

# How to Take Good Sports Photos of Your Grandkids

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# Today's Presentation

- Gear
- Camera Settings
- Sports Photography
- Gameday
- Sport by Sport





# Gear

- Camera Body
- Lens
- Other Items





# Bodies

- Any DSLR
- 4+ Frames per Second
- 6400+ ISO
- Battery Grip





# Lenses - Indoor

- 24-70 mm f/2.8
- 70-200 mm f/2.8
- 35 mm prime f/1.8
- 50 mm prime f/1.8





# Lenses - Outdoor

- 70-200 mm f/2.8
- 300+ mm f/4





# Lenses - Other Options

- 55-200 f/5.6-6.3
- 100-400 f/5.6-6.3
- 70-300 f/5.6-6.3





# Additional Gear

- Monopod
- Lens Hood & Neck or Shoulder Strap
- Weather Gear





# Additional Gear - Monopod

- Never use tripod - too dangerous/can't move fast enough
- Personally, don't use much (not flexible)
- Best if stationary or same shot/same angle (road race, track, etc.)
- Best with heavy lens
- Attach monopod to lens, not body



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 **SPARTAN KIDS**





 **SPARTAN KIDS**











# Settings

- Mode
- Focus Options
- Shutter Speed/Aperture/ISO
- Exposure Compensation
- Burst
- File Type
- Vibration Reduction
- Flash





# Settings - Mode

- Aperture

- Largest possible
- Use auto ISO w/minimum shutter speed

- Manual

- Set aperture and shutter speed, use auto ISO

- Shutter

- Personally don't like, ISO usually way too high



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# Settings

- Mode
- Focus (Back Button, # Points)
- Shutter Speed/Aperture/ISO
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# Settings - Shutter Speed

Good: 1/500

Better: 1/640

Even Better: 1/800

Best: 1/1000+



# Settings - Aperture (daytime)

Good: f/5.6

Better: f/4

Best: f/2.8 or 1.8



# Settings - ISO

Good: Auto

Better: Auto

Best: Auto

10,000<

Photo too dark? OK

Photo too noisy? OK

Photo too blurry? Not OK



























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# Settings

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- Shutter Speed/Aperture/ISO
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- Burst (avoid 'spray & pray')
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# Settings - JPEG v. RAW

- More frames per second
- Less time to process/upload
- More space on your card
- Disadvantage of JPEG: fewer editing capabilities



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# Sports Photography Principles

- Vantage Points
- Anticipate Action
- Fill the Frame or Shoot Wide
- Break Rules
- Safety





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**SPARTAN**













TRACK & FIELD

MEN'S AND WOMEN'S  
FIELD CHAMPIONSHIPS

WOMEN'S 1000M		
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10. STEPHENSON	13 / 42.10	1:21.55
11. E. SEELAND	13 / 42.87	1:21.25
12. DIANA VIZZA	13 / 41.87	1:21.35
13. L. BERNARDI	13 / 42.20	1:21.43
14. W. ARNONE	13 / 41.99	1:21.40
15. MORGAN LEE	13 / 42.29	1:21.70
16. MORGAN LEE	13 / 42.37	1:21.67
17. MORGAN LEE	13 / 42.37	1:21.67









