



# How Often Should You Practice Games?

Practice makes perfect, and preparing for a career in esports requires a lot of dedication to be at the top of your game.

But how much gaming is too much? We share some tips on how often you should play games, and things to consider when progressing in esports.

According to Limelight, gamers spend an average of eight hours and 27 minutes each week playing games – with a third of individuals playing for five consecutive hours regularly.

However, what have been considered 'Aspiring Professionals' were said to practice for over 20 hours a week – significantly more than the casual gamer.

## So What is the Right Amount of Time to Spend Gaming?

Well, it depends on the individual, the intention for practicing and personal schedules. If you are wanting to develop and become a professional esports player, it may seem like the best idea to spend as much time as possible gaming. Whilst practicing regularly is important for this profession, making sure you fit in other daily activities is really important for physical and mental wellbeing.

There's not a specific time-frame or schedule on when you are supposed to practice, but allowing time for rest and relaxation is incredibly beneficial to ensuring you remain in tip top condition.

Having commitments (i.e school, college, university, job, etc) can really impact the amount of time that you spend practicing and gaming, but it is crucial you put these as a priority as well.

## Schedule your Time:

Creating a work-life balance is key, and will allow you to properly schedule out your time.

Make sure that you take frequent breaks whilst gaming, giving yourself time to rest and eat away from the games. Having a good night's rest and a balanced diet can make a significant amount of difference – all whilst keeping your physical and mental health in check.

Creating a rough schedule is a good way to start in the process of establishing how much you should be practicing games, when you are going to take breaks and eat, as well as when you will sign off for the day and go to bed. It doesn't need to be rigorous planning, but creating a rough outline will help you stay on track and stay at the top of your game whilst doing it.

## Avoiding the Burnout:

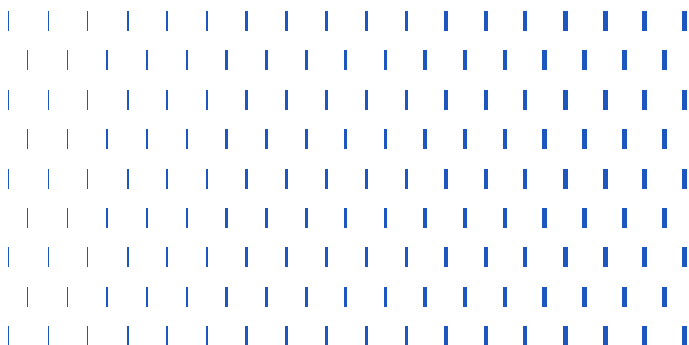
It has been said that some professional players can play for around 16 hours a day, but maintaining a good wellbeing is vital in ensuring you do not burn yourself out.

Even though you will see improvements in your skills the more you play a game, staying online for a long period of time can really affect your mental health.

Also to aid your mental health are things like eating a balanced diet as well as making sure you get some fresh air and exercise between gaming stints.

As mentioned before, schedule in time for breaks to ensure that you can take a breather away from gaming, otherwise you can lose motivation to practice. By spending a significant amount of time in front of the screen practicing, you are gradually going to become worn out.

Staying motivated is really important in avoiding burnout, as well as maintaining positive mental health. You know your limits, so take a step back regularly to reset and keep on top of your health.



## Set Yourself Goals:

If you are in a team, it's important to ask your teammates and coach to help you set appropriate goals that will help you reach where you want to be in the long run.

For example, if you need to improve your communication with your team, set yourself specific tasks to do during practice to develop that area.

When setting the goals, make sure they are realistic to achieve, but never underestimate yourself. If you aim to play at a professional level, then don't limit yourself if you have setbacks – always set new goals and strive to achieve them through practice.

Set time limits on these goals as well, so you are able to monitor your own progress, as well as help to schedule when it is best for you to practice.

However important it might be to set yourself goals, remember to take everything in smaller pieces rather than one massive chunk. Focus on the two steps you're about to take as opposed to the marathon you're about to do to keep yourself at a good pace and on track.

Doing this, you can set yourself clear and achievable goals that you can chip away at through your practice sessions.

So, whilst we can't tell you exactly how long you should be practicing games, always keep your mental and physical wellbeing a priority. The only person who knows themselves best is you, so ensure you are taking regular breaks, sleeping well and having fun.

