

Softball Video Guidelines

HOW TO FILM

- A tripod is highly recommended.
- Ideally, station the camera 5 feet off the ground.
- The camera view should not be obstructed (Do not film behind backstop or fence).
- Do not move the camera back and forth. Get the angle from a wide view if necessary.
- Focus on the player being taped so that they are clear and in focus, but not too close!

INFORMATION BASED ON POSITION Indoor footage is acceptable!

HITTING :

The pitcher should throw batting practice type fastballs OR use a pitching machine. If live pitching is not available, you can hit off front toss. Footage should be filmed either outside on a diamond or in a cage.

- Record 10 swings with camera angle behind the catcher area.
- Record 10 swings with camera angle 5 ft. directly to the right of the plate for right-handed hitters or left of the plate for left handed hitters.

BASE RUNNING :

Footage should be filmed either outside on a diamond or in a cage. Camera angle should be from 3B side of home plate (to show running form).

- Take a swing and run through 1B.
- Take a swing and run for a home run. (Sliding into home is optional).

PITCHERS :

Film half of footage from behind pitcher to see ball movement. (RHP camera angle should be set up 3 ft. to the right and 5 ft. behind the mound/LHP should be set up 3 ft. to the left and 5 ft. behind the mound.) We must be able to see the catcher catch the ball at all times. Film other half of footage with camera angle positioned 3 ft. directly behind catcher. Begin recording these pitches AFTER a complete warm-up

- Throw 20 varied pitches (at least 5 pitches should be fastballs).
- Go through each pitch: Rise, Drop, Curve, etc. (approx. 5-6 each).
- Throw 20 pitches mixed (at least 5 pitches should be fastballs).

INFIELDERS (SS & 2B) :

Regardless of whether you are a SS or 2B, you will need to take your groundballs at SS in order to display your maximum range and arm strength. With camera angle positioned 4 ft. to the left of the mound for half AND 4 ft. behind 1B for half.

- 4 ground balls hit directly at you.
- 4 ground balls hit 8-10 feet to your left.
- 4 ground balls hit 8-10 feet to your right.
- 4 slow choppers hit directly at you.

With camera angle positioned 2 ft. behind the mound for the first four shots AND 4 ft. behind 1B for last two shots.

- Execute Double plays - 6 feeds from the 2B coming across the bag and making the throw to 1B.

With camera angle positioned 2 ft. behind the mound, show fielding from SS position and throw to 2B.

- 2 ground balls hit directly at you.
- 2 ground balls hit 4 ft. to your right.
- 2 ground balls hit 4 ft. to your left.

INFELDERS (3B/1B):

With camera angle positioned 4 ft. to the left of the mound for half AND 4 ft. behind 1B for half.

- 4 ground balls hit directly at you.
- 4 ground balls hit directly to your left.
- 4 ground balls hit directly to your right/backhand.
- 4 slow choppers hit directly at you.

CATCHERS:

- With camera angle 10ft in front of the catcher - Framing Pitches (4 pitches on each corner).
- With camera angle positioned 2 ft. to the left and 5 ft. in front of the mound - Blocking Pitches (4 directly in front of you, 4 to your left, 4 to your right).
- With camera angle positioned 3ft. behind the 2B for half AND 2 ft. behind the catcher for half – 5 Pop and Throws to 2B.
- With camera angle positioned 3ft. behind the 3B for 4 throws AND 2 ft. behind the catcher for 2 throws - 3 Pop and Throws to 3B.
- With camera angle positioned 3 ft. behind the plate for 2 throws AND 3 ft. to the right of 1B for 2 throws - Mock bunts and throws to 1B (2 balls up the 1B line, 2 balls up the 3B line).

OUTFIELDERS:

For all outfielders, regardless of whether you are a CF, RF, or LF, you will need to take your groundballs and fly balls in centerfield. With camera angle positioned halfway between 2B and the mound:

- 2 ground balls hit directly at you and thrown to 2B.
- 2 fly balls hit directly at you and thrown to 2B.
- 2 ground balls hit to your left and thrown to 2B.
- 2 fly balls hit to your left and thrown to 2B.
- 2 ground balls hit to your right and thrown to 2B.
- 2 fly balls hit to your right and thrown to 2B.

Camera angle should be positioned directly behind 3B:

- 2 ground balls hit directly at you and thrown to 3B.
- 2 fly balls hit directly at you and thrown to 3B.
- 2 ground balls hit to your left and thrown to 3B.
- 2 fly balls hit to your left and thrown to 3B.
- 2 ground balls hit to your right and thrown to 3B.
- 2 fly balls hit to your right and thrown to 3B.

Camera angle should be directly behind the catcher:

- 2 ground balls hit directly at you and thrown to home plate.
- 2 fly balls hit directly at you and thrown to home plate.