



TURN 2 SPORTS CONSULTING



Video Tips

Rule #1 - Video should consist of your BEST STUFF!

Rule #2 - Keep videos short - break into smaller videos

- **Highlight Video** – from various competitions
- **Skills Video** – capture your entire skill set in a training setting - pertinent skills basic to your position & sport. Primary & secondary positions! Make new video when skills improve
- **Unedited video of partial or full competition** – choose a formidable opponent + one of your better performances
- **Lessons/Training Video/Playing other Sports**
- **Live-stream of games & some practices**
- Post video on your website & social media
 - Create You-Tube Channel – Post ALL videos there too
- Tell a story with your video...coaches track your development

-
- Show ENTIRE skill set
 - 30 second rule
 - Use a pointer or spot shadowing if necessary
 - Quality Video Only / Film in 1080 Resolution on Phone
 - Use a tripod – no bouncing video & get proper angle!
 - Film HIGH if possible & not behind fences
 - No sound or music...coaches turn the volume off
 - Slow motion ONLY when warranted
 - Only videotape you...no parents or coaches. NO intro needed
 - Capture development & result of play as well {if applicable}
 - Start Zoomed out ⇒ Zoom in ⇒ Zoom out

Graphics to Overlay on Video

Time Stamp / Date	Uniform Color & #	High School Team
Name	Email / Cell	Coach Contact Info
Recruiting Class	Club Team	Height / Weight
Position{s}		