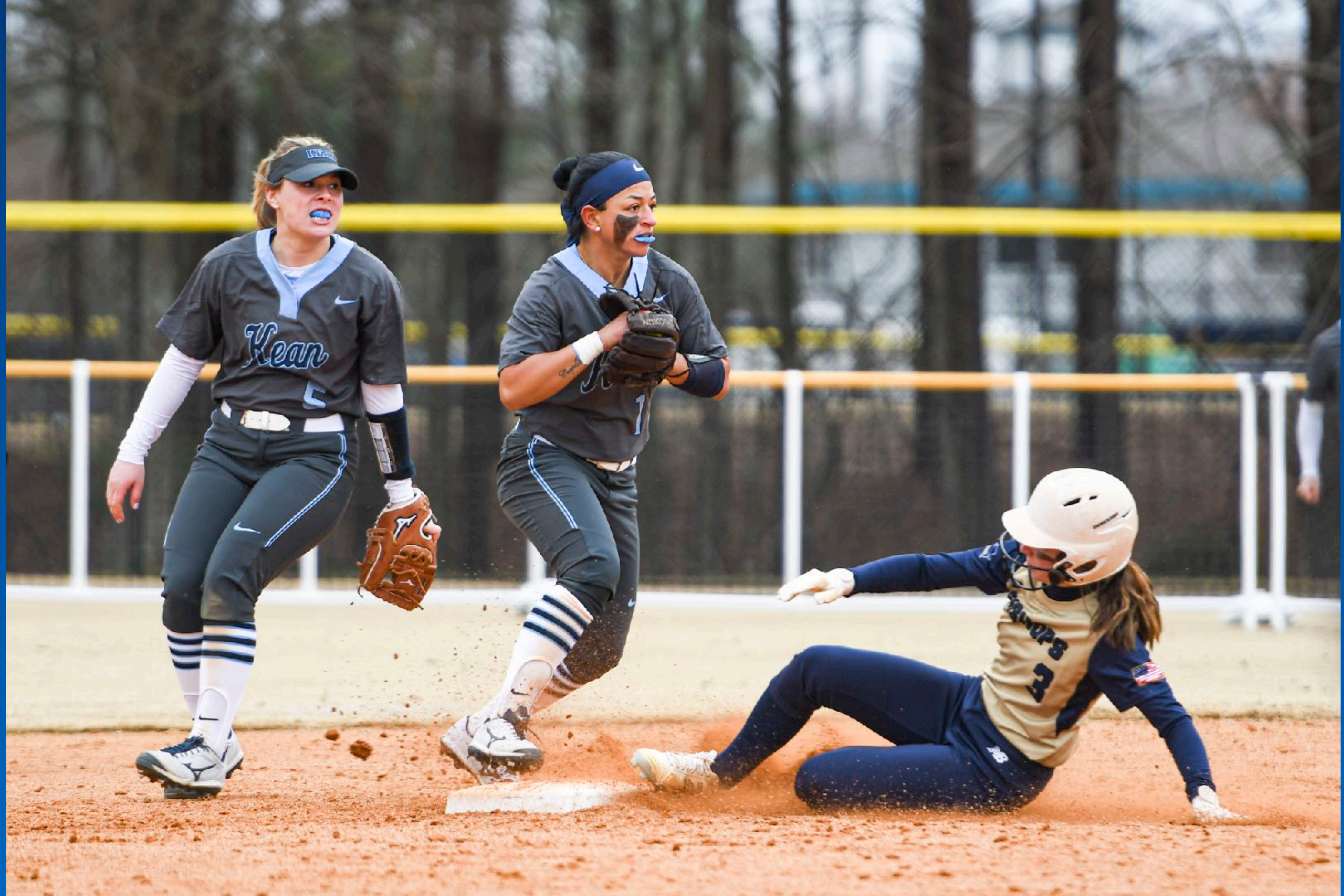


# Sports Photography Principles

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**SPARTAN** RACE / MMXXII



# Sports Photography Principles

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GILL  
NCAA  
TRACK & FIELD CHAMPION

10  
11  
12  
13



































# Sports Photography Principles

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# Sports Photography Principles

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# Gameday

- Before You Go
- At the Game





# Gameday - Before You Leave

- *Make sure you have permission to be there*
- Can I shoot from stands or court/field?
- What position does kid play
- What number does kid wear
- Left or right handed (football, baseball/softball)
- Check weather



# Gameday - At the Game

- Let someone know you're there (coach, parent, etc.)
- Check in with official/referee
- You're not a fan or a spectator
- Do not criticize officials
- Watch kid's reaction (nervous, hamming it up, etc.)

