



Esports Afterschool Programme

Programme Details

Programme Duration:	8 Weeks
Session Duration:	2 hours each
Start Date:	19th October 2022
End Date:	7th December 2022
Session Schedule:	Wednesdays 1830PM - 2030PM
Price:	€200

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:	15
Maximum Age:	N/a.
Minimum no. of participants per group:	10
Maximum no. of participants per group:	15

Aims and Objectives

Based on the 3 pillars of Education, Competition and Values, our after-school programmes are designed to harness a student's passion for video games to impart a responsible, professional, athletic, and goal-oriented mindset.

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.

Programme Rationale

Pro-football, basketball and other players 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 esports as a discipline from the perspective of an athlete. Participants will attend a series of 8 x 2-hour sessions that will focus on the following areas:

- Self assessment
- S.M.A.R.T Goal Setting
- Communication
- Hand-Eye Coordination
- Left-Right coordination
- Developing Game Sense
- Cultivating a winning mindset
- Branding and online persona
- Video analysis and anti-stratting
- Esports Team Setup
- Team Tactics and Strategies
- Sustaining Motivation
- Resilience
- Emotional Regulation
- Physical training
- In-game Specifics
- Tournament Participation

Delivery:

Training will be delivered across 8 sessions of 120 minutes each split into 2 modules.

Sample Session Structure:

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

Competitive Practice will take place during the 4th and 8th week of the programme. Dates and time will be set with the participants on the first day of the course.