

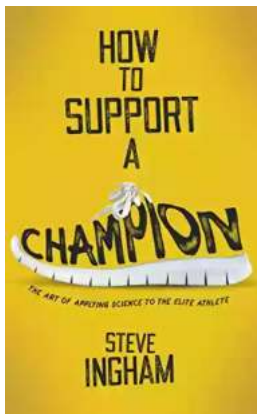
# **A Complete Guide on How to Support Champion: The Ultimate Strategy for Victory**

Supporting champions in any game can be a challenging yet rewarding role to play. As a support player, you have the power to dictate the flow of a match, protect your team, and provide crucial utility that can turn the tide of battle. In this comprehensive guide, we will explore the essential tips, strategies, and key aspects that will help you become a master support player and secure victory for your team. So, gear up and get ready to dive into the exciting world of supporting champions!

## **Understanding the Role of a Support Champion**

Before delving into the strategies and tips, it is important to gain a clear understanding of the role of a support champion. Unlike other roles, such as the top laner or the mid laner, the main objective of a support is not to deal damage or secure kills. Instead, your primary focus will be on assisting your teammates, protecting them from harm, and providing utility that enhances their performance in battles. This can be achieved through healing, crowd control, map control, and vision.

When playing as a support, you will typically be paired with the AD carry in the bot lane during the laning phase. Your role is to ensure the safety and well-being of your AD carry, while also making strategic decisions to secure objectives and deny your opponents. However, it is crucial to note that your influence isn't limited to the bot lane alone. Throughout the game, you will need to roam, ward important areas, provide vision control, and assist your team in team fights and skirmishes.



## How to Support a Champion: The art of applying science to the elite athlete by William Blake(Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 4988 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 288 pages
Lending	: Enabled
Item Weight	: 7.7 ounces
Dimensions	: 4.96 x 0.98 x 7.68 inches



### Choosing the Right Support Champion

One of the first steps in excelling as a support player is choosing the right champion. Every champion brings unique strengths, weaknesses, and playstyles to the table, so selecting the one that suits your preferred playstyle and synergizes well with your AD carry is essential. Here are a few popular support champions to consider:

- **Thresh:** Known for his versatile kit and potent crowd control abilities, Thresh excels at making crucial plays and setting up kills.
- **Janna:** A master of crowd control and protection, Janna can shield her allies, disrupt enemy engages, and provide valuable chase potential.
- **Leona:** If you're looking for a tankier and more aggressive support, Leona is the perfect choice. With her stunning abilities and engage potential, she can lead her team to victory.

- **Soraka:** For players who prefer a healing support, Soraka shines. Her ability to restore health to her teammates from long range makes her a valuable asset in team fights.

Remember, this is just a small sample of the support champions available in the game. Experiment with different champions to find the one that resonates with you and complements your team's composition.

## Mastering the Laning Phase

The laning phase is a crucial stage of the game for supports. Here, you will be responsible for establishing lane dominance, protecting your AD carry, and denying your opponents' farm. To excel in this phase, consider the following strategies:

- **Zone Control:** Use your abilities and positioning to create a zone of threat around you and your AD carry, preventing enemies from engaging and successfully farming.
- **Vision Control:** Utilize your wards effectively to gain vision of important areas, such as the river and the enemy jungle, to avoid ganks and provide information for your team.
- **Poke and Engage:** Depending on your champion's kit, poke the enemy AD carry and support with your abilities to weaken them or look for opportunities to engage and secure kills.
- **Deny Enemy Farm:** Harass the enemy AD carry whenever possible to deny them farm and experience, putting them at a disadvantage later in the game.

## Transitioning to Mid and Late Game

As the laning phase concludes, your role as a support expands beyond the bot lane. It is crucial to adapt your playstyle and priorities to help your team secure objectives, provide vision control, and assist in team fights. Here are a few important aspects to consider:

- **Objective Control:** Coordinate with your team to secure dragons, towers, and Baron Nashor. Vision control around these areas is essential for success.
- **Roaming:** Leave the bot lane when appropriate to assist your team in other lanes or provide backup to the jungler during invades or skirmishes.
- **Warding:** Maintain vision control through placing wards at strategic locations to spot enemy movement and protect your team from potential threats.
- **Initiating Team Fights:** As a support, you often have abilities that can engage or disrupt the enemy team. Make use of these abilities to initiate team fights when advantageous for your team.

