

Drill Library

Twelve drills, one per Focus Menu card, three cards to a printed page.

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10-Minute CS Drill

SKILL TRAINED

Last-hitting under time pressure

WHERE

Practice Tool

DURATION

10 minutes

PROCEDURE

1) Open Practice Tool, solo lane, no bots. 2) Farm for exactly 10 minutes, no items purchased. 3) Do not recall. Do not use abilities to secure kills you could last-hit normally. 4) At the 10:00 mark, screenshot or note your CS count. 5) Log the number in the tracker's Game Log or Baseline sheet.

PASS BAR

90 CS at 10:00, no items

PROGRESSION

Once you clear 90 three sessions in a row, move your pass bar to 107 CS at 10:00.

COMMON FAILURE

Chasing kills across the wave instead of taking the closest safe minion -- costs more CS than it gains.

Last-Hit Under Tower

SKILL TRAINED

Farming through tower damage without losing HP

WHERE

Practice Tool

DURATION

8 minutes

PROCEDURE

1) Practice Tool, set enemy tower to attack your lane. 2) Push a wave under the enemy tower. 3) Last-hit every minion under tower aggro for 3 full waves. 4) Track how many times tower damage (not the minion) hits you. 5) Repeat until you can clear a full wave under tower with zero tower hits taken.

PASS BAR

3 consecutive waves, zero tower hits taken

PROGRESSION

Add a second minion wave overlap (double wave under tower) once the single-wave version is consistent.

COMMON FAILURE

Standing still to line up a last-hit instead of stutter-stepping in and out of tower range.

Wave-Freeze Setup

SKILL TRAINED

Manipulating wave state to hold a lane advantage

WHERE

Practice Tool, 2 bots on lane opponent's side

DURATION

10 minutes

PROCEDURE

1) Set up a lane with your minions slightly ahead of the enemy's, near your side of the map. 2) Only last-hit -- do not push the wave forward with extra damage. 3) Hold the freeze point (roughly the midpoint between your tower and the enemy's) for 3 full waves. 4) Note where the freeze breaks and why (a big minion died on the wrong side, you took a harass trade poorly, etc). 5) Reset and repeat until you can hold a freeze for a full 3-wave cycle without it collapsing.

PASS BAR

Hold a freeze for 3 consecutive waves without it pushing or crashing

PROGRESSION

Practice freezing while also last-hitting perfectly -- most players can do one or the other at first, not both.

COMMON FAILURE

Auto-attacking a minion out of habit and accidentally pushing the wave past the freeze point.

Recall Timing

SKILL TRAINED

Minimizing gold and XP lost to travel time

WHERE

Normal or Ranked (self-review, not live drill)

DURATION

One full game, reviewed after

PROCEDURE

1) Play a normal game as you normally would. 2) After the game, open the match history timeline and note every recall. 3) For each recall, ask: was I recalling with a full wave pushed, or did I leave minions on the table? 4) Count how many recalls happened with under 4 minions' worth of gold banked. 5) Log the count; the goal is to trend that number toward zero over successive games.

PASS BAR

No more than 1 low-value recall per game

PROGRESSION

Once consistent, add: recall only after resetting a wave (last-hitting the current wave before leaving).

COMMON FAILURE

Recalling out of boredom or safety rather than because the wave state actually calls for it.

Ward Clock

SKILL TRAINED

Maintaining vision on a fixed cadence instead of reactively

WHERE

Normal or Ranked

DURATION

One full game

PROCEDURE

1) Before the game, decide a ward-refresh cadence (e.g. every time trinket is off cooldown). 2) Set a mental or physical timer cue for that cadence. 3) Every time the cadence hits, place a ward -- even if nothing feels urgent. 4) After the game, check your vision score against your rank's typical range. 5) Note any stretch of the game where you went more than 90 seconds with no active ward nearby.

PASS BAR

No gap over 90 seconds with zero active wards in your area of the map

PROGRESSION

Add control wards on a second, slower cadence once the trinket cadence is automatic.

COMMON FAILURE

Only warding when already worried about a gank -- by then it's too late to prevent it.

Death Audit

SKILL TRAINED

Turning every death into a specific, correctable cause

WHERE

Normal or Ranked (self-review, not live drill)

DURATION

5 minutes per game, after playing

PROCEDURE

1) After each death this game, write one sentence: what specifically caused it. 2) Avoid vague causes like "got caught out" -- name the specific decision (missed vision, overextended past minion wave, ignored a missing enemy on the minimap). 3) Group deaths by cause across a full session (10 games). 4) Identify your single most repeated death cause. 5) Pick one fix for that specific cause and hold it for your next 10-game block.

PASS BAR

One written cause per death, no games skipped

PROGRESSION

Once causes stop repeating, audit deaths for allies too -- learning to read a teammate's death pattern helps positioning around them.

COMMON FAILURE

Writing "bad luck" or "unlucky" as a cause -- almost no death is actually unavoidable; find the real decision point.

