

## Shooting Sports Highlights

Goals, Workflow, Equipment  
Camera Setup, Framing  
Positioning, Shots, Documentation



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## Presentation Goals

- Primary: Shooting Sports Highlights
  - Document the “Story” or Highlights
  - Most information useful for both
    - Photography
    - Videography
- Info Also Applicable to Event Imaging
  - Fairs, Festivals, Community Events, etc
- Form of “Run & Gun” imaging

## Goal: Tell the Story

- Goal: Recreate event with photos/video
- Workflow
  - Shoot & document highlight images
  - Post
    - Sort, Grade (100-250 images common)
    - Edit (correct, zoom, pan, caption, etc)
    - Produce highlight reel (not covered)

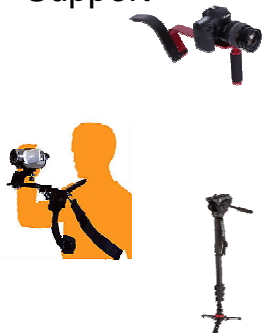
## Equipment - Camera

- Lens (zoom best)
- Viewfinder or LCD shade
- Optional larger monitor
- Lens filters
  - Polarizer for reflections
  - VND for exposure

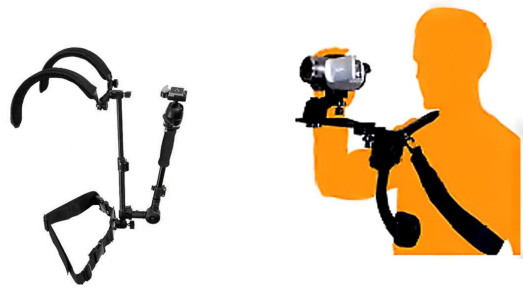


## Equipment - Support

- Shoulder mount
  - Most effective
  - Can free hands
- Tripod/Monopole
- Clamp



## Shoulder Mounts



## Equipment - Documentation

- Common to shoot 100-250 images
  - Only a few good highlights
  - Must document best images
    - Summary
    - Period | time | player # | image #
  - Documentation options
    - Notepad
    - Small audio recorder



## Camera - White Balance

- Best - Fixed White Balance
  - Factory Presets
  - Color Temperature Kelvin Dial-in
- Not Dependable - Auto White Balance



## Camera Setup - Exposure

- Exposure Triangle - Set to Manual
- Aperture - Deeper DOF
  - Typical F5.6-F8
  - Also provides focus stability
- Shutter - Fast Freeze Motion
  - Photos: 1/250 -1/500 common
  - Video: 180 Degree rule (1/60 sec default)
- Zebra to set exposure of main players

## Exposure Adjustments

- Usually only minor adjustment needed
- Fixed aperture & shutter
- Best Option: Variable ND filter
- Alternate: ISO/Gain Adjustment
  - Allows stability in exposure triangle
  - Allows quick exposure tweaking
  - Not Smooth - Digital Stepwise
  - Use w/zebra for optimal adjustment

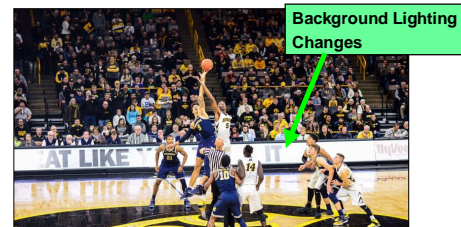


## Exposure Issue: Lighting

- 2 Types of Lighting
  - Primary: Players
  - Background, Extraneous, Reflections
- Set exposure for Players/action
- Control Background changes
  - Used fixed - manual exposure triangle
- Reflections (Glossy floor, water sports)
  - Polarizing Filter removes reflected light

## Exposure: Why To Use Fixed

- Lighting changes across field of action



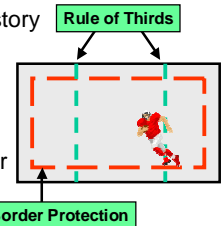
## Camera Setup - Focus/Stab

- Focus: usually Auto (F5.6+)
- Stabilization
  - Best choices
    - Shoulder mount w/optical stab
    - Tripod/Monopole
  - Active stab usually degrades image
    - Recommended to turn active stab off
- Keep horizon stable and horizontal



## Camera Framing

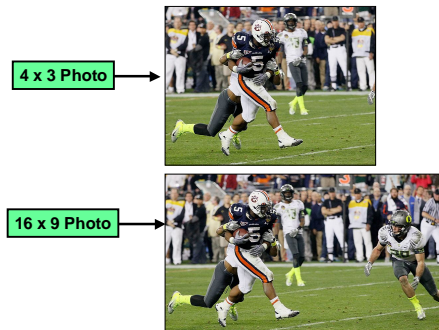
- Use wider frame to capture context
  - Close-up: hard to maintain frame
  - Close-ups do not tell the story
- Turn on display grids
- Runners position
  - 1/3 frame behind runner
  - 2/3 frame in front of runner
- Video: protect border



