

Ana

First video: Intro

Though a proud founding member of Overwatch, Ana Amari was presumed dead after failing to pull the trigger against an old acquaintance: Widowmaker, the woman once known as Amelie Lacroix. Leaving behind friends, colleagues, and even her daughter, Fareeha, Ana sought to pursue justice through her own means. Now donning the mask of various vigilantes, like Shrike and Bastet, Ana uses her skills and experience to provide much-needed protection to her home country of Egypt.

With her Biotic Rifle to heal allies and hurt enemies, Ana is a powerful main healer with an impressive arsenal that can swing fights in her team's favor. Since she's a sharpshooter, Ana can fire shots and toss grenades from deep in the backline and keep herself distant from the crossfire. Because she has to land hits to keep her team's HP bars topped off, having a ton of mechanical skill is a must to play Ana to her fullest potential. If you have no problems with that - great!

[GET MORE AND MORE PANICKED/FAST TALKING THROUGHOUT THIS FOLLOWING PARAGRAPH]

But players who aren't comfortable with the former Overwatch captain can quickly descend into the [Ana death spiral](#) after your team starts taking too much damage: missing shots leads to missing grenades leads to missing sleep darts leads to your teammates dying and then you dying and then you lose the point and oh god, you decide just to switch to Lucio so you don't have to think about shooting your teammates and letting everyone die.

However, plenty of Ana players have experienced the death spiral and, with these tips, you can learn how to overcome it and climb the ranks with one of the strongest healers in the game.

Second video: Abilities

Left Click - Biotic Rifle

Ana's Left Click, her Biotic Rifle, will restore allies' health or deal damage to enemies depending on who is in your sights. This projectile-based weapon can heal for 75 HP when used on allies and deals 70 damage when hitting enemies. Since the Biotic Rifle is effective from basically any range, you can sit back, relax, and click on your teammates to heal them! ...Until the enemy team decides to rain on your parade by calling a Winston, D.Va, Genji, and Tracer to take you out.

Do note that this weapon doesn't deal headshot damage, so don't sweat over cracking skulls. You'll have 14 ammo in Ana's Biotic Rifle, so you can output high numbers of healing before needing to reload. However, keep in mind how many shots you fire and reload during any

downtime. Cutting off heals to reload (which takes 1.5 seconds) could leave your allies vulnerable and run over by the enemy team.

You can also zoom into the Biotic Rifle's scope by pressing RMB, which can help you land shots easier. Once scoped, your shots change from a projectile to a hitscan, which means you no longer have to "lead" your shots, or deliberately aim ahead of where you want the shot to land in anticipation of travel time. However, scoping *does* take a moment, which could mean life or death within the fast-paced hecticness that is an *Overwatch* match. Despite this, scoping allows you to more accurately heal your teammates and damage enemies (and, hopefully, avoid the ever-ominous Ana death spiral). Though this takes a lot of mechanical skill and aiming practice, Ana's sheer healing output is highly rewarding, and mastering her can you give an edge in your competitive matches.

Shift - Sleep Dart

Ana's Sleep Dart, activated with L-Shift, is a powerful ability both offensively and defensively. If the Sleep Dart connects with an enemy, they will fall asleep and be rendered unable to move or use any action for a short duration - oddly enough, you can "sleep" omnic-like Zenyatta and Orisa, as well as mech-users like D.Va and Hammond. Guess the robots weren't uprising for nothing - they're apparently more human than we previously thought!

Sleep Dart is a great way for Ana to protect herself from any enemies who decide to jump on her. Tanks with bigger hitboxes, like Winston, will be easier to hit, but landing sleeps against smaller heroes like Tracer or Genji - who have high damage outputs and powerful ultimates - will be even more impactful... but that's much harder to pull off. Since the Sleep Dart is a projectile, you'll have to lead the shot to get it where you want it to go. Avoid getting trigger happy with the Sleep Dart though - at 12 seconds, this ability has a long cooldown, and, without it, Ana is easy pickings for any hungry DPS hero. Save this ability for crucial moments! It's perfectly fine to be patient and wait for the right opportunity to strike when you have a higher chance of landing the sleep.

