

League 101



Theory Course

[Welcome](#)

[1st Trinity - Perspective](#)

[2nd Trinity - Resources](#)

[The Endless Pyramid](#)

[Intent](#)

[Summary](#)



Welcome

Thank you for taking the time to check out this introductory course to League theory. Before we jump in – This course assumes that you, the reader, have the basic understanding of MOBA games like League and that you are familiar with the gameplay elements like champions, towers, minions etc.

The purpose of this mini course is to remove all the smoke and mirrors – all the complexity one might experience or encounter when trying to improve at League. This course will teach you the core principles of the game so you can build fundamental and specific knowledge on top of them. Core principles will help you to make decisions with more clarity and intent.

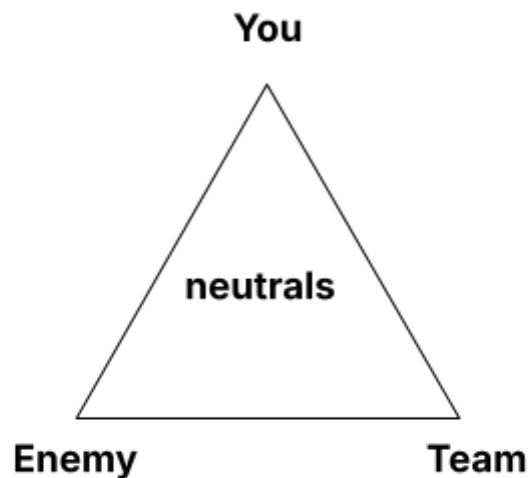
Small disclaimer: League is learnt through muscle memory and repetition. No information or theory will immediately make you a better player – you still need to “create” intent and execute the intended play pattern ingame while focusing on many other pieces of information in real time. Nevertheless, courses like this one can help you learn faster.

You improve in League through deliberate practice. This is exactly why having a simple, clear gameplan framework is so important. A framework will automate the goals of winning the game for you. Now all you need to do is: apply Intent – consider the optimal play in each situation, pay attention to the game without distractions, execute the play by playing on the “edge” and allow mistakes to happen. Reflect and press play again!

Once these core principles become your muscle memory you will never struggle with decision fatigue in League again. You will learn to automate the entire process in real time along the game flow. Following the core principles tells us exactly what we need to consider in every situation. Once we add Intent to this equation there is nothing stopping us from mastering the fundamentals – and specific knowledge.

Sounds good? Still confused? Perfect.

1st Trinity - Perspective



If you open a League replay you can choose to follow 3 perspectives – your own champion, Enemy champion or a teammate. In order to create optimal play patterns you need to consider this framework at all times when making decisions in a game of League. Since the game is played through your own POV(point of view) – the You perspective is the highest priority to master in order to free up working memory so you can spread your attention on the macro aspect of the game as well (enemy + team perspectives) but it would be extremely foolish to put all your attention and efforts into one perspective when playing League to improve or climb the ranked ladder. Neutrals are units that don't belong to either team – like basic jungle monsters and major objectives like herald, dragon, atakhan and baron.

The importance of each perspective scales differently depending on your rank, skill level, champion you're playing and solo queue vs competitive play. Each player begins their journey through the You perspective. In this perspective you learn about micro knowledge – how to navigate the camera and the map, how to control your character and how to use the abilities of your champion. You will eventually expand this perspective into one of the most important fundamentals called champion mastery.

You will master your champion inside-out, you will become comfortable with your champions kit(unique set of abilities), its range and your own clicks to the point of automation. Note: this will take you XYZ amount of games depending on the champions mastery curve. This step is crucial in order to expand your working memory – so you can start including enemy + team POV in your decision making process.