## Camera Framing Properties

- Framing Format
  - Provide “in person” experience
  - Photos need to integrate w/video
  - Use horizontal perspective
  - 16 x 9 frame
    - Integrates photos & video easily
    - Provides most context
    - Most like natural eye sight
    - Tells more of the story

## Framing Example



## Camera - Rolling Shutter

- Caused by CMOS chip scanning
  - Also called “Jello” effect
  - Only problem on motion
  - Worse with large chip cameras
- Best practices to reduce effect
  - Avoid close-in framing
  - Video: Pan/zoom very slow
  - Use fast shutter
  - Use support

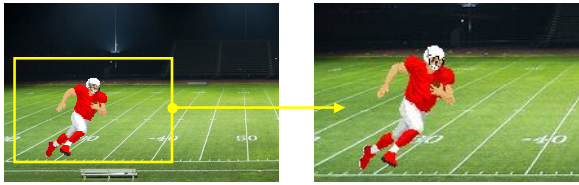


## Camera - Zoom Lenses

- Par-focal Zoom Lenses
  - Lenses that maintain focus on zoom
  - Photo camera lenses rarely par-focal
  - Most camcorders have par-focal lenses
- Good auto focus important
- Fixed aperture zoom best choice (F2.8)
- Deeper DOF keeps more frame in focus

## Zooming in Post

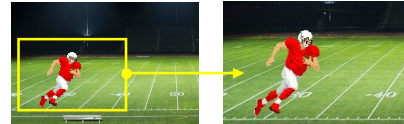
- Use editor to zoom
- 2x - 4x zoom possible
- Useful with both photos & videos



## Frame Zooming/Cropping

- Most cameras resolve 6000+ px wide
- FHD 1920 px wide image
  - Provides 3x-4x zoom range
  - Excellent 8" x 10"\* print

\* from B&H

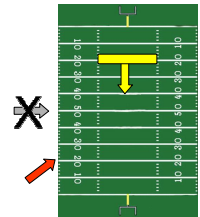


## Common Problems

- Framing too tight - no context
- Shallow DOF -
  - Blurs important secondary action
  - Lens loses / hunting focus
- Stability & horizon problems
- Blown out highlights (in main subjects)
- Noise w/higher ISO settings @night
- Rolling shutter

## Shooting Locations

- On field of action
  - Position so motion comes toward you
  - Oblique angle on sidelines
- Other best locations
  - In press box
  - On top of press box
  - Top row of stands

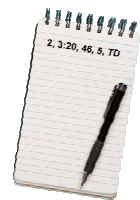


## Type of Shots

- Action Shots - Primary images
  - During action
  - Following Action
- Supporting shots
  - Scoreboard on each score & end of period
  - Coaches, benches, player huddle
- B-Roll shots: Band, crowd, ceremonies

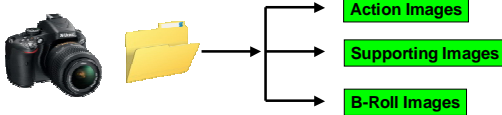
## Documentation

- Always buy a program
  - Need players numbers w/names
  - Team info, coaches names
- Log good highlights
  - Summary of highlight
  - Period, time, image #, Player #
- Ex: TD, 2, 3:20, 46, 5



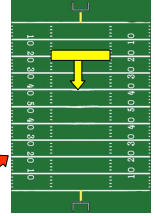
## Sorting Suggestions

- Separate into separate folders
  - Action Highlights
  - Supporting Images
  - B-Roll
- Eliminate worst, Keep best



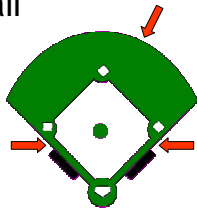
## Football Specific

- Sidelines - downfield from offense
- For video
  - Start 5 sec before snap
  - Use “pre-record” function
- Wide frame/deeper DOF
  - Follow QB as play evolves
  - Follow action when identified
  - Follow main players after whistle



## Baseball

- Most action
  - Home plate
  - 1st and 2nd base
- Best locations
  - First base side
  - Center field zoom into battery & 1st base
  - At end of each dugout (1st & 3rd lines)
- Difficult to follow fly and also base action



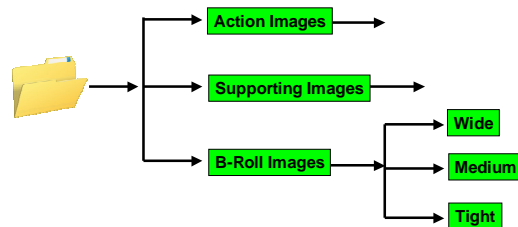
## Summary

- Choose good location
- Stabilize: shoulder mount or other
- Exposure: Manual, use VND/ISO & zebra
- Focus: auto
- Framing - wide, deeper DOF, grids on
  - Follow ball & action -- before & after play
- Document important shots

## Questions

## Post Processing Folders

Organization



## Post Processing Events