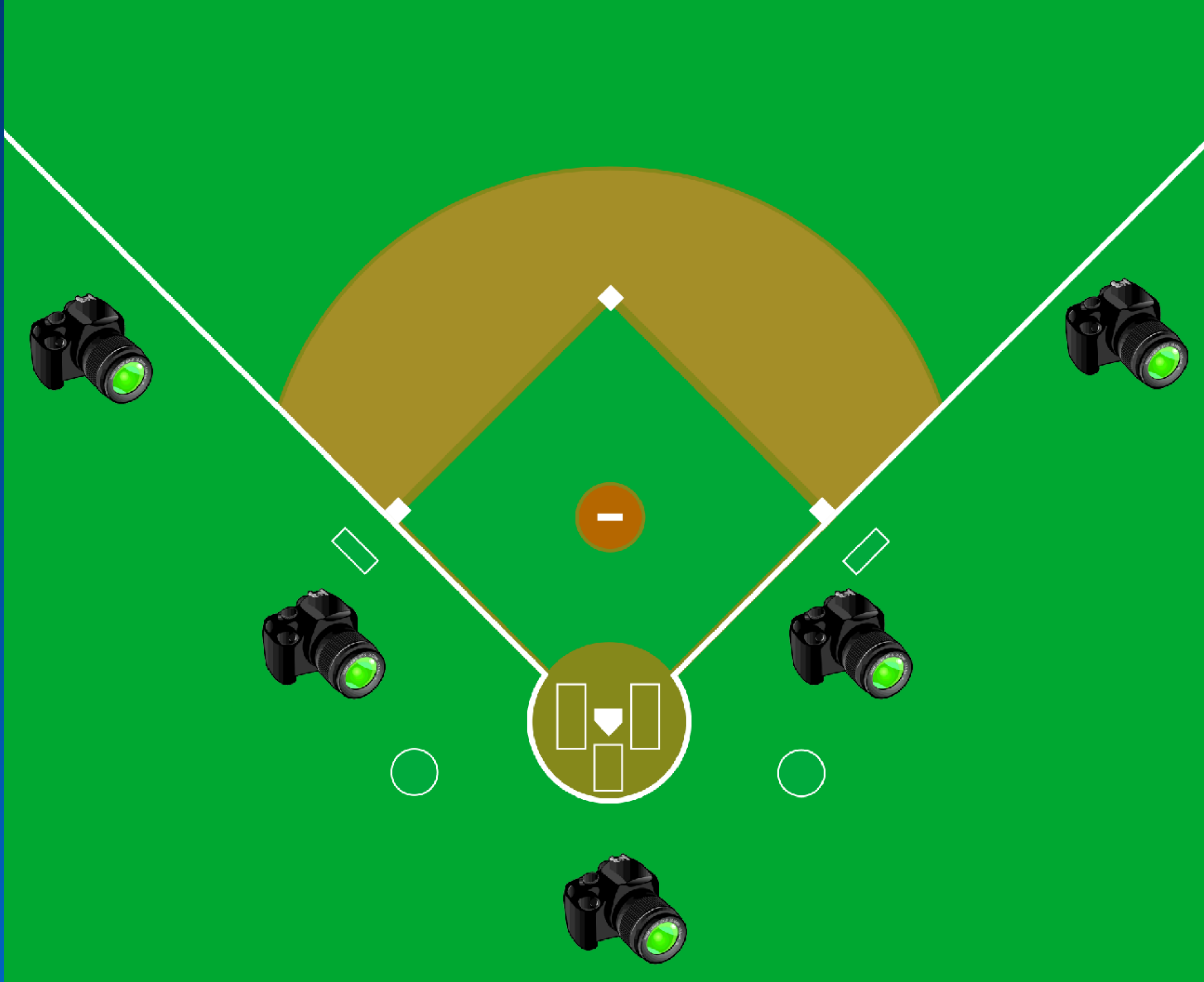


# Sport by Sport Tips

- Baseball & Softball
- Basketball
- Cheerleading
- Football
- Soccer & Lacrosse
- Volleyball
- Track & Field









# Sport by Sport - Baseball/Softball

- Lens: 70-200, 300 or longer
- Shooting through fence:
  - Get as close as you can
  - Use largest aperture you have
  - Try manual focus for pitcher
  - Keep camera off the fence to avoid injury