When you finally nail someone with a nap needle, don't get too hasty to secure a kill. You have some time before they wake up, so make sure to utilize team chat and have your teammates help you finish the enemy off. One of the best feelings as an Ana player is to land a clutch sleep dart on an enemy activating their ultimate. The enemy team definitely cannot *sleep* on a smart Ana player. Or maybe you could make a joke about being a *sleeper* pick for your team. Anyway, you get the idea. Good sleep darts equal good games.

E - Biotic Grenade

Like her Rifle, Ana's Biotic Grenade can damage enemies and heal allies. By hitting the E button, Ana will toss a grenade, providing bonus healing from all sources to affected allies and preventing affected enemies from receiving heals. Focusing on healing your allies together with this ability allows you to charge your ultimate that much faster. However, you've got a lot of opportunities to put a dent in the enemy's plans with a well-placed Biotic Grenade.

If you feel like the opposing heroes are getting healed too fast for your damage dealers, making them “anti’d” can swing a fight in your favor and help your team make more aggressive plays. The Biotic Grenade can also neutralize important abilities like Zenyatta’s Transcendence, which usually provides a ton of healing to his teammates - unless an Ana can land a sick ‘nade onto them. Other than tossing your grenade and completely missing the mark, the only obstacle you need to watch for are enemy D.Vas, since their Defense Matrix can eat your Grenade. Make sure you’re saving this ability for crucial moments to get the most bang for your buck. Most bang for your buck? Hm. See what we did there? No? Okay, moving on.

Ult - Nano Boost

Nano Boost, Ana’s ultimate, applies a powerful buff to a single target for 8 seconds. Upon activation, the Boost will heal the target for 300 HP, increase their damage by 50%, and reduce their damage taken by 50%.

You can use this awesome power-up in conjunction with other ultimates - for example, you could boost your Genji while he uses his Dragonblade so his slicing and dicing becomes that much more effective - plus, he won’t need as much healing! On the other hand, this buff can also be a great defensive ability because of its huge healing. Use it on your tanks when they’re low to keep a Reinhardt swinging away instead of holding his shield up.

You’ll need to keep your target in line of sight and relatively close to activate your ultimate. Plus, it’s quite easy to build this ultimate up, so don’t hold onto it for too long. If your team is taking a ton of damage, and you’re not sure who to Nano, use it on a main tank like Reinhardt or Winston - keeping them in the fight will protect your team longer, and you can never go wrong with empowered hammer swings or lasers.

But be careful when activating this ultimate during a hectic teamfight - you could end up accidentally releasing a Nano Boosted Battle Mercy into the fray, which may or may not be the most helpful ult target (note: this is almost always a bad idea).

Third video: Matchups - Counters

With her huge heals and versatile tools, Ana is a great support hero in the right hands. However, even this veteran soldier has her weaknesses. One of the biggest threats you need to watch out for are flank heroes, such as Genji or Tracer. Both heroes have small hitboxes that can be difficult to hit. Plus, they both have a ton of mobility and will attack you from unexpected angles. The best way to defender yourself is to hit a sleep dart on them, but, as you know, landing shots on small heroes can be difficult.

And if you miss your sleep dart, your only other option is to land a ‘nade on yourself *and* them at the same time to scare them off you (or you can start panicking in voice chat that you need help). If you *do* land a good grenade on them, they may run off or your team can zoom in and secure a kill. Try to lure them into melee range so you have a better chance at catching

attackers off-guard with your abilities. Patience is necessary for Ana's kit, so remaining calm (and not spiraling!) will keep your play on-point.

Another huge counter to Ana players are enemy D.Vas, since her Defense Matrix can limit many of your tools. Not only can her Matrix eat your 'nade and dart, but it can also eat any shots from your Biotic Rifle, meaning she can cancel out all your normal heals too! This can be devastating for your allies, especially if they're in danger of being eliminated. In response to this, don't shoot your sleep dart and 'nade with reckless abandon; wait for D.Va to drop her D. Matrix. As long as your allies can hold on for a few seconds, your grenade plus Rifle heals should bring them right back up to full HP. Plus, it's always nice to nail the MEKA pilot with a sleep dart.

As mentioned in a previous video, Ana counters heroes and compositions who can do a ton of healing in a short period of time. A great 'nade can neutralize Zenyatta's Transcendence, and using it on pesky self-healers like Roadhog and Mei can make cleanup a breeze.