Minimap-Glance Cadence

SKILL TRAINED

Building the habit of checking the minimap on a fixed rhythm

WHERE

Practice Tool or Normal

DURATION

10 minutes

PROCEDURE

1) Pick a fixed glance cadence (e.g. every time you last-hit a minion, or every 8-10 seconds). 2) Play a lane phase consciously counting your glances against that cadence. 3) Note any stretch where you went more than 15 seconds without glancing. 4) In Practice Tool, have a friend or second client move a bot around the map and see how fast you notice. 5) Repeat until glancing feels automatic rather than a conscious checklist item.

PASS BAR

No gap over 15 seconds without a minimap glance during laning phase

PROGRESSION

Extend the cadence requirement into mid-game teamfight positioning, where the cost of missing a glance is much higher.

COMMON FAILURE

Glancing at the minimap but not actually processing what changed -- the habit needs to end in a decision, not just a look.

Jungle Clear Timing

SKILL TRAINED

Consistent, efficient jungle pathing

WHERE

Practice Tool

DURATION

10 minutes

PROCEDURE

1) Run your standard opening clear in Practice Tool with a stopwatch running. 2) Note the exact time your first full clear finishes. 3) Run it again, this time trying to shave time by tightening pathing (fewer wasted steps between camps). 4) Do this 3 times and take your best clean clear as your calibration baseline -- there is no universal target, only your own baseline. 5) Log your baseline in the tracker and compare future clears against it, not against a number you didn't measure yourself.

PASS BAR

Calibrate from your own baseline -- no fabricated number exists for this without knowing your champion and route

PROGRESSION

Once your clear time is stable, add a scripted gank attempt at a fixed timing (e.g. first back-to-back camp finished) and measure how often you're actually there on time.

COMMON FAILURE

Comparing your clear time to a pro player's without

Trade-Then-Back Pattern

SKILL TRAINED

Taking a favorable trade and disengaging before it turns unfavorable

WHERE

Practice Tool, 1 bot on lane opponent's side

DURATION

10 minutes

PROCEDURE

1) Set up a lane trade scenario against a bot at a level and item state you choose. 2) Initiate a trade you believe is favorable (based on ability cooldowns and range). 3) Immediately after landing your trade, back off out of the bot's attack range rather than continuing to fight. 4) Repeat 10 times, noting how many times you successfully disengaged before taking unnecessary damage back. 5) Review any trade where you "won" the damage exchange but still ended up low, and identify what kept you in range too long.

PASS BAR

8 of 10 trades end with you disengaging before taking a return hit

PROGRESSION

Once consistent against a stationary bot, practice the same pattern with a wave present, which changes your positioning options.

COMMON FAILURE

Landing the trade and then staying to auto-attack "one

accounting for a different
champion, route, or rune
setup.

more time," which is exactly
when the return hit lands.

Objective-Timer Pre-Call

SKILL TRAINED

Tracking and communicating objective spawn timers proactively

WHERE

Normal or Ranked

DURATION

One full game

PROCEDURE

1) Track your team's major objective spawn timers (the epic jungle monsters) mentally or via a tracking tool through the game. 2) 30 seconds before each objective spawns, say the timer out loud (or type it) to your team. 3) Note whether you actually called it every time an objective was coming up. 4) After the game, count how many objective spawns you called versus missed. 5) If you missed any, note what you were doing instead (usually: tunneled on lane, not glancing at the clock).

PASS BAR

Called at least 4 of the game's objective timers 30 seconds early

PROGRESSION

Add calling enemy jungler pathing predictions alongside objective timers once the base habit is automatic.

COMMON FAILURE

Calling the timer only when the objective is already up, which gives teammates no time to actually rotate.

No-Flame Comms Drill

SKILL TRAINED

Keeping communication useful under tilt instead of venting

WHERE

Normal or Ranked

DURATION

One full game

PROCEDURE

1) Before the game, decide on one rule: every message you type must contain either a plan or information, never a complaint about a teammate. 2) Play the game normally, holding the rule even when something goes wrong. 3) After the game, reread your own chat log if available. 4) Flag any message that was a complaint rather than information or a plan. 5) Log whether you held the rule for the full game -- this is a pass/fail habit check, not a graded skill.

PASS BAR

Zero complaint-only messages in the chat log for the full game

PROGRESSION

Extend the rule to voice comms with friends once it's automatic in text chat.

COMMON FAILURE

Typing a complaint and then immediately typing something useful afterward - - the complaint still went out; the fix is not typing it at all.

One-Sentence End-of-Game Lesson

SKILL TRAINED

Extracting one specific, actionable lesson from every game instead of zero

WHERE

Any game, reviewed within 5 minutes of it ending

DURATION

2 minutes

PROCEDURE

1) Within 5 minutes of the game ending, before queueing again, stop. 2) Write exactly one sentence: the single most important thing you'd do differently next time. 3) The sentence must name a specific action, not a feeling ("ward the river bush at 14:00," not "play safer"). 4) Log it in the Game Log's one-sentence-lesson column. 5) Do not queue the next game until this sentence is written.

PASS BAR

One specific-action sentence logged per game, no games skipped

PROGRESSION

At each block review, reread your last 10 lessons and check whether the same lesson is repeating -- a repeat means the lesson didn't actually change your play.

COMMON FAILURE

Queueing immediately into the next game because a loss feels urgent to fix right now -- this is exactly the tilt

pattern the review step
exists to interrupt.

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