

Warmup Cards

Five 15-minute warmups: universal, solo lane, ADC, support, jungle.

Version 1.0.0 - last reviewed 2026-08-12

Solo Queue Practice System was created under Riot Games' "Legal Jibber Jabber" policy using assets owned by Riot Games. Riot Games does not endorse or sponsor this project. League of Legends is a trademark of Riot Games, Inc.

Universal 15-Minute Warmup

ANY ROLE

PHYSICAL (2 MINUTES)

Loosen wrists and fingers -- rotate wrists both directions, stretch fingers open and closed, shake hands out. This is not optional even if it feels silly; cold hands mechanic worse.

MECHANICAL DRILL (10 MINUTES)

Practice Tool: full-map orb-walk kiting on a target dummy for 3 minutes, then last-hitting a wave for 4 minutes at your normal CS target, then 3 minutes of ability-combo repetition on your most-played champion.

MENTAL RESET (2 MINUTES)

Close all other windows and tabs. Write down one thing you want to focus on this session -- not your rank, one specific measurable thing from your Focus Menu.

START-WITHIN RULE

Queue for ranked within 30 minutes of finishing this warmup -- priming from a warmup decays past that window.

SAME-SETTINGS RULE

Warm up at the exact same mouse sensitivity, keybinds, and resolution you play ranked at.

Warming up on different settings trains the wrong muscle memory.

Solo Lane Warmup (Top/Mid)

TOP OR MID

PHYSICAL (2 MINUTES)

Wrist and finger loosening, same as the universal warmup.

MECHANICAL DRILL (10 MINUTES)

Practice Tool: 1v1 trading pattern against a bot for 5 minutes (land a trade, disengage, repeat -- see the Trade-Then-Back drill), then a 5-minute wave-freeze setup rep.

MENTAL RESET (2 MINUTES)

Pick your lane's likely matchup mentally and name one power spike you need to respect or exploit this game.

START-WITHIN RULE

Queue for ranked within 30 minutes of finishing this warmup.

SAME-SETTINGS RULE

Same sensitivity, keybinds, and resolution as ranked.

ADC Warmup (Bot Lane Carry)

ADC

PHYSICAL (2 MINUTES)

Wrist and finger loosening, same as the universal warmup.

MECHANICAL DRILL (10 MINUTES)

Practice Tool: kiting a moving target dummy while auto-attacking for 5 minutes, then a 10-Minute CS Drill compressed to 5 minutes (last-hit only, track pace) to lock in last-hit timing.

MENTAL RESET (2 MINUTES)

Decide your positioning rule for this game: how far back you stand in a fight before you've committed too far forward.

START-WITHIN RULE

Queue for ranked within 30 minutes of finishing this warmup.

SAME-SETTINGS RULE

Same sensitivity, keybinds, and resolution as ranked.

Support Warmup

SUPPORT

PHYSICAL (2 MINUTES)

Wrist and finger loosening, same as the universal warmup.

MECHANICAL DRILL (10 MINUTES)

Practice Tool: 5 minutes of landing your primary engage/peel ability on a moving target dummy, then 5 minutes practicing ward placement pathing (run your standard ward route without actually pathing into danger).

MENTAL RESET (2 MINUTES)

Decide your ward-refresh cadence for this game (see the Ward Clock drill) and commit to it before you queue.

START-WITHIN RULE

Queue for ranked within 30 minutes of finishing this warmup.

SAME-SETTINGS RULE

Same sensitivity, keybinds, and resolution as ranked.

Jungle Warmup

JUNGLE

PHYSICAL (2 MINUTES)

Wrist and finger loosening, same as the universal warmup.

MECHANICAL DRILL (10 MINUTES)

Practice Tool: run your standard opening clear once with a stopwatch (see the Jungle Clear Timing drill), then spend the remaining time on smite-timing reps against a camp with a visible health bar.

MENTAL RESET (2 MINUTES)

Name the two lanes you plan to path toward first and why, based on typical matchup strength, not habit.

START-WITHIN RULE

Queue for ranked within 30 minutes of finishing this warmup.

SAME-SETTINGS RULE

Same sensitivity, keybinds, and resolution as ranked.

Warmup Cards - v1.0.0 - last reviewed 2026-08-12 - Solo Queue Practice System was created under Riot Games' "Legal Jibber Jabber" policy using assets owned by Riot Games. Riot Games does not endorse or sponsor this project. League of Legends is a trademark of Riot Games, Inc.