

ERFOLG IM GAMING



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Introduction

Welcome to the game - or: Why this e-book is not a buff, but is a boost

Congratulations! Not only have you treated yourself to a cool product, you've also got this handy guide to go with it. Why? Because you should get the best out of your setup and your playing style.

This e-book is not a dry and dusty guide. It's your shortcut to better performance, your little treasure map on the way to headshot heaven. Whether you're a casual gamer, an aspiring streamer or an ambitious K/D fetishist, you'll find tips, tricks and tools that work.

Fewer ragequits, more "nice shot!"

Chapter 1: More skill, less salt - Practical methods to get better - without any magic or mouse gymnastics

Smart exercise instead of mindless grinding

Sure, "practice makes perfect". But if you spend hours rushing through the same map without a plan, you're more likely to train your frustration level than your skill. Better: Targeted sessions with clear micro-goals.

Example:

- Today: Focus on aim-tracking with mid-range weapons
- Tomorrow: Only sniper loadouts, no secondary weapon
- The day after tomorrow: Reactions to sounds (start with your eyes closed and then guess where the enemy is - okay, maybe not literally)

Why this helps:

Your brain loves repetition - but only if it stays variable. If you always repeat the same mistakes in the same way, you may be diligent, but you're also consistently bad.

Self-review: Video analysis made easy

Professionals do it. And you should do it too.

No, don't drink the non-carbonated energy drink - watch your own matches.

It's that simple:

Use tools like:

- **Nvidia GeForce Experience** (ShadowPlay)
- **Xbox Game Bar** (Win+G, start recording)

Look at specific scenes in which you lost - and ask yourself:

- Where was I standing?
- Why didn't I see the opponent?
- Was my reaction slow - or just stupid?

Pro tip:

Make a note of your three biggest mistakes after each match. And then: change *one* for the next game. Not all of them. One is enough.

Online tournaments: learning under pressure

Training is good. Pressure is better.

If you really want to test your skills, go to platforms like:

- **ESL Play**
- **Faceit**
- **Toornament**

Here you can find free cups, ladder games or even fun tournaments for beginners. You'll be surprised how much your focus changes when it's suddenly "right".

Side effect:

You learn how to deal with stress. And that's not just good for gaming - it's good for real life. If you ever go out there.

Training goals for every session

If you just log in "because it's fun", that's fine - but you won't gain any skills that way.

Do it like fitness training:

Set a goal - achieve it - reflect on it Example

goals:

- 20 minutes of Aim Lab - then into the match
- Every round with a different weapon (even if it hurts)
- Not a single death by grenade (yes, you can - almost)

Important:

Reward yourself. New crosshair, skin voting or simply a screenshot of your best round with the inscription "I did it!".

Chapter 2: Technical advantages that really make a difference

Setup matters - why your hardware doesn't just light up, it makes the difference

Some say: "A good player wins even with bad equipment." That's true. Just like a samurai can fight with a blunt spoon. But do you want to fight - or win?

Monitors: Hertz beats heart

If your opponent turns before you've even seen him, it might not be because of your skill - but because of your screen.

What counts:

- **144 Hz or more**= Smoother image, faster responsiveness
- **Low input lag**= Your mouse click also arrives immediately *in the game*

The difference:

A 60 Hz monitor and a 144 Hz model are not worlds apart - but easily half an Aim duel. You see opponents faster, movements appear clearer and reactions are more natural.

Try it out:

Many gaming monitors can be compared in-store on a trial basis. Once you've seen 240 Hz, you'll never want to go back.

Mouse & Keyboard: Precision starts with the hardware

Your mouse isn't just a pointer - it's your weapon. And believe me: no sniper wins with a wobbly sight.

Mouse check:

- Freely adjustable DPI (e.g. 400-3200 for various games)
- Ergonomic design that fits your hand
- Additional buttons? Great for skills and grenades

Keyboard tips:

- Mechanical switches (e.g. Cherry MX Red, Speed Silver) are faster than rubber domes
- Anti-ghosting and N-key rollover= multiple keys simultaneously without dropouts

Fun fact:

Some gamers choose their keyboard based on click volume. Not for the advantage - but for opponent psychology in Discord calls.

Headsets: When your ear hears faster than you think

What you can't hear will kill you. It's as simple as that.

