

## Correct Procedures for Recording Video – *Field Hockey*

### A) Before Recording

- 1) To maintain the best recording quality, we recommend cleaning the video heads frequently with a dry cleaning cassette.
- 2) Use a soft dry cloth to clean the camera lens.
- 3) Always record with a new video tape.

### B) Getting Ready to Record

- 1) Try to record during daylight hours with the sun to your back if possible. INDOOR: Do not shoot into stadium or gymnasium lighting whenever possible.
- 2) Use a Tripod whenever possible.
- 3) **VERY IMPORANT:** To improve the quality of your recording and to reproduce colors more accurately (not too bright or too dark), you must set your camera's "White Balance". Refer to the camera's Instruction Manual for guidance. If you need help with this process, email us at [cpoavideo@ohiohills.com](mailto:cpoavideo@ohiohills.com).

### C) Recording Match Action

- 1) College coaches are concentrating on a high level of competition for evaluation. Be sure to record actual match situations ***against superior talent*** if you want coaches to evaluate your video seriously.
- 2) Avoid weaving, bobbing or using the camera as a pointer. Do not repeatedly 'zoom' in and out during the match. Use the Zoom feature only when necessary. Record a nice head-to-toe shot leaving space at the top and the bottom; always make the player the primary focus in the viewfinder.
- 3) ALWAYS USE THE VIEWFINDER. ALWAYS MAKE SURE THE PLAYER IS VISIBLE IN THE VIEWFINDER.
- 4) Always concentrate on the player and how he or she is performing, not the ball. Also, there is no such event as a 'Perfect' match & college coaches do not expect to see one.
- 5) Bleacher/stadium configuration can make recording difficult. Try to record in an open, unobstructed area if possible and concentrate on the player's skill, mechanics, body motion, footwork, etc. Sit approximately half way up, in the middle if possible. (If an INDOOR game, try and sit above the protective glass if possible). Follow the player from side-to- side; be sure to allow coaches to see the shot, or the pass, or steal, etc., then focus back to the player. If there is no stadium/bleacher available, stand on the sideline as close to the

center of the field as possible; zoom in and out as necessary to keep the player the primary focus in the camera's viewfinder. Do not get in the way of the match. You will be recording a lot of footage, when there is a stoppage of play, stop recording and rest. **Goalkeepers:** Always record the front of the player, never from the back. Frame the shot so coaches can evaluate saves, clears, kicks, etc. Be sure to follow the flight of the kick until the landing, then focus back on the goalkeeper. Zoom in or out only when necessary.

- 6) If you are confused or have questions, please email the video department at [cpoavideo@ohiohills.com](mailto:cpoavideo@ohiohills.com). We are here to help you.

Record as much footage as you feel necessary. To help you get the footage ready to send to our World Headquarters for processing, please watch the video: *"How To: Putting Together your Evaluation Video"* on the CPOA web site or at the end of the *Student-Athlete Recruiting Guide* disc located in your Student Packet. For the necessary worksheets, refer to the *Evaluation Video Pro-Pak Brochure* located in your Student-Packet or you can print the worksheets from your *Recruiting Guide* disc. ***The worksheets must be filled out and sent with your footage before processing can begin.***