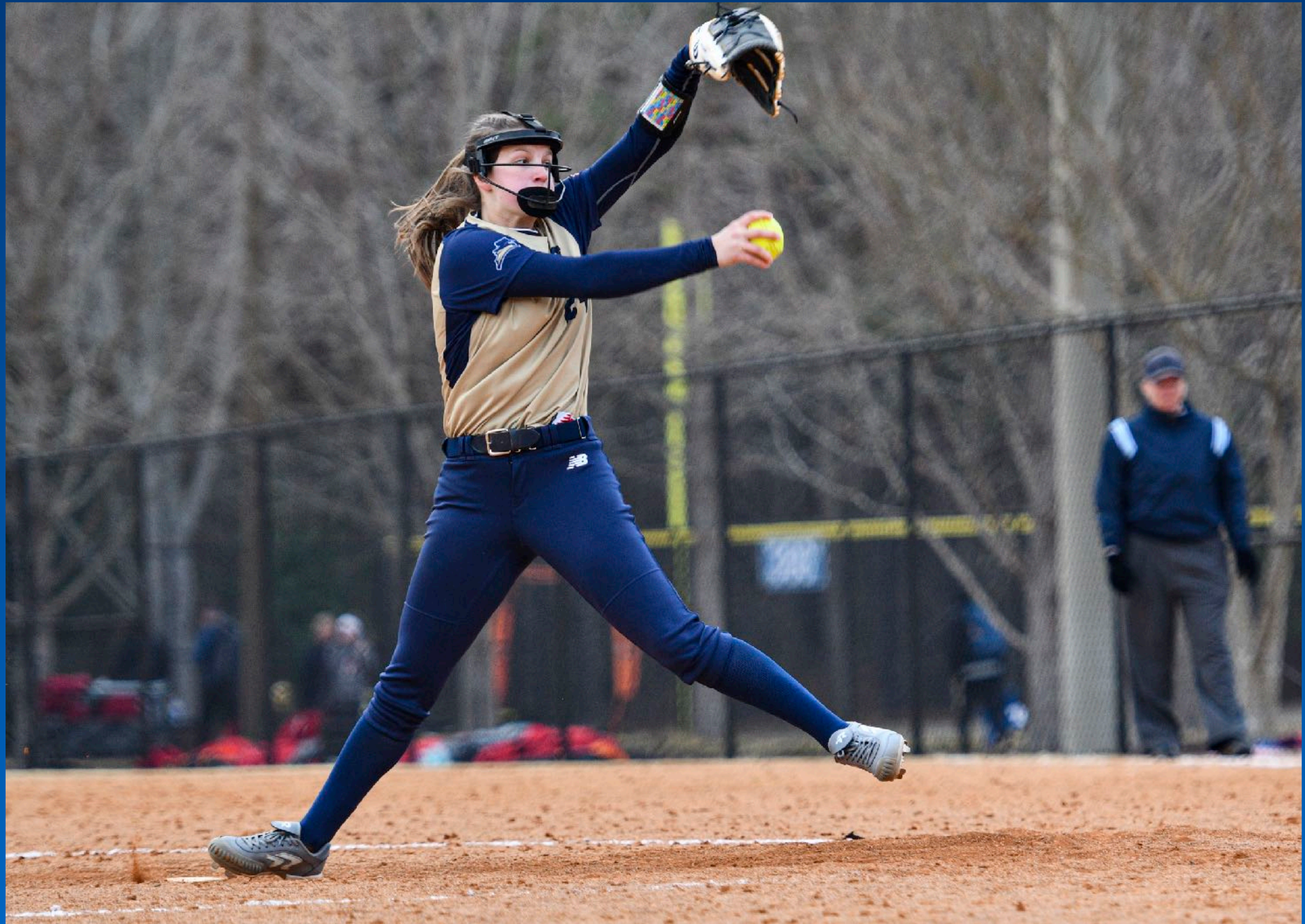
















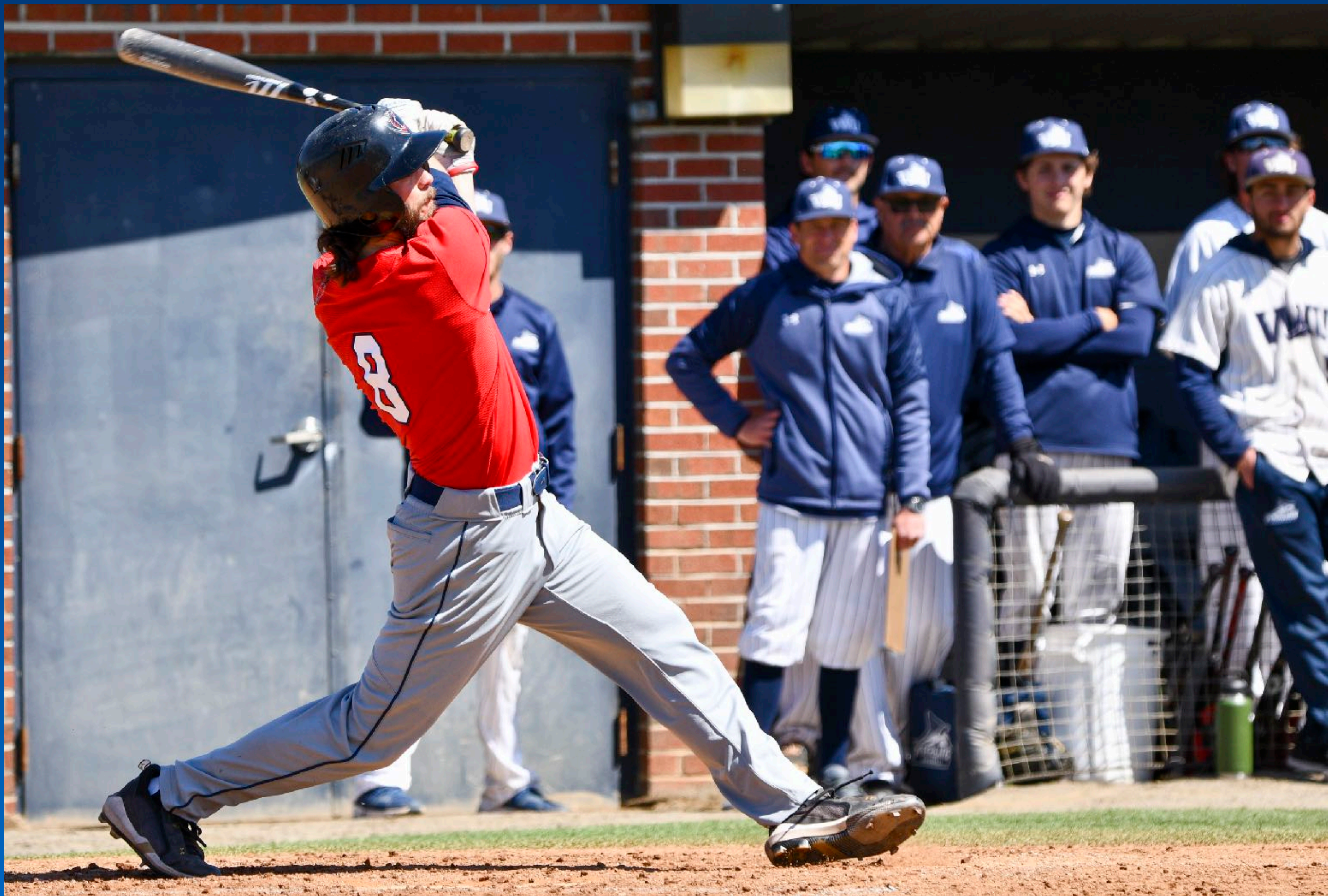
































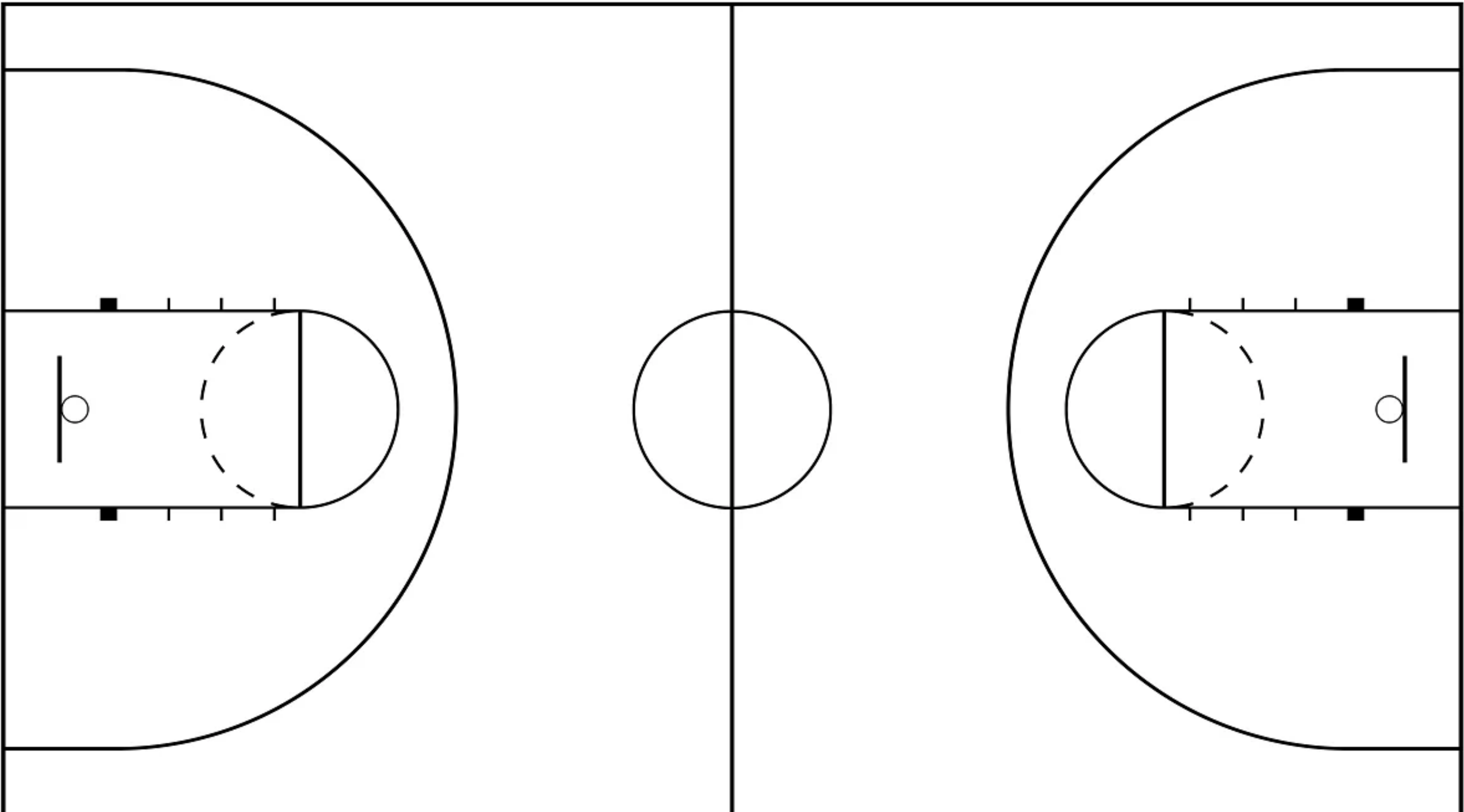


# Sport by Sport Tips

- Baseball & Softball
- **Basketball**
