

VIDEO SHOOTING FOR ANALYSIS

GUIDELINES & TIPS

The better quality video you upload the more I can see and more accurate guidance you can receive.

PLEASE FOLLOW THE GUIDELINES & TIPS BELOW

GUIDELINES

1. Use Landscape Mode (turn your phone sideways ie.)
2. Take video hitting actual balls (practice swings are practically useless)
3. Shoot using highest possible frame rate.
4. Shoot in good light conditions. (no night videos)

ADDITIONAL CLOTHING RECOMENDATIONS

1. Wearing stripes can be very helpful. Dark solid colors makes seeing detail difficult.
2. Also, tucked in shirt with contrasting belt can make hip movements easier to see.

ADDITIONAL LIGHTING RECOMENDATIONS

1. Obviously the sun should be on the subject or part of the body of interest
2. Should try to avoid having shadows or backlighting (sun behind you)

MORE RECOMMENDATIONS!!

1. A tripod or stable base is highly recommended, a moving video will be hard to analyse.
2. Use a middle iron to shoot video (say a 7 iron) although any club is fine.

DETAILED VIDEO SHOOTING HINTS

There are some very important camera positions and zooms needed in order to get the least amount of distortion, highest level of detail visible and therefore most accuracy when viewing. You can barely see the club at the top of the back-swing. Basically more golfer and club, less sky and less ground.

Down The Line – Level Camera & Widest angle needed

GOOD



Golfer centered in frame,
body movements clearly visible

BAD



- Cant see anything in detail
- Camera is at an odd angle
- Golfer is not centered

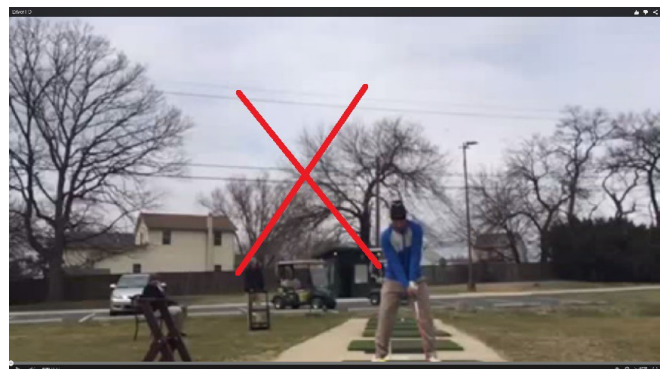
Front Video – Level Camera & Widest angle needed

GOOD



Golfer centered in frame
body movements clearly visible

BAD



- Cant see anything in detail
- We dont want to guess!!!

IF USING A CAMERA PHONE

Position camera horizontally for landscape mode and shoot from approximately 11' away.

GOOD



TAKE SHOTS IN LANDSCAPE MODE

BAD



DO NOT SHOOT IN PORTAIT MODE

DAY / INDOORS / NIGHT

Select good light conditions for the best videos

GOOD



Perfect

OK



Still Usable

BAD



What can you see at night really??