Team Compositions

Fitting Ana into a team comp isn't all that difficult. The former Overwatch captain brings powerful heals that can help any team stay alive and kicking. On top of that, her Biotic Grenade canceling enemy heals can allow her team to aggressively push an advantage. Ana works best with main tanks like Reinhardt or Winston, who are easier to heal and can benefit both offensively and defensively from your Nano Boost. Heroes who can combo with Nano Boost are also great, like Soldier:76 and his Tactical Visor or Genji and his Dragonblade. A Nano Boosted Genji can, if played properly, kill heroes through defensive ultimates like Zenyatta's Transcendence (I feel like we've mentioned Zenyatta a lot in this guide - looks like Ana's pretty good against the omnic monk!).

As for supports, Ana works best with off-supports who can help peel for her, such as Lucio or Brigitte. Zenyatta (on *your* team this time, hurray!) also works well with Ana since he can focus on using his Harmony Orb to heal the smaller heroes on your team, leaving you with fewer bodies to worry about healing.

If your team comp lacks tanks or already has a main healer, then Ana might not synergize with them that well. If you were to choose Ana when someone else already chose Moira, it would be difficult for both of you to get ultimate charge since both are great at healing - weird problem to have, right? The same can be said when lacking tanks - healing tanks is the best way to gain easy ultimate charge, so without any tanks, you'll have less protection *and* less ultimate charge throughout the game. Sure, Ana fits in a ton of different compositions, but off-meta picks may make it hard for you to reach your maximum potential.

Fourth video: Maps

At her core, Ana is a long-range sniper who works well on high ground where she can heal everyone from a safe location. She also excels on maps that have long stretches without many

obstacles that can ruin your line of sight. A map with both of these qualities is King's Row, particularly first point. There are plenty of high ground spots an Ana can set up on during defense, and you can even rotate around the hotel to find the perfect angle you need. During the second part - usually called the "streets" phase - there are long, narrow stretches that make it easy for you to heal everyone in your sights.

One of Ana's biggest weaknesses is whenever her allies leave her sightlines. She only heals whatever she can hit, so her team can make her job difficult by going indoors or behind natural cover. Maps with lots of twists, turns, and obstacles can be bad for Ana. Additionally, shorter maps where you can't use those sharpshooter skills to your advantage can be rough. Control maps like Ilios: Ruins or Well can prove difficult for even the best of Ana players. As soon as you set up in a certain area, a Tracer could easily flank you or a Widowmaker could take good angles to click on heads. Ana is potentially powerful on most maps, as long as you can keep your team within your sights so your team doesn't start dropping like flies.

Fifth video: Advanced

In this video, we'll cover some advanced tricks for Ana, which will help you on your journey to overcome the Ana death spiral and raise your rank. Your Biotic Grenade is a projectile which means that you can throw it into the air and it will fall, no matter how high you throw it. Use this to your advantage! There are many places on various maps where you can yeet it into the air and, by timing it correctly, you can begin every team fight with the enemy team purple. This takes a lot of time and practice to perfect, but it'll provide huge results while climbing the competitive ladder.

Another great trick is to take advantage of the 'nade's AOE splash when trying to make the enemy time anti'd. Instead of aiming for the ground, which is much more predictable and easier for enemies to block, you can instead toss the 'nade [at walls or ceilings](#). Many maps will have choke points with areas perfect for this - if there are any enemy Reinhardts with shields up moving past these spots, you can throw your 'nade above them, and the splash damage will still land and make them purple.

Above all else, however, your positioning as Ana can make or break your games. Always question where you are and are if you should actually be there. If you die first in a fight because you got caught out in a bad spot, who's going to heal your team? Your Lucio probably won't be providing enough healing on his own for an extended team fight, even with his Amp It Up. As Ana, you're vital to your team's survivability, often making your life more important than other heroes. Yeah, that sounds a little rude, but hey! Respect your elders!

As soon as you die, the rest of your team will go down real quick. Look to play in the backline of your team, but not too far away that your team can't cover for you. If you're taking the high ground, remind your team where you are so they don't stray out of your line of sight. Save sleep

darts for flankers and divers and always know where the nearest health pack is - 'nading the ground is Ana's only form of self-healing.

With all these tips, tools, and tricks in your arsenal, you should be on your way up the ranked ladder in no time. And don't worry about the others you leave in your wake - they'll be fine. It's just a scratch.