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# Sport by Sport - Basketball

- Lens: 24-70, 70-200, 35 or 50 prime (2 cameras ideal)
- Shoot from underneath the basket, off to left or right
- Great shots of play underneath the basket
- Referee will be in your way at times
- Other options: shoot from stands or balcony (if available)







































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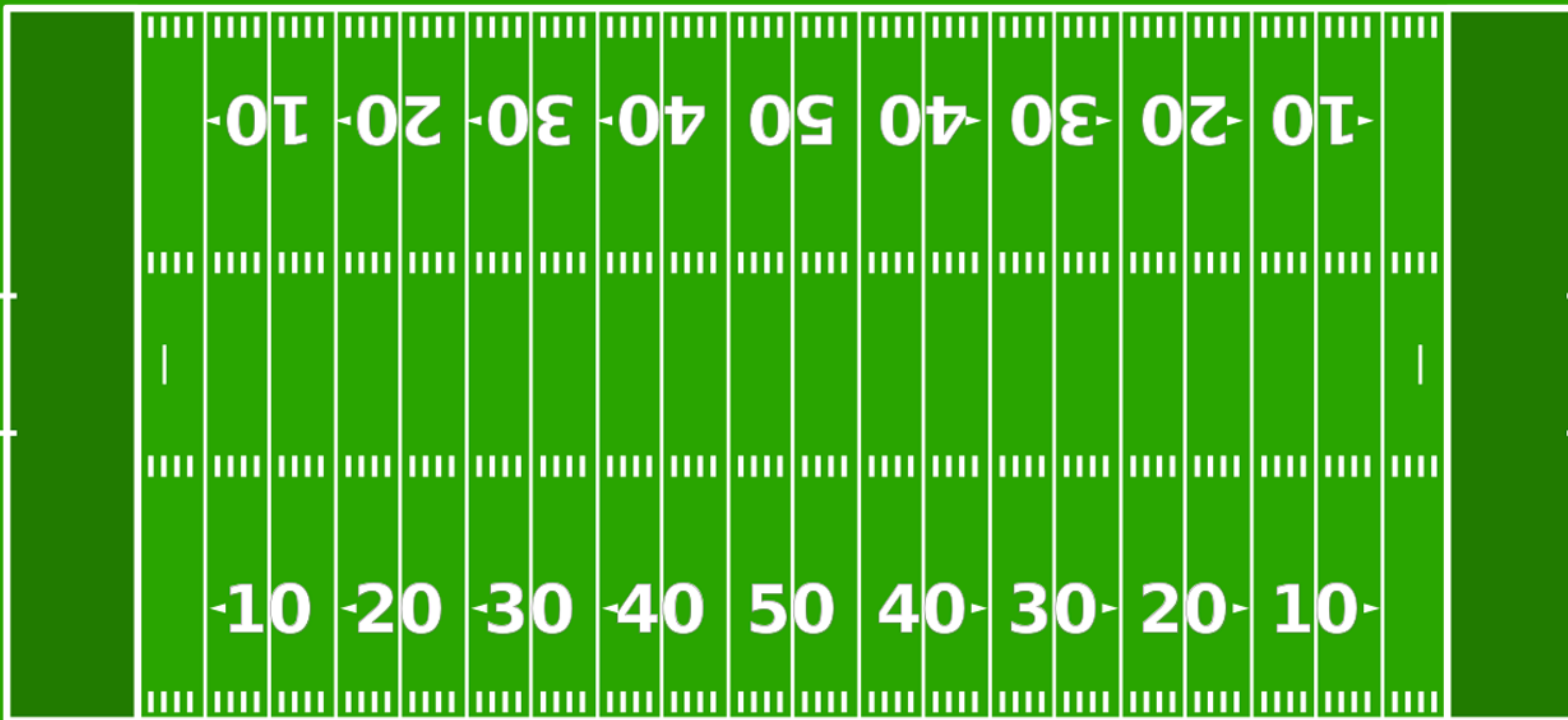
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NO