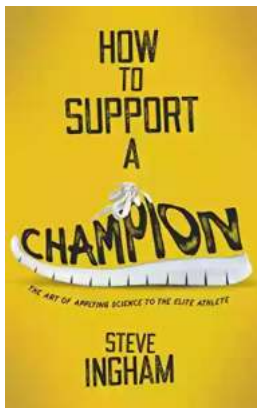
## Improving Your Supporting Skills

Like any role in a game, supporting champions requires practice, knowledge, and continuous improvement. Here are a few additional tips to enhance your supporting skills:

- **Study the Game:** Watch professional matches, streamers, and tutorials to gain insight into different strategies, ward placements, and decision-making processes.
- **Communicate with Your Team:** Effective communication with your AD carry and the rest of your team is vital. Use pings, chat, or voice chat to coordinate plays and alert your teammates about potential dangers.

- **Adapt to the Meta:** Stay updated with patches, balance changes, and meta shifts to understand which support champions are currently strong and which strategies are effective.
- **Learn from Mistakes:** Embrace failures and analyze your mistakes to identify areas for improvement. Reflecting on your gameplay will help you refine your skills over time.

Becoming a skilled support champion requires dedication, practice, and a deep understanding of the game. By following the strategies and tips outlined in this guide, you are well on your way to becoming an invaluable asset to your team. Embrace the challenges, continuously learn, and remember to have fun while supporting your way to victory. Good luck!



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If you are contemplating working with a champion, a potential champion, or anyone with untapped talent - be prepared, be very prepared. In 1998 Sir Steve Redgrave stared at Ingham and demanded to know, “Are you going to make me

go faster?” Ingham had been trained and developed as a scientist, but in that single instance he questioned everything he thought he knew.

Applied science in elite sport has boomed, it has radically changed elite sport, but one thing remains as the guiding focus - the summit of performing to your best and winning.

In this book Ingham draws on the lessons learned from a career in the intense, unforgiving rollercoaster of elite sport; helping, supporting and developing some of the best athletes in the world, including Sir Steve Redgrave, Sir Matthew Pinsent, Hayley Tullett, Kelly Sotherton, and Jessica Ennis-Hill as they pursue their goals. His journey shows that all the knowledge in the world will get you only so far, but it is with trust, team-work, critical thinking, adaptability, accountability and altruism that you can truly support a champion.



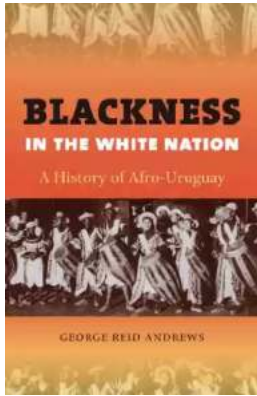
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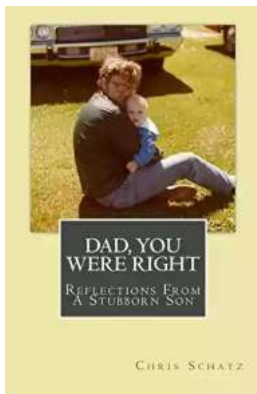
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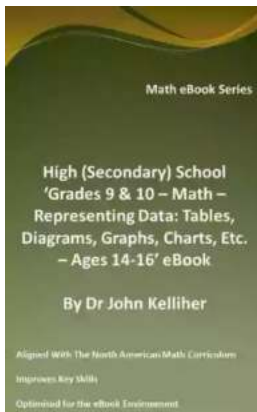
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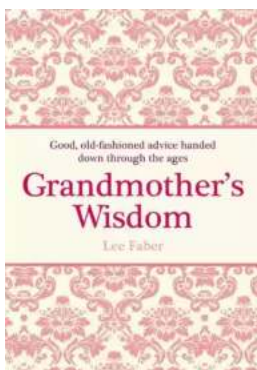
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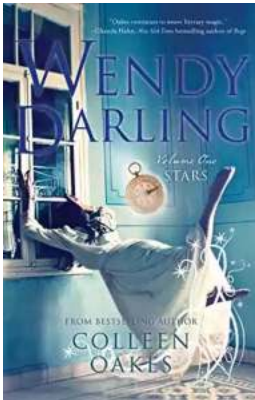
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