Once you're comfortable piloting your champion – you're ready to start considering how you need to adapt to enemy champion (your lane counterpart) - in Enemy perspective you quickly learn about champion interactions, trading, tethering, spacing,

positioning and minions. Ultimately, learning how to adapt to enemy champion and how to manage minion waves around a specific matchup or our champion needs allows us to reproduce consistent, enjoyable gameplay free of frustration. While the You perspective touches on one of the most important fundamentals – champion mastery, it doesn't go in much depth with specific knowledge on its own.

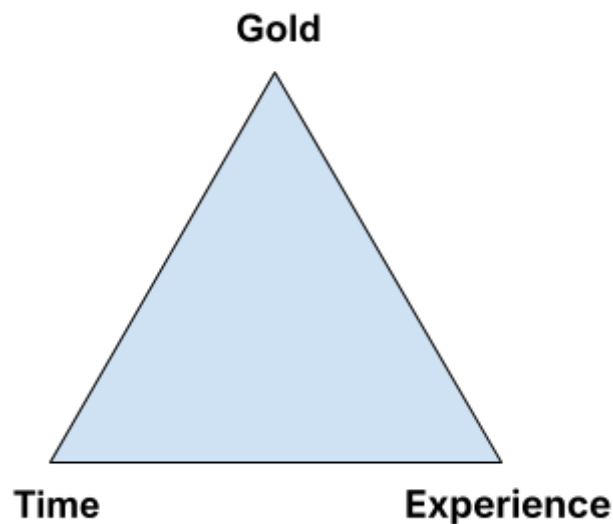
This is where the Enemy perspective comes in. Most decisions in League come from the relationship between You and Enemy perspective. You begin to use specific knowledge in every decision(intent) and situation. There are plenty of complex things to consider in order to create an optimal intent (Like item spikes, champion differences, levels, cooldowns and much much more). You need to consider as many variables as possible and act on your decision quickly since the conditions will change with the blink of an eye.

Lastly, there is the Team perspective. If I said this one was even as remotely important as the other two perspectives I'd be lying. Even though League is a multiplayer team game this perspective is much less important for the big majority of the player base. Basically, the better you get at the game the more important this perspective starts to become. For the majority of players it would be a lot more beneficial to their gameplay and mental state to dial down their attention to this perspective unless you are approaching apex tiers of play (d2+) where certain skills that include Team perspective become more important.

Outside of grouping for major game objectives there is really not much purpose in thinking about Team perspective for most players. Each player is responsible for their own effectiveness and their counterpart. Sometimes it involves losing gracefully and sometimes it will involve winning as hard as possible. Once again, you can not control the Team(unless you play competitively) or Enemy(at least not without the use of specific knowledge) – so why waste your energy and attention on things that can't be optimized. Best you can do at the moment is to use pings suggestively and proactively to communicate nonverbally.

Each perspective is very complex and extremely situation dependant in the context of optimal play patterns. Nonetheless, 1st Trinity - Perspective teaches us three major points of view: You, Enemy, Team. Another core learning is that we need to prioritize mastery of the You perspective for two reasons: 1) free up working memory to create enough space to focus on all three perspectives. 2) it's the perspective that yields the highest returns + we have the full control over it. It's only natural to invest the most effort into "You" perspective until we automate enough to feel comfortable shifting intent from micro into macro (enemy + team perspectives).

2nd Trinity - Resources



The second framework completes the core principles of League. League is a game of resources and perspectives. The goal of every League game is to destroy the enemy nexus– to win the game. In order to have the best chance of winning the game, you (You perspective) need to generate more resources than your lane opponent (Enemy perspective) – gold, time (also known as tempo) and experience(EXP). Your champion also has innate resources bound to itself – most commonly health, abilities - cooldowns + range and ability resources like mana (some have energy, rage etc) but in a nutshell these are used (also refreshed upon recall, revive or gained per level up) to generate gold, time and EXP.

Champion strength is manifested through stats which are gained through gold and experience (items and champion base stats per level up to 18). Item and rune synergies are basically gold efficiency. Strength also manifests through champions' unique set of abilities, their scaling curves(time), through balance changes and most importantly through player intent and execution.