NO





# Sport by Sport - Football

- Lens: 70-200, 300 or longer (2 cameras ideal)
- Move depending on kids position (offense or defense)
- Watch out for chain gang
- Always walk behind player benches
- **Be careful wherever you are**



































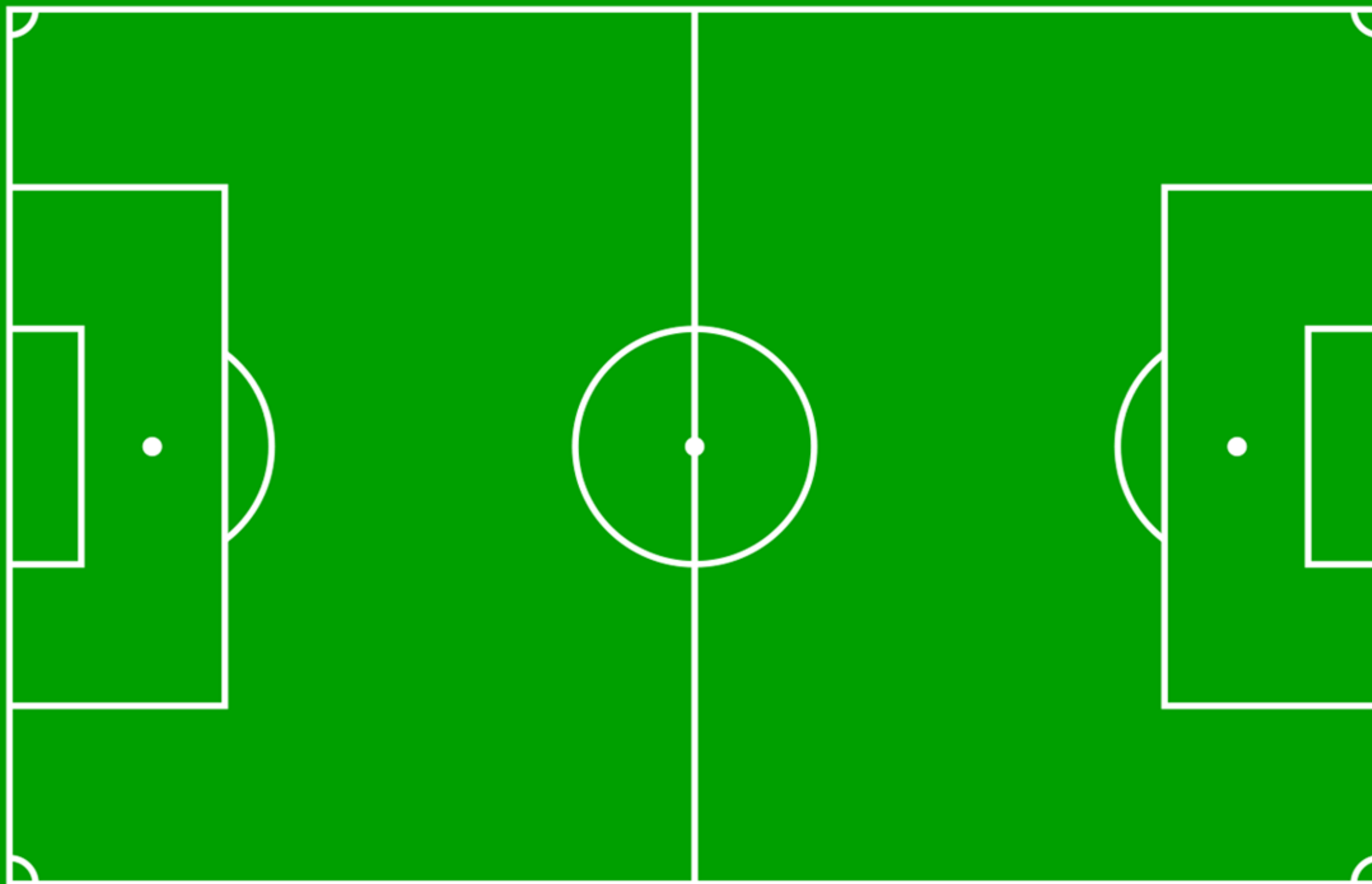
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# PLAYER BENCHES





# Sport by Sport - Soccer

- Lens: 70-200, 300 or longer (2 cameras ideal)
- Watch out for linesman (assistant referee)
- Shoot from corner behind the goal
- **Never directly behind the goal**









