Important features:

- **Surround sound (virtual or real)**= Directional perception in 3D
- **Good isolation**= No distraction from barking neighbors
- **Clear micro-sound**= Your calls come across clearly

Pro tip:

Enemies in shooters always make noises - you just have to listen. Footsteps, reloading, weapon exchange - everything is audible. With the right headset, the camper suddenly becomes an open book.

Ping and connection quality: the secret game changer

Latency is like a bad-tempered roommate: you only notice it when it ruins your round.

Facts about ping:

- Under 30 ms: Very good
- 30-60 ms: Playable
- Over 80 ms: Welcome to the rubber band

Upload/download? Never mind. What counts for online games:

- **Stability**
- **Constant latency**
- **No packet loss**

Pro tip: Never go to war with WLAN

WLAN is convenient.

WLAN is also dangerous.

Your signal goes through walls, through furniture, through... your cat.

Solution:

Lay a LAN cable. Yes, even if it's ugly. You don't want to win the decoration, you want to win the match.

Chapter 3: Tools for real gamers

Software helpers and training apps that have more to offer than the menu

Skill doesn't just come from playing - it also comes from targeted training outside the game. Or as the nerd says: "meta-skill leveling."

Aim trainer: Kovaak's, Aim Lab C Co.

Want to aim better? Then aim more often - *properly*.

These tools will help:

- **Aim Lab** (free on Steam): statistics-heavy, modular, ideal for FPS
- **Kovaak's FPS Aim Trainer** (for a fee, but top)
- **3D Aim Trainer (browser)**: good for in-between games

Tip:

Ten minutes of warm-up a day makes more difference than a skin for 30 euros.

Discord C Overwolf: Communication = Coordination

Discord:

Your social gaming hub.

Voice chat, tactics discussions, memes - all in one tool.

Overwolf:

Overlay platform with add-ons for many games

- Live statistics
- Match history
- Automatic highlights

Important:

Use the tools, but don't rely on them blindly. Even an overlay is no substitute for looking at the radar.

MSI Afterburner: FPS monitoring for nerds with ambitions

If your game stutters, no skill will help.

MSI Afterburner shows you:

- FPS in real time
- CPU and GPU utilization
- Temperature control (keyword: barbecue party in the case)

Why this is important:

Stable FPS= better aiming, smoother gameplay. And fewer excuses if you die again.

Browser minis for reaction and focus

Ideal for short training breaks:

- **Human benchmark:** reaction time, sequence memory, tracking
- **Reaction Time Test:** Simple, effective
- **Focus Games:** Mini games for attention and cognitive speed

Tip:

5 minutes of reflex training during your lunch break is worth more than 20 minutes of aimlessly scrolling through Insta.

Chapter 4: Train your playing style

Out of the tunnel, into the game - how to play smarter and more versatile

Some players are one-trick ponies. Others are walking legends. What makes them different?

Not just skill, but **flexibility** - and that starts with the willingness to do something different.

Reflex training outside of the game

Your reaction time doesn't end with the respawn screen. It *begins before* the game - with targeted training.

Recommended tools:

- **Human Benchmark:** Classic for reaction time, target tracking, memory
- **Reaction Time Test:** Simple interface, great effect
- **Training tip:** 5 minutes of reflex training every morning. Better than coffee (okay, almost)

Why it works:

Your brain is a muscle. If you train reactions in isolation, you notice everything more quickly in a match - and you don't just click first, you click correctly.

Comfort zone kick: role reversal for the style of play

Are you always the aggressive pusher? Then play support. Do you like camping in the bush? Then join the frontline storm.

What you learn:

- Better assessment of your teammates
- More understanding of game mechanics
- Less toxic grumbling because you know both sides

Challenge idea:

Play 10 rounds with the *exact opposite* of your playing style. Make a note of what you find difficult - this is where your biggest learning factor lies.

Observe professional role models correctly (and copy)

Simply watching a streamer and eating potato chips is of little use.

This is the right way:

- **Actively observe:** What decisions does the pro make - and when?
- **Weapon choice, positioning, movement:** Not what he plays, but *why*
- **Twitch tip:** Play streams more slowly or clip and analyze scenes

Exercise:

Copy 1:1 the playing style of a pro - loadout, map route, tactics. You'll understand more than you think.

Mindset management: From rage-quit to zen- mouse

Your biggest opponent is often not **the** opposing team, but **yourself**. **Signs of tilt:**

- You press buttons harder
- You talk more to the screen than to your team
- You give your mouse a dirty look (it's not her fault)

Counter strategy:

- **Mini-breaks:** 3 minutes out, take a breath
- **Reset ritual:** Pour a drink, get up, come back
- **Mantra:** "It's just a game - but I want to play it wisely"

Gamers with a cool head make better decisions.

