



Esports Training Programme

Introductory Level

Programme Rationale

Pro-footballers are highly educated model athletes who leave nothing to chance. Clubs command entire armies of coaches and advisors to help their players cope with the various challenges on and off the field. Comparatively, esports athletes live the life of an amateur.

A career as an esports athlete usually begins and ends much earlier in comparison to other professional sport related careers. Due to the reflexes required to react in time to constant high-pressure scenarios and strategies, most esports athletes would ideally turn pro at the age of 17 and eventually reach their peak by their mid-twenties. The foundations for a successful career as a professional eSports athlete therefore lay in one's youth. If someone wants to get to the top of their game, proper guidance and training needs to start early on.


Through systematic education and established support systems, professional athletes not only learn technique and play styles, but also how to live as a professional from their teenage years.

Our aim is to address this gap of professional guidance and deliver a concise but all-encompassing program that will help guide players to reach their full potential.

Programme Description

This programme serves as an introduction to the Esports industry from the perspective of an athlete. Participants will attend a series of 10 x 2-hour sessions that will focus on the following topics:

- Overview of the esports industry
- The games
 - League of Legends
 - Fortnite
 - FIFA
 - And more...
- Responsible play
- Techniques and Strategies
- Professional athlete lifestyle
- Physical fitness
- Self-promotion through content creation



Target Group and Eligibility

This programme is aimed at individuals who share a passion for video games yet have no experience at a competitive level.

Minimum Age: 14

No. of participants per group: 12

Participants must be registered under one of the following local councils that form part of the Central Region of Local Councils:

- Balzan
- Birkirkara
- Attard
- Pieta
- Msida
- Gzira
- Ta'Xbiex
- St. Julian's
- Sliema
- Lija
- San Gwann
- Sta. Venera
- Iklin

Parents of participants will be required to sign a consent form upon application.

Aims and Objectives

This training programme aims to:

- Encourage participants to train and compete in a healthy and stimulating environment;
- Target a combination of physical, mental, emotional and social well-being for the trainees;
- Raise awareness towards a healthy gaming lifestyle;
- Impart soft skills including but not limited to presentation and public speaking skills, interview skills, etiquette etc.
- Impart learner autonomy and agency onto athletes to encourage self-development through critical analysis and creative solutions.
- Incorporate training for different games and skill sets in a systematic manner;
- Impart transferable skills with a particular focus on Collaboration, Communication, Critical Thinking and Creativity (21st Century Skills for the workplace)
- Discard any stereotypes associated with video gaming.
- Promote careers related to esports in line with the recently announced government strategy on esports and game development.



Delivery

Training will be delivered across 10 sessions of 2 hours each

Sample Session Structure:

15 mins	Workshop - Guest Speaker
15 mins	Contextualisation + Learner training
15 mins	Coordination (targeted focus on key skills)
15 mins	Case simulations followed by self / peer assessment and feedback
10 mins	Break and preparatory discussion prior to simulation
20 mins	Simulation (with focus on observation and analysis of target areas)
5 mins	Cool down and reflection
20 mins	Follow-up Simulation (with focus on further development)

Guest speakers will be brought in on a regular basis to deliver training related to their respective discipline. Target areas shall include:

- (i) nutrition (nutritionist)
- (ii) proper seating postures and stretching (physiotherapist),
- (iii) mental and social well-being (psychotherapist and psychologist).
- (iv) physical training. Healthy body – Healthy mind (gym instructor)
- (v) self-promotion – Online content creation – streaming / youtube (Local full-time streamer)
- (vi) tournament organisation (Local tournament organiser)
- (vii) professional lifestyle – (Pro-esports athlete + professional footballer)



Programme Details

Programme Duration: 10 weeks – 1 session per week
Session Duration: 2 hours
Venue: Level Academy, 5 K. Galea Street, Birkirkara

Programme Schedule:

Group 1

Course start date: 26th January 2020
Course end date: 29th March 2020
Course schedule: Sundays
Session times: 08:45 till 10:45

Group 2

Course start date: 26th January 2020
Course end date: 29th March 2020
Course schedule: Sundays
Session times: 11:00 till 13:00

Group 3

Course start date: 19th April 2020
Course end date: 28th June 2020
Course schedule: Sundays
Session times: 08:45 till 10:45

Group 4

Course start date: 19th April 2020
Course end date: 28th June 2020
Course schedule: Sundays
Session times: 11:00 till 1300

Group 5

Course start date: TBA
Course end date: TBA
Course schedule: TBA
Session times: TBA

Group 6

Course start date: TBA
Course end date: TBA
Course schedule: TBA
Session times: TBA

Group 7

Course start date: TBA
Course end date: TBA
Course schedule: TBA
Session times: TBA

Group 7

Course start date: TBA
Course end date: TBA
Course schedule: TBA
Session times: TBA

Registration

- Registrations will be accepted through the following link: <http://bit.ly/2O1ccQc>
- Only application forms that are filled in entirely will be considered.
- Applicants may be asked to undergo a face to face interview prior to acceptance.