EAIE
Esports as Accelerator for Social Inclusive Education

LESSON
THE MENTAL ASPECT IN ESPORTS

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THE MENTAL ASPECTS IN ESPORTS

The purpose of this exercise is to give students an understanding of the mechanisms at play in e-sports and why mental coaches are seen playing a larger role today than in the early days of esports.

Subject and level
Psychology B levels

Connection to curriculum
Sports psychology is an optional part of the curriculum of psychology. Many of the theories related to classical sports can be applied to esports as the fundamental mechanisms are the same.

Didactic and pedagogic considerations
The exercise is most optimal if it is used in conjunction with a larger e-sports focused course/theme. The students should have some base knowledge about the classic theories of sports psychology such as flow theory, self-determination theory, theory of arousal and stimulation etc. before the exercise.

The exercise of course also works well if the school has a e-sports team as it can be a way to more conscious of the importance of the mental side of e-sports and include it in their training.

A challenge with the documentary can be that not everyone can follow along in Dota 2, so it is also important that the teacher emphasises that the game isn't important but it's the interaction between the players.

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Time estimate
2-3 hours

Group size
2-4

Overall introduction to exercise
The students start with either reading an article with a e-sports coach, e.g. (Lars Robl or Mia Stellberg) where they get a sense/idea of what it is a mental coach is working with in the context of e-sports. They read and discuss in groups and afterwards the class have a short discussion about what they noticed the coach highlighted as important factors for winning in e-sports.

Afterwards the students watch the documentary True Sight – The International 2018, which follows the two teams OG and PSG.LGD competing in the grand finals of the biggest Dota 2 tournament. This documentary is hand-picked as it follows the two teams between games and during their games. This means that we as viewers have access to their communication, their thoughts and ideas, their overall mental state and attitude etc. It should be clear to the students that the winning team (OG) won not just because of their abilities in game but because they were much more focused on their mentality and teamwork.

Exercise as presented to the students
No seperate presentation needed.

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Co-funded by the European Union

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