Innate resources are spent with Intent to achieve a certain goal – in the simplest form innate resources are used to create good conditions or to stabilize bad conditions. We can also generate time also known as Tempo.

Time (Tempo) is the most complex resource in League as it is not intuitive as gold and experience. Tempo basically means how fast can You (your champion) be on the map compared to enemy champion in relation to the point of interest and vice versa – so if the enemy could be first on a neutral objective spawn or first one to push the upcoming important minion wave then you'd have negative tempo. On the other hand, if the enemy has very little innate resources left (like health, mana etc) they are

oftentimes forced to recall soon after which means you'd have tempo instead as they're basically not on "the map" currently.

Tempo as a resource is exclusively used as a relation between your own perspective and enemy / ally perspectives to guide your intent towards optimal gameplay. Tempo constantly shifts throughout the game and doesn't interact with gold and exp completely. Champions that have more gold and exp will generate more tempo on average due to being able to push the important waves first (ability to push the wave first compared to enemy champ is called Priority) but there are nuances. It's possible to "cheat" tempo through game elements like TP, skipping minion waves and global abilities. It's also possible to spend or "kill" tempo to generate more gold temporarily to guarantee better item spikes. Alternatively, you can maintain tempo by recalling first under a good condition. Fundamentals course expands on this topic deeply.

Recall can be used defensively, offensively and strategically to reposition on the map – we can either maintain tempo by recalling with good condition or we can drop resources temporarily and regain tempo to stabilize a bad condition.

Time(game clock, not tempo) can also be utilised to play around certain fundamental timers that are the same every game– such as minion spawns every 30 seconds

Health is an innate resource which has multiple purposes. The more health we have, the stronger we are– a 100% health bar looks stronger than a sub 50% health bar). Having more health, any ability resource like mana compared to enemy creates pressure (combined with range and ability cooldowns this creates a constant push and pull between two champions). Pressure can be used to deny or generate resources (through perceived or real value of being stronger we can manipulate enemy perspective into lose-lose situations). Enemy champion under pressure might have to perfectly balance their innate resources to avoid losing out on gold and exp or even dying which creates the biggest resource imbalance (you can't generate gold, exp, tempo while enemy gains all three and it's up to them to maintain the tempo or squeeze even more resources)

Similarly, a skillful player will manipulate ability resources, ability cooldowns and their champion range with intent to create and maintain pressure which often creates permanent leads.

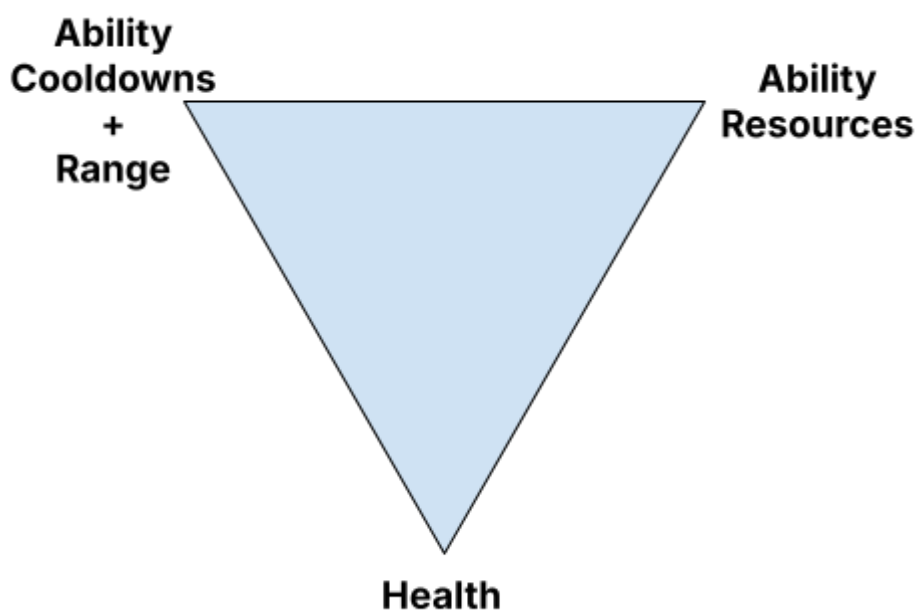
Leads are generally showcased through the TAB button - champion level leads (exp) , champion items advantages, CS score and KDA (+gold bounties). Leads are also showcased through tempo (champion mobility, pushing power, ability to leave lane etc). This is why jungle and support roles are so powerful - they're not bound to the minion wave spawns. Champions with leads are able to create a lot more turns and timers to play on - this basically means that they're playing with good condition which has little to no downside outside of misplaying or being outplayed by the enemy.

