

HIGHLIGHTS VIDEO FILMING ESSENTIALS

Learn the content basics and filming best practices to capture clear, high-quality footage that gets coaches' attention.



NCSA
COLLEGE RECRUITING



IMG+
ACADEMY

Content Essentials

Coaches want to see your very best plays right away. Follow these guidelines to ensure you spotlight your top moments.

Lead With Your Best

Start your highlight video with a variety of your best plays. Coaches often decide if they are interested in the first 20–30 seconds. Burying your best plays may hurt your chances of being selected.

Show Variety

Utilize a mix of skills relevant to your position. Coaches don't want to see the same move over and over; they want to know you're versatile and can contribute in different ways.

Multiple Events

Showcase your consistency by selecting clips from different games, tournaments, or opponents. This proves you can perform at a high level across settings, not just in one standout moment.

Time for Context

Keep a few seconds before and after each play. Coaches want to see how you set up the action and how you respond afterward, not just the highlight itself.

Filming Best Practices

Follow these top tips to ensure your film is sharp, easy to watch, and showcases you at your best.

1. Keep It Steady

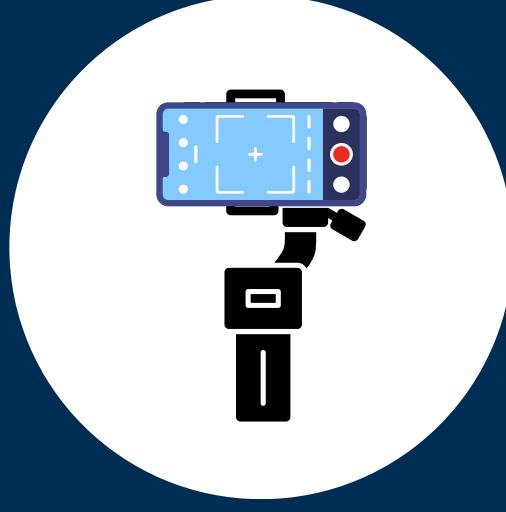
Shaky footage is tough to watch. If the camera wobbles, coaches may tune out before they see your skill.



Use a tripod to keep your phone steady. If you don't have one, brace it on a rail or flat surface.

If someone else is filming, they can use a gimbal to keep the camera steady.

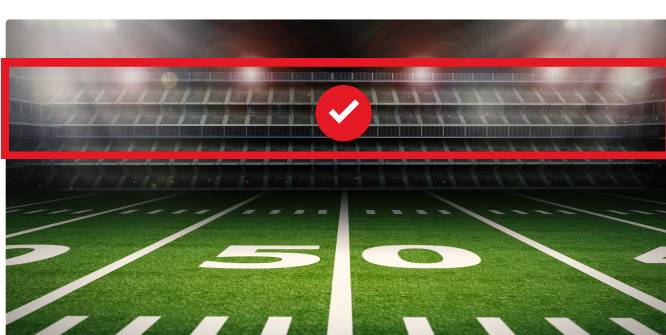
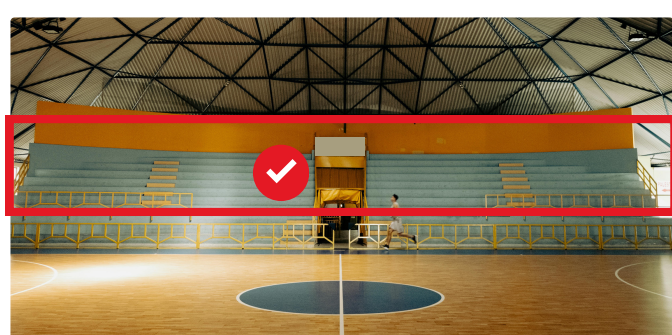
If you don't have one, they can simply lock their elbows into their body or a solid surface.



Pro tip: Turn on video stabilization in your phone's settings if available.

2. Get the Right Angle

Coaches need to see the full play develop so they can accurately evaluate you, not just a tight shot of you.



Choose an elevated spot. This can vary from sport to sport. You want to set the camera up where a coach could evaluate the entire play and see you clearly.



Frame wide enough to keep most players in view, then nudge in to keep you identifiable.

Pro tip: Practice a few test clips and adjust your framing before the game begins.



3. Mind Your Lighting

Poor lighting hides the ball, numbers, and timing. Clear, even light makes your actions easy to evaluate.

- Keep the sun/main light behind the camera, don't film into glare.
- For indoor gyms, avoid standing directly under flickering lights; step back to even the exposure.



Pro tip: Lock exposure/focus on your phone so brightness doesn't jump mid-play.

4. Minimize Distractions

Crowd noise, chatter, and constant zooms/pans pull attention away from your performance and make coaches stop watching.

- Film from a quieter area (top rows/away from student sections).
- Keep commentary to a minimum, no yelling next to the mic.
- Avoid zooming in/out mid-play; set your frame and let the action unfold naturally.

5. Capture the Whole Play

Coaches judge more than the finish; they want to see setup, reads, and reactions before and after the moment.

- For sequences, let the camera roll through the possession rather than chopping mid-action.
- Start recording 2–3 seconds before the action.
- Hold 2–3 seconds after the play.