Shooting Action

For Photojournalists: Action = Sports

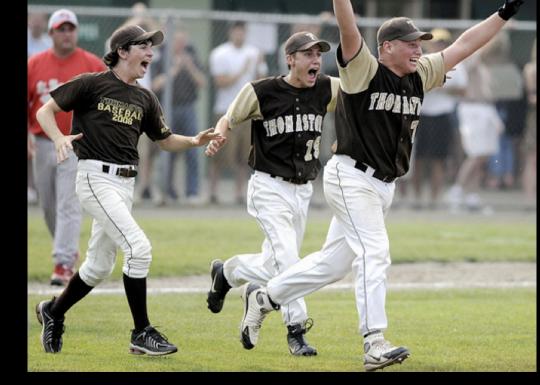
Be Prepared

Be in the right place at the right time - or at least try to be.



Be Prepared

Proper
Preparation
Prevents
Poor
Performance



Predict

Be

knowledgeable about the sport or activity.

Know where the action is likely to go.



Be Aware Of The Light

- Light comes in many colors and different amounts of brightness.
- Use it to your advantage.
- Be aware of the direction of the light and possible shadows.



SLR Tip - Half Press

- Half-Press the shutter to lock in your focus and other settings.
- Then shoot when the time is right.



Patience Is A Virtue

- Wait for the right moment.
- In some sports that may take a long time - like baseball, golf or cross country.



Sometimes Use Burst Mode

In some fast moving sports using the burst mode on a camera can take several (3-10) pictures very quickly. This has a better chance of catching a great shot.



Get Close!

- Sports are still about PEOPLE and the part of a person we need to see is the face.
- Don't be afraid to get close - that means using your feet, not the zoom.



People are Vertical

- Along with faces, you need to see feet in MOST, but not all sports shots.
- This is most true in running sports which is most, but not all.



Don't get stuck on individuals

Groups of two to five players can show conflict, especially when scrambling to get a ball, make a shot or tackle someone.



Remember Running/Looking Room

Leave room ahead of the players so they don't appear to run out of the shot or look at the edge of the shot.



Pan With The Action

- This is important when the action is right in front of you.
- Begin following them with your
 lens before you
 shoot, during the
 shot and after for
 a better photo.



Sometimes shoot straight on!

- This can be dangerous, so do it only when safe to do so.
- Shoot the action coming right at your lens. It gives the viewer a feeling of being there.



Follow the Ball!

If the sport has a ball, you need it in most of your shots - nine out of ten shots that have a player in the shot.



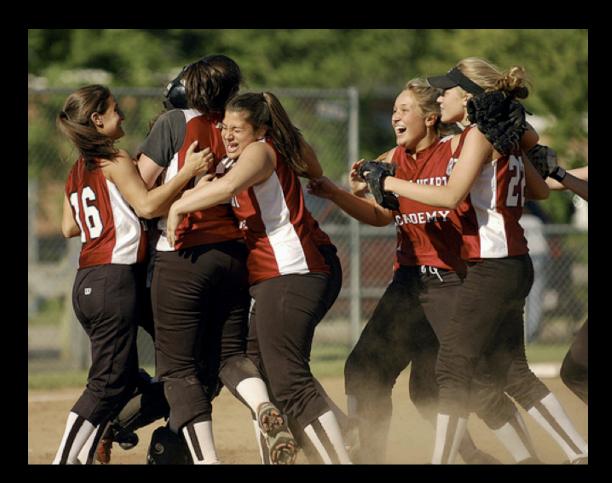
Some blur is OK!

Sometimes the blur helps you to show the motion. Some blur (see his legs) is acceptable. All blur is just out of focus.



Sports Are About Emotion

- So shoot it! The good, the bad and the ugly!
- Shoot the celebrations, the sadness, the anger and the joy!



It's Not Just About Athletes!

- There is so much going on off the field.
- The crowd, trainers, coaches, cheerleaders, fans, parents, the bench, signals going in, etc.



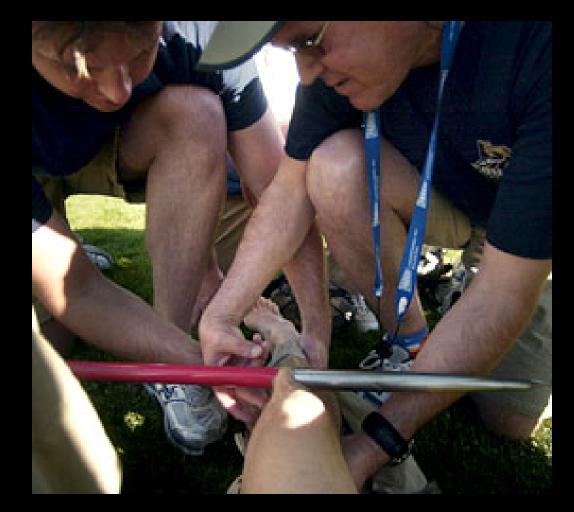
Just Shoot - Shoot - Shoot

A good rule of thumb is to shoot one photo per minute. This means shooting about 200-250 shots in an average football game.



Be Safe!

- Don't be this guy!
- Remember to always keep the game in front of you.
- Don't get stuck looking in your viewfinder.
- Be aware.
- Move out of the way!



Have A Press Pass

- If you want field access, you will need a press pass.
- Find out ahead of time if you need an event pass, sideline pass, parking pass, etc.



Carry a Monopod

- Even a 70-300 mm lens begins to wear on your neck after two or three hours.
- A monopod makes your shots steadier and saves your neck and your wrist.



Carry Weather Gear

- Be ready for bad weather.
- Most outdoor sports do NOT stop for bad weather, except lightning.
- Bring rain gear for you and your camera!
- Bring bug spray, warm clothes, extra clothes, extra socks, shoes, etc. depending on the kind of weather you might encounter.



Shooting Sports Takes Time

- Be prepared to spend 3-4 hours shooting one game or event.
- Get there an hour before the start time. Sometimes start times change.
- Shoot before, during and after the game.