As you will learn in the fundamentals course in depth – the most consistent way to generate leads in League is through high CS numbers (creep score -minions, monsters).Minions and monsters are the most consistent way to generate gold and experience in League.

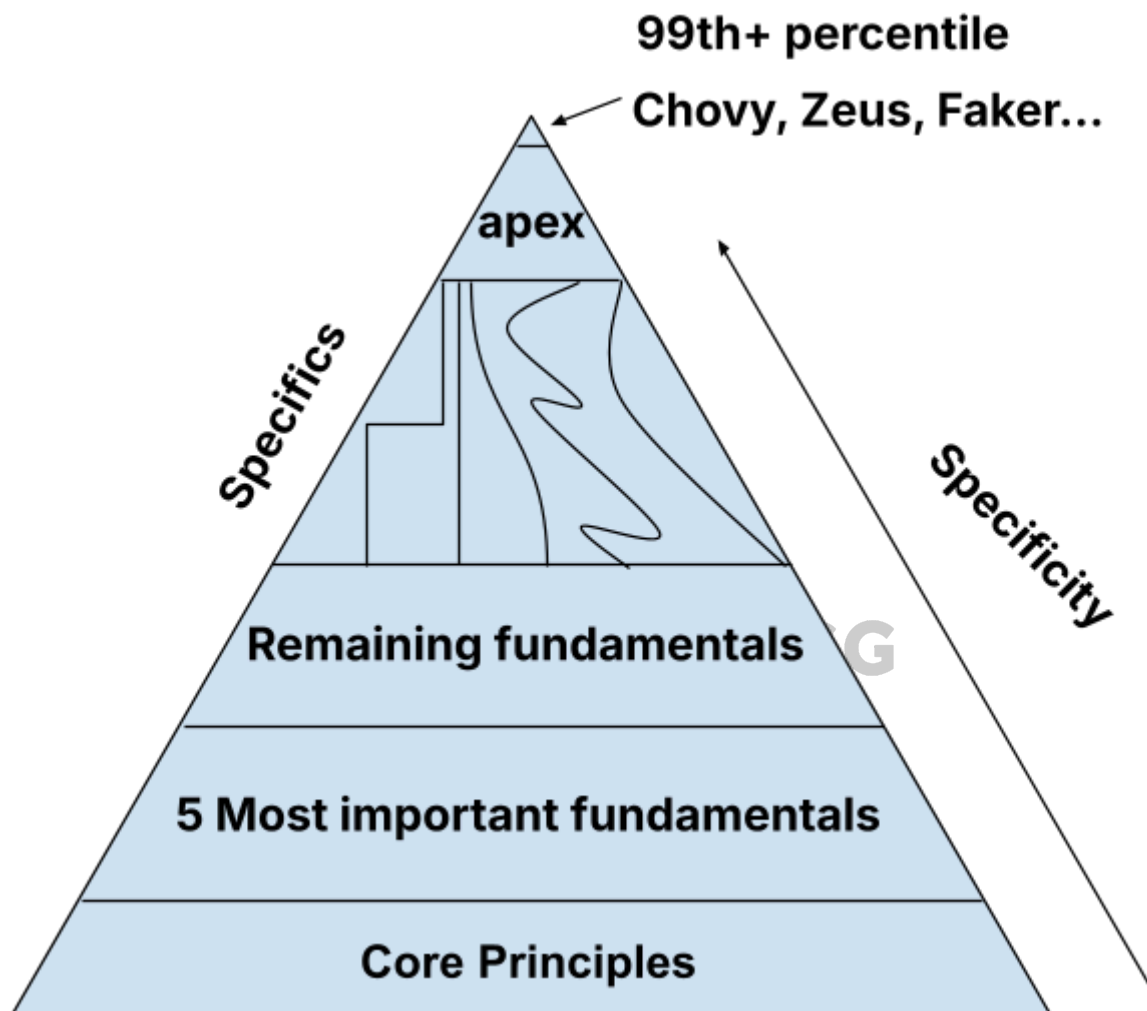
The main purpose of innate resources is to use them with Intent - On the fundamental level this means to generate maximum gold and exp available and to set up your active gameplay timers (generate and maintain tempo with good conditions or recover tempo on bad conditions) as optimally as possible in every game you play.

