



## *Player Onboarding and Ongoing Video Capture Guidance*

As an online video skills instruction platform, eCoachIt relies upon you to capture and upload video to the platform for evaluation for each analysis. This may seem overwhelming at first but fear not...this is really simple.

So you have an assignment – capture video of the skill being evaluated. Here we go...

### Approaches

Easiest – simply send the video you already capture from games. That was simple, right?

Next Easiest – capture skill execution at a team practice.

Less Easy, but still not difficult – capture video from a personal practice that you complete or are present at.

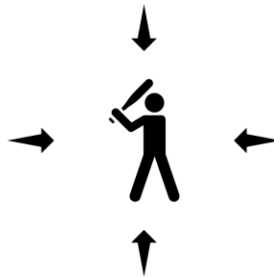
### What to Capture

What

- Capture the skill during execution – whether an at bat, a series of pitches or catching in action
- Capture at least 3-4 different executions from each angle that is possible to capture

How

- If you think of the player as the center of the video frame, try to capture the skill from as many of the four sides as possible
  - Front
  - Behind
  - Left side
  - Right side



- Capture at least 3-4 “reps” of the skill from each vantage point
- We recognize that it is not possible to capture all angles, and in some cases you may not feel comfortable being in the “line of fire” of where the ball may travel – that’s ok. Get what you can and where you can do so comfortably and safely.
- We have successfully used video taken from almost all angles possible and from as many angles as possible – even from behind the center-field fence!
- See the next page for some examples of video angles and distance from target that we can make work:



