence and improve teamwork. It is important to maintain a healthy balance of nutritional food and physical fitness as this not only assists with the above but also helps with reaction time and cognitive ability.

## Reviewing Gameplay

Taking the time post-match is very important in bettering not only yourself but potentially your team and its synergy. Analysing your match will enable you to go through what worked, what didn't work and how to better position yourself and the team for success in the future.

Through the use of tools like the ViewSonic interactive display, you can replay a match and interact through the use of its pen-on-paper writing experience, allowing you to draw directly on the display, highlighting what can be done next time.

## Time Management

Effective use of time when training is important. Studies have shown that having shorter, more focused sessions of training rather than 2+ hour long sessions reaps more benefits and reduces less effective/wasted time.

Planning out a schedule or structure in advance of what you are going to work on can help you keep on track when training along with compartmentalising each level of learning.

## Physical Exercise

Whilst playing video games is relatively static in comparison to traditional sports, it is important to exercise. Professional level teams normally make exercise apart of their routine as it helps with reaction, coordination and cognitive brain function all of which can be very important when reactions in the milliseconds are required.

# Technology and Training

## ViewSonic Interactive Display

[ViewSonic](#) Interactive Display allows you to unlock your potential through the use of its interactive functionality, myViewBoard software and Viewboard Cast capability. By using a ViewSonic viewboard you will be able to play and review your games, record the screen along with what is said, analyse professional level teams while taking notes, remote sharing of the screen for those who are unable to be there in person and more.



Image: ViewSonic 75-inch 4k interactive display

## Discord

In the Australian Esports League High School [Discord](#) you will find either a channel called `#*gamecode_scrims` or `#gamecode_friendlys` which have been setup to help find other High Schools to practice against with your new learnings.

\*Gamecode = name of channel for given game. Ie. for Rocket League it is `#rl_scrims`