Understanding the 2nd Trinity - Resources teaches us the following things: 1) in order to have the highest chance of winning, you want to generate more resources than the enemy. 2) by default resources are most consistently found in minions / monsters so you should always prioritise them but consider each situation for what it is – this is covered in depth in the Specifics course. 3) Players who consistently manipulate innate resources such as health, ability resources, ability cooldowns + range and regular resources (gold - item spikes, recall advantages | exp - level up timers, higher level | tempo better than their opponents quickly rise through the ranks.

To put it bluntly – high understanding of fundamentals like champion mastery, trading patterns, last hitting and wave management combined with 1st and 2nd Trinity (core principles) will make you better than +90% of the player base as long as you're able to replicate it consistently in your gameplay. Your intent and the ability to perform it need to be on point. This will result in more winning and less burnout and frustration.



The Endless Pyramid



Everyone knows what a pyramid is and that it is the largest at the bottom. This is exactly why I mentioned that if you master the core principles and fundamentals you'll become better than +90% of the player base. The idea is pretty simple – you climb the pyramid from the bottom to the top and as you do, the specificity (and complexity) increase as you climb to the apex.

The Fundamentals and Specifics courses expand on this framework at great length – specificity increases as you get better at the game (in matchups, decision making etc) but everything starts with 1st, 2nd Trinity core principles and the most important fundamentals.

If you're an inexperienced player the biggest improvement can be made at the base of the pyramid with core principles and five main fundamentals– that will later build the niche (more specific) knowledge along the way.

You will also notice different curves emerging after the fundamental block that connect to the apex. This is because the path from fundamentals to apex tier d2+ (or master+ towards challenger, competitive or hall of fame) is carved through each player's personal knowledge and development in specific areas.

For an average solo queue player this will include, but not limit to, deeper understanding of specific champion interactions – top tier champion mastery. Specifics also cover map movements, general macro and micro when it comes to performing in different scenarios like teamfighting, sidelaning, skirmishing as well as things not related to the game like player psychology – mindset, resilience etc.

Players who aspire to become pro players also need to work on specifics like communication, improving Team perspective (teamplay, managing emotions, leadership, defined roles) and so on. Specifics are complicated because they're developed through muscle memory and repetition. Specifics are hard to quantify – they're built on top of fundamental knowledge, yet you need to develop a “feeling” for what the optimal play is in each situation in order to execute well in new, ever so slightly different situations or variations.

Specifics are the building blocks of player playstyle – they create, refine and define your player identity. At the top of the ranked ladder you will quickly find that a lot of players have developed a versatile playstyle - they adapt extremely well to their unique champion needs and specific situations (game states, good and bad conditions).

