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Meta can be defined in many ways shapes and forms. It can be offense, defense, resource, or even tier based.”

## 1. WHAT IS META?

In the first lesson Justin defines the “Meta” and the way that you, and your community can view the meta. Everywhere around the world there is a community, and that will determine what type of meta will comprise your approach.

### THE META DEFINED

- The way that you understand and strategize your play surrounding any given game. There is no right or wrong way to view the meta, as it differs from player to player and region to region.

The Meta can be:

- Offense based
- Defense based
- Tier based
- Resource based

### THE META BY REGION

Everywhere around the world there is a community, and that will determine what type of meta will comprise your approach.

*By understand the metas from one region to the next it will allow you to expand on and create a new type of gameplay to make you a better player and a competitive player.*

## KEY TAKEAWAYS

THE META DEFINED

THE META BY REGION

WHAT TO PRACTICE

## TAKE SOME NOTES

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