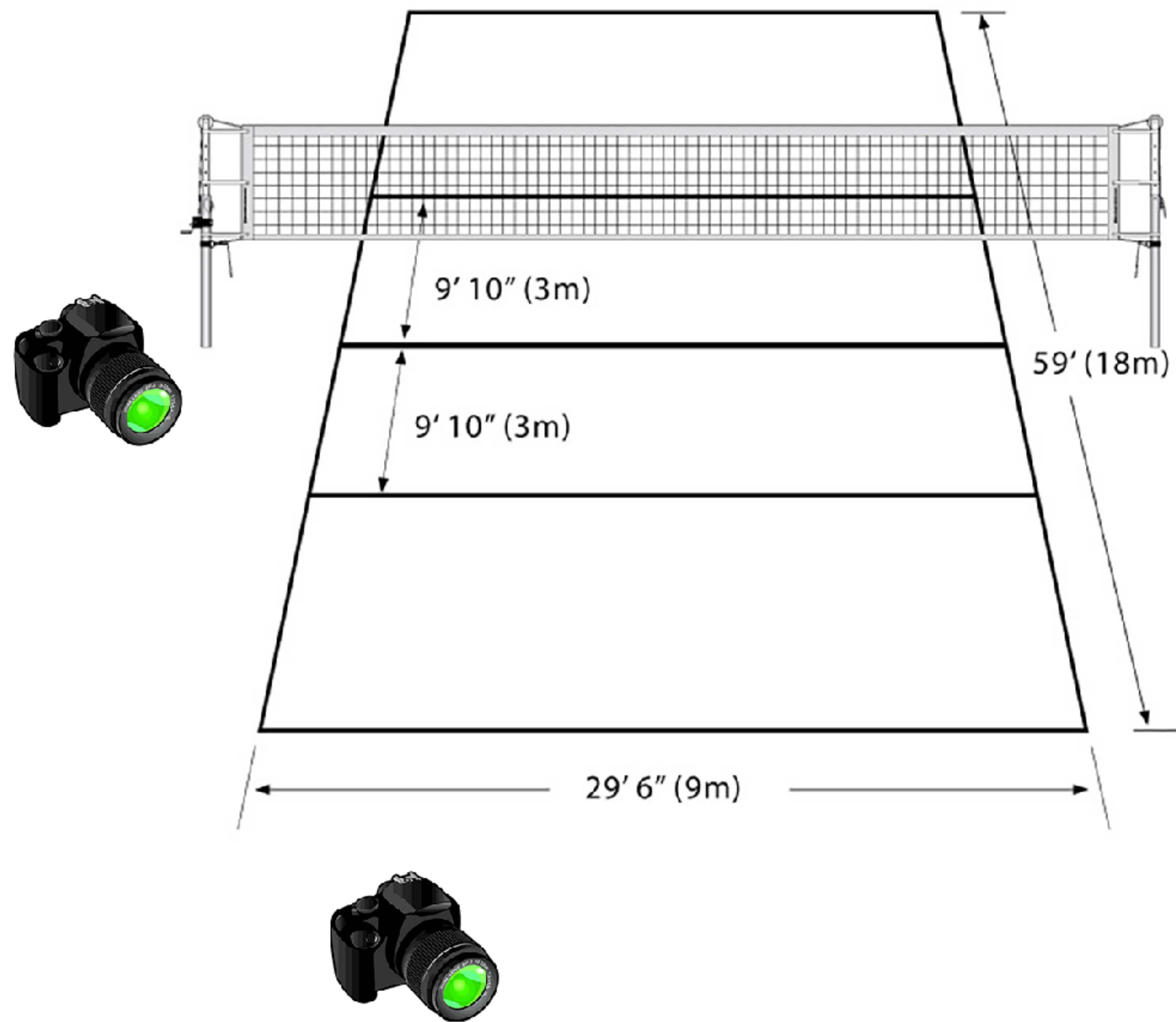


# Sport by Sport Tips

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# Sport by Sport - Volleyball

- Most difficult sport to shoot for many (myself included)
- Lens: 24-70, 70-200, 35 or 50 prime
- Shoot from behind the end line for play at net and for server
- Shoot from baseline near referee's chair (if allowed) for all play















# Sport by Sport Tips

- Baseball & Softball
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- Cheerleading
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# Sport by Sport Tips

- Lens: 24-70, 70-200 depending on events
- Running
  - Shoot from behind finish line for sprints and end of longer races
  - Shoot from inside track (if allowed) for multiple lap races
  - Try to focus slightly in front of runner
- Jumping Events
  - Focus on bar
  - Get athlete on approach and jump
- Throwing Events
  - Shoot from 45 degree angle
  - Be careful of objects, especially hammer and discus



