Outside of versatility these players utilise Intent in their gameplay consistently – through each decision, ability cast, auto attack or click. Each micro and macro decision has a meaning and every choice has an opportunity cost (basically meaning that each choice disables a different potential choice - you choose to miss out on a different decision by placing your intended play as your first choice).

You have to be able to perform your intent. Your Intent does not matter if you're unable to make it work due to lack of APM or “mechanics”. While misplays are an integral part of the game, the best players are able to discern correct intent through result-based analysis.

Intent

Intent is the difference maker between players who perform consistently and the players who struggle with autopilot, plateaus (being stuck in the same rank forever) and burnout. Intent focuses our gameplay around the optimal play but also helps us divert our focus away from fun = winning. While the ultimate goal is to win in League– it is just not realistic to assume you will win every time. Even the best players lose daily

and the sooner you understand that failure or mistakes are the natural part of the learning process the better you will deal with tough moments.

This course should help steer your intent in the right direction – by focusing on making the correct decisions first and foremost you eliminate flippy inconsistent gameplay that causes frustration. Mechanics in League are flashy but kind of “overrated”. It’s an umbrella term used to showcase someone’s micro gameplay prowess but ultimately as long as you’ve developed “You” perspective to the point where your APM (actions per minute) are high and your reaction time is high you will not struggle with mechanics – with the caveat that you have correct intent and are able to anticipate and react to what is happening or will happen on your screen in the near future.

Once your intent is well developed all you need to do is perform it in game and reflect in real time or after the game if the intent was good, bad or could it be slightly adjusted? You have to be careful with result based analysis – where you executed a situation well but the intent behind the play might have been incorrect and vice versa.

Summary

- ☐ To achieve mastery in League you need to ascend The Endless Pyramid. Work your way up from core principles - fundamentals through specifics to reach the apex. In order to improve you need to apply the concept of deliberate practice. Remember: muscle memory and repetition are key to getting better at League.
- ☐ League is an extremely complex game. To remove all the smoke and mirrors - start with 1st and 2nd Trinity frameworks in order to focus on what truly matters. These two frameworks are the basis of all other knowledge in League. Extreme skill improvements can be developed through understanding of the Perspective Trinity and manipulation of the Resources Trinity.
- ☐ Perspective Trinity teaches us that we can view the game through three different points of view - yourself (You), Enemy and Team. In terms of importance You>Enemy>Team. “You” is the only perspective we have control over so it’s important to allocate the most time and effort to master it. Most players should prioritize balancing “You” and Enemy perspective to optimize their intent. Good players will naturally balance all three points of view to their advantage.

- ☐ Resource Trinity teaches us about three main resources- gold, experience and time (tempo). In order to increase the odds of winning we need to generate more resources than our opponent and use it more efficiently. The most consistent way to generate resources in League is through minions and monsters but it takes specific knowledge to balance and adapt to each situation well. Players who consistently manipulate 2nd Trinity better ,together with core fundamentals, than their opponent will quickly rise to the apex tiers of the ranked ladder.
- ☐ Through mastery of innate resources - health, ability resources like mana and ability cooldowns and range the best players create leads - surpluses of gold, experience and more instances of tempo- to increase the strength of their champion. Leads create a snowball effect that often allows fed players to carry and ultimately win the game.
- ☐ Intent is the difference maker between players who perform consistently compared to players who struggle with autopilot, burnout and plateaus (being stuck). Intent focuses our gameplay around the optimal play at all times. Once your intent is in place you need to be able to execute your Intent (your vision of the intended play). Intent allows us to develop a "feeling" for the optimal play.



Thank you once again for taking the time to check out this introductory course to League theory. I hope you found at least one concept or an idea that you can bring with you into the next ranked game of League.

If some other fundamental concepts or specifics piqued your interest please check out the other two courses that go more in depth and also showcase gameplay elements. They're available on my website for free. <https://sacregg.com>

