

Stickman Seven Day Practice Plan - Raise a Personal Best

Stickman | Raise a Personal Best | Asset ID GAME-15-04-07

Player goal: find one scoring opportunity that does not destroy the run. Success means you can improve a personal score while tracking attempts.

How to use this download

This is a genre-level learning resource, so it works across original browser games that share stickman mechanics. Read one section, test it in a short session, and write down what happened. Keep the part that helped; change the part that did not.

Planning field	Write or choose
Category	Stickman
Resource	Seven Day Practice Plan
Player goal	Raise a Personal Best
Session length	Choose 10, 20 or 30 minutes
Baseline	Record one normal attempt before changing anything
Review rule	Change one variable, then compare like with like

Category fundamentals

The useful starting point in Stickman games is to use clean timing, readable spacing and simple combinations. These six fundamentals give your practice a clear order.

#	Fundamental	Player cue
1	Movement spacing	Notice it before acting
2	Attack range	Practise it slowly
3	Combo timing	Name the cue
4	Defence and dodge	Use it in one safe attempt
5	Recovery	Record one result
6	Environment use	Retest under light pressure

Before the first attempt

- Write the exact result you want from this session.
- Check the game's own rules and controls; this guide does not replace them.
- Pick one metric from page 3. More numbers are not automatically better.
- Protect a stable baseline before adding one calculated risk.
- Stop the session while you can still describe what changed.

Seven Day Practice Plan

Keep each session short enough to review. For raise a personal best, use the same baseline on day 1 and day 7 so the comparison means something.

Day	Focus	Drill	Measure	Note
Day 1	Movement spacing	Hold a safe distance	Clean hits	Result: _____
Day 2	Attack range	Land one move at maximum range	Blocked attacks	Result: _____
Day 3	Combo timing	Repeat a short combo	Missed openings	Result: _____
Day 4	Defence and dodge	Defend three attacks in a row	Successful dodges	Result: _____
Day 5	Recovery	Pause after a missed move	Combo completion	Result: _____
Day 6	Environment use	Win using the environment once	Clean hits	Result: _____
Day 7	Movement spacing	Hold a safe distance	Blocked attacks	Result: _____

Session rule

Warm up for two minutes, practise one skill, apply it in normal play, and finish with a two-sentence review. Do not add a second drill because the first one felt difficult.

Stickman Practice Lab

Pick one drill. Run a normal attempt first, then three focused attempts, then one normal attempt again. The final attempt shows whether the practice transferred back into play.

#	Drill	Skill tested	Record	Result
1	Hold a safe distance	Movement spacing	Clean hits	Result: _____
2	Land one move at maximum range	Attack range	Blocked attacks	Result: _____
3	Repeat a short combo	Combo timing	Missed openings	Result: _____
4	Defend three attacks in a row	Defence and dodge	Successful dodges	Result: _____
5	Pause after a missed move	Recovery	Combo completion	Result: _____
6	Win using the environment once	Environment use	Clean hits	Result: _____

Common traps and a cleaner response

Trap	Cleaner response
Button mashing	Pause at the trigger and state the intended action.
Starting combos out of range	Return to one dependable input before rebuilding speed.
Attacking during recovery	Use a fixed marker, route or rule for the next test.
Backing into hazards	Compare the attempt with the same starting state.
Repeating the same approach	End the run, write the cause and reset deliberately.

Small signal dashboard

Choose one main signal for the week. A score can rise while decision quality gets worse, so keep one behaviour measure beside the result.

Signal	Start	Latest	Decision
Clean hits	Baseline: _____	Current: _____	Keep / change: _____
Blocked attacks	Baseline: _____	Current: _____	Keep / change: _____
Missed openings	Baseline: _____	Current: _____	Keep / change: _____
Successful dodges	Baseline: _____	Current: _____	Keep / change: _____
Combo completion	Baseline: _____	Current: _____	Keep / change: _____

Session Sheet for Raise a Personal Best

Today's focus is to find one scoring opportunity that does not destroy the run. Protect a stable baseline before adding one calculated risk.

Session field	Entry
Player or initials	_____
Date and game	_____
Input method	Keyboard / touch / gamepad / other
Session target	_____
Main signal	Clean hits
Comfort check	Visual / audio / motion / reach / break plan

Twenty-minute practice shape

Time	Action
0-2 min	Warm up with familiar inputs. No score target.
2-7 min	Focused drill: Hold a safe distance.
7-12 min	Focused drill: Land one move at maximum range.
12-17 min	Return to normal play and use the skill only when its cue appears.
17-20 min	Record the result, one cause and the next test.