Tilt is like lag - only in your head.

Chapter 5: Strange but useful tips

Between caffeine, fresh air and controller hygiene - what you never expected

Now it's getting wild.

Because sometimes it's the small, absurd things that make all the difference.

The gaming chair is not everything

Of course a good chair is great - back support, ergonomics, style. But:

A 500-euro chair won't do you any good if you're slumped in front of it like a hackneyed man.

Better:

- Sit upright
- Hands loose
- Shoulders low
- Feet on the floor (yes, both!)

Bonus:

If you sit well, you'll last longer - physically and mentally. And look better in the stream.

Power snacks, but without a chip crust, please

Gaming and snacks go together. But: greasy fingers + mouse = battlefield.

Recommended snacks:

- Rice cakes
- almonds
- Fruit strips
- Hard drops to suck on

Finger rule:

If you can't press the space bar cleanly after the snack, it was the wrong snack.

Room climate against reaction delay

Sounds nerdy - and it is. But effective. Stuffy air makes you sluggish, tired and slow.

Immediate help:

- Open the window before the round
- Mini fan on the table
- Cool temperature= focused head

Tip:

Plants in the room help to retain oxygen - and look better than your killfeed after a bad match.

The 60-minute rule for your neck, concentration and eyes

You want to play through - sure.

But your body is not an RTX 4090 with water cooling.

What you need:

- **A 5-minute break every hour**
- **Stand up, stretch, shake out your hands**
- **Look into the distance (yes, real distance - not just the second monitor)**

Why:

To avoid neck pain, burning eyes and a sudden drop in performance after hour 3.

And: You'll last longer - and play better.

Chapter 6: Your ultimate pre-game checklist

Because heroes don't ride into the arena with 32 FPS

You wouldn't walk into a tournament without your pants on, would you? (We certainly hope so).

Here's why:

Every gaming session deserves a little preparation. Not an hour-long ritual - but a few quick checks that make the difference between "running" and "laggy".

Quick technical check: monitor, mouse, driver

- **Monitor set to 144 Hz or more?** Some people forget this after updates.
- **Mouse profiles loaded?** Check DPI setting.
- **Keyboard lights up as desired?** Not important - but feels good.
- **Drivers up to date?** Check GPU drivers in particular before major game updates.
- **Close programs in the background:** Discord yes, Chrome with 37 tabs no.

Pro tip:

Once a week: system restart. No joke. Your PC is not a toaster - it loves a fresh start.

Strategic clarity: Goals for the session

If you just "throw yourself into it", the session usually ends the way it started: without a plan.

Better:

- "Today I'm just training Aim with the gun"
- "I want to play support for two rounds"
- "I consciously observe map positioning"

Advantage:

Clear goals focus your brain - and turn gaming back into a real workout.

Physical status: Water, snack, fresh air

- **Drink:** Water or unsweetened tea is best. Caffeine helps - but too much makes you jittery.
- **Snack:** Energy supplier without the finger mess. No cheese chip massacre, please.
- **Ventilate:** Five minutes of fresh air= Clear head. Oxygen is surgery.

Tip:

Don't chew during rounds. It's like talking on the phone in a boss fight.

Mental reset: activate tilt protection

You've had a tough day? Have you just been completely torn apart in the last round?

Then the following applies:

- **Don't just start "another one"** - take a deep breath
- **Mini ritual:** open the window, listen to a song, drink water
- **Sort your thoughts:** Why am I playing right now? And what do I want to do better *now*?

Goal:

Not to "deliver", but to **learn**. Staying calm is dangerous.

Bonus chapter: The secret cheat code

If you lose today, you'll be more dangerous tomorrow - and that's not a saying

Losing is bitter.

But you know what's worse? Never knowing why.

That's why:

- Every mistake is a hidden experience
- Every ragequit is a missed coaching opportunity

- Every win without a challenge is a wasted learning experience

You get better when you play consciously.

Not by luck, not by chance - but through curiosity, training and reflection.

And if nothing works:

Blame it on the lag. It always works.

Credits

You've made it - and not wasted a single skill point in boredom. Now it's time: Headset on, body upright, mouse ready - and show the lobby that you've not only bought, but also learned.

GL s HF.

And if you really want to win: just read the whole thing again. This time with snacks.