

# 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.

