

HOW TO SHOOT THE VIDEOS FOR THE BEST RESULTS

The better-quality video you send, the more can be seen and the more accurate analysis you will receive.

I would recommend sending an overview of your game in the email accompanying your videos. Let me know your handicap and goals, what your ball flight is and what your usual shot shape is. Do you have a particular “bad shot” and what are you looking to improve most in your game?

PLEASE FOLLOW THE GUIDELINES & TIPS BELOW

1. Use Landscape Mode (if using a phone, turn it sideways)
2. Take the video hitting actual balls (practice swings will not work)
3. Shoot using highest possible frame rate/quality [around 240fps is best – an iPhone 6 shoots 240fps]
4. Shoot in good light conditions
5. Shoot in **DOWN THE LINE** and **FACE ON** angles (I need more than one view)

DOWN THE LINE TIPS: The golfer should be centred in the frame, with their body movements clearly visible. Film in line with the hands or toe line and make the height of camera just below chest height

FACE ON TIPS: The golfer should be centred in the frame, body movements clearly visible. Film directly opposite the middle of your stance and make the height of camera just below chest height.

DO NOT film with the camera low down. Ideally it should ALWAYS be from above hip height as a minimum.

EXAMPLES



CLOTHING RECOMMENDATIONS

1. Wearing stripes can be very helpful. Dark solid colours can make seeing detail more difficult.
2. Tucking in your shirt with a contrasting belt can make hip movements easier to see.
3. Baggy tops or large coats/jackets can make it harder to see arms/wrists.

LIGHTING RECOMMENDATIONS

1. Avoid shadows or backlighting (avoid sun behind you)

ADDITIONAL RECOMMENDATIONS

1. A tripod or stable base is highly recommended; a moving video will be hard to analyse.
2. Aim for least amount of distortion, highest level of detail visible, and most accuracy when viewing. Film so you can barely see the club at the top of the backswing. Capture more golfer, less sky, and less ground.