Attempt log

Attempt	Outcome	Observation	Decision
1	Result: _____	Cue noticed: _____	Next change: _____
2	Result: _____	Cue noticed: _____	Next change: _____
3	Result: _____	Cue noticed: _____	Next change: _____
4	Result: _____	Cue noticed: _____	Next change: _____
5	Result: _____	Cue noticed: _____	Next change: _____

Close the session

- What improved when I slowed down? _____
- Where did the first avoidable error begin? _____
- What setting or instruction should stay the same next time? _____
- Next session's single focus: _____

Controls, Comfort and Accessibility Lab

A strong setup removes friction without playing the game for you. Record the current setup, change one option and replay the same short section before deciding what to keep.

Area	One option to test	Question after the replay
Visual clarity	Text size, contrast, effects or camera	Can I read the next cue in time?
Audio clarity	Cue balance, captions or output device	Can I identify the useful sound comfortably?
Input reach	Binding, grip, gesture area or handedness	Can I repeat the input without strain?
Motion comfort	Camera speed, shake, blur or field of view	Can I track movement without discomfort?
Session pace	Pause points, reminders or break length	Can I finish focused rather than fatigued?
Interface load	Notifications, clutter or pointer size	Is the objective easier to find?

One-change comparison

Test field	Record
Short test section	_____
Original setting	_____
Single change	_____
Old result	Clean hits: _____
New result	Clean hits: _____
Comfort before / after	___ / 5 ___ / 5
Decision	Keep / revise / restore / test again

Stop-and-adjust signals

- Repeated wrong inputs after slowing down
- Text, targets or hazards remain hard to distinguish
- Headache, eye strain, dizziness, numbness or pain
- Audio is uncomfortable or masks the cue you need
- Frustration makes the next attempt less deliberate

Stickman Scenario Cards

Use these cards away from a live attempt first. Say what you notice, choose one action and name the evidence that would make you change course. There is rarely one universal answer; the value is in making the decision visible.

#	Situation	First question	Small response
1	The opening plan stops working earlier than expected.	Check movement spacing	Use: hold a safe distance
2	A tempting reward appears while the safe route is still available.	Check attack range	Use: land one move at maximum range
3	One mistake has just broken the rhythm of the run.	Check combo timing	Use: repeat a short combo
4	The useful cue is visible, but the input keeps arriving late.	Check defence and dodge	Use: defend three attacks in a row
5	The result improves once, then drops on the next two attempts.	Check recovery	Use: pause after a missed move
6	You have enough time for only one more focused attempt.	Check environment use	Use: win using the environment once

Work one card fully

Decision field	Notes
Chosen card	_____
What is known	_____
What is assumed	_____
Safe option	_____
Higher-risk option	_____
My choice and reason	_____
Evidence to watch	Blocked attacks: _____
Goal connection	This helps me find one scoring opportunity that does not destroy the run.

Debrief

- What did I notice early enough? _____
- Which assumption was wrong? _____
- Did the result come from the decision or the input? _____
- What would make the safer option too passive? _____

Seven-Session Evidence Tracker

Use the same main signal for all seven sessions. The purpose is to see whether work on raise a personal best transfers into normal play, not to manufacture a perfect upward line.

Session	Focus	Signal	Result	One useful note
1	Movement spacing	Clean hits	_____	_____
2	Attack range	Blocked attacks	_____	_____
3	Combo timing	Missed openings	_____	_____
4	Defence and dodge	Successful dodges	_____	_____
5	Recovery	Combo completion	_____	_____
6	Environment use	Clean hits	_____	_____
7	Movement spacing	Blocked attacks	_____	_____

Compare the pattern

Review	Value	Context
Baseline result	_____	Conditions: _____
Typical result	_____	Based on sessions: _____
Best repeatable result	_____	Repeated how often? _____
Largest drop	_____	Likely trigger: _____
Comfort pattern	_____	Break or setup change: _____

Evidence-based decision

- Keep: the routine that produced a repeatable gain.
- Change: the smallest cause linked to the repeated error.
- Pause: a metric that adds logging but no useful decision.
- Next target: one behaviour and one result for the next seven sessions.

Personal Playbook and Next-Step Plan

Finish by turning your notes into a short playbook you can actually remember. Write actions in your own words and keep only the cues that changed a decision or result.

Moment	My rule
Before play	I will check the objective, comfort and movement spacing.
Opening cue	When I notice _____, I will test attack range.
Pressure rule	When the plan breaks, I will _____.
Recovery rule	After an error, I will use pause after a missed move.
Risk rule	I will take the higher-risk option only when _____.
Stop rule	I will pause or finish when _____.
Review rule	I will record clean hits and one cause.

Two-week continuation plan

Session	Practice	Purpose
Session 1	Hold a safe distance	Set a clean baseline
Session 2	Land one move at maximum range	Repeat one visible cue
Session 3	Repeat a short combo	Apply under light pressure
Session 4	Defend three attacks in a row	Retest the weak section
Session 5	Pause after a missed move	Check transfer to normal play
Session 6	Win using the environment once	Review: Raise a Personal Best

Completion review

- I can now improve a personal score while tracking attempts: yes / partly / not yet
- The clearest evidence is: _____
- The most useful page in this workbook was: _____
- My next small target is: _____

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