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## **Sports Photography**

Sports Photography does not have to be confined to the sporting activity itself.

A less literal approach to the subject could lead you to documenting the fans.

Their faces and what they wear or you could try making a record of behind the scenes activities. Preparation for the games, the lives of the support staff, or what the event is like from the referees Perspective Photography of sporting activities can not only include the highlights of the action but also give some sense of the hours of Instruction needed to learn the skill.

One of the difficulties with sports is that with so much happening in the background it can be hard to concentrate on the foreground action

Knowledge of the sport the digital photographer can open up avenues of discovery about favorite sport that may be closed to ordinary fans.

The better you know a sport the better you will be to anticipate the action. You must be almost as alert as those participating in the sport itself.

You need to anticipate the action a few seconds prior to the actual happening. Shoot multiple shots and discard the useless ones later.

Great sports photography is not just about showing the game. You must generate a sense of motion and activity by using your photographic Techniques and create a blurring effect. You want the main subject to remain in focus but the background slightly blurred.

## Hints and Tips

The essence of the sports photographer lies in choosing the right moment to press the shutter. A split second represents a critical turning point in the game or determining first / second place in a race.

The strategy for sports photography is therefore constant vigilance to make sure you are in the right place at the right time.

Allow for shutter lag (the time you press the button to the time the actual picture is taken)

Always keep safety in mind there is always an element of risk for anyone involved. Particularly for photographers that are given vantage points close to the action. Do not put yourself at risk intentionally. Follow the official's instruction

Position yourself carefully try to view the event from a point you not only have a good view of the action and where your target is not moving too swiftly.

Knowing your sport is your Best advantage to capture that critical moment. Pre focus on the spot and let the action come to you

The best type of support for the camera is a Shoulder / chest camera harness or a mono pod. (Tripods are too clumsy and do not allow you the movement to capture the action)

When doing winter sports such as hockey or skiing protect your equipment as much as possible and keep the extra batteries in your pocket. The cold is extremely hard on the battery.

Winter sports pose an extra challenge with the cold

Do not constantly go In and out of buildings as condensation will form on the equipment

.Flash Photography does not work in sports photography

You must use available light and a high ISO setting

Be sure to set your colour balance as the high powered lights in the sports arena have different colour temperatures. You really do not want green players unless you are shooting martins.

When shooting sports make sure you get the proper authorization as most team logos are copyright protected

And security at the sporting event is very tight

Instead of using a bean bag for support while shooting

Winter sporting events use a pre heated gel pad this will help keep the camera a little warmer

## **What do you shoot in sports?**

You must capture the moment

You need to learn how to freeze the peak of the action

Record the energy at its greatest potential by focusing on the athlete's eyes.

Compose your image, picture how the final image is going to look

Pick a focal point where the action is going to take place.

When the athlete is near the focal point shoot.. To help steady the camera use a monopod or a tripod.

Use high ISO Fast shutter speeds and an aperture around f/5.6

Use the white balance to capture the true colours as various events have different lighting

Plan ahead – Bring the right Gear for the weather elements. Sports are extremely dangerous Know the danger zones and in case of an emergency know where there is a safe retreat.

It is not necessary to shoot in continuous mode. You are more likely to get a better shot by pre-focusing on the heart of the action and releasing the shutter as the athlete approaches the zone

Set all your settings to max to capture all of the athlete's colourful clothing

Sometimes sports photography takes you to a remote location off the beaten path

While waiting for the athlete to get ready. Take a look at the scenery around you

Change your lens and capture some fantastic landscape photos. Or use a macro lens to get up close to nature.

The key is to get out and shoot the action Try to get better with each shot – it all takes practice but most important have fun.

In conclusion sports photography can be challenging but by pre-focusing on the peak of the action you will get some fantastic shots, know your limitations and have fun

## **Action photography**

Photographing a sport at the peak of the action is exhilarating. To record the energy of the moment. You need to capture the peak of the action – Focus and composition are the two main keys. Try to get the athlete's eyes as they tell the whole story of emotion, concentration and the intensity of the situation.

Pre focus on an area and wait for the action to take place. Don't rely on auto focus as you might miss the shot

Know what shot you want your shot to look like before you release the trigger. When the subject is coming into view hold the shutter down for continuous shots capture all the action and choose the best shot later.

Use a tripod and a cable release to reduce camera shake. Use the fastest shutter speed possible to freeze the action. Use the highest ISO setting of your camera that doesn't produce a grainy effect.

Set your camera to manual And the settings to max for saturation, colour, and intensity. Try to get the image right the first time and don't rely on Photoshop to edit it later.. As this will save you a considerable amount of time.

Know your sport, anticipate the action and visualize the final image before you even release the shutter. This way you will always get the perfect shot and succeed in action photography.

## **Moving Objects**

The best Way To capture the Action Is to pre focus on a specific area and let the action come to you this requires practice and good timing sometimes an little luck wouldn't hurt.

In your pre-set up mode Eliminate any distracting objects establish where the image is to be placed in the final image and aim for the best angle possible

## **Conveying Motion in Photography**

What Are You Trying to Achieve?

The job of any good photograph is to tell a story. Sometimes the subject of our story is in motion and we want the photograph to convey that. Sometimes we want to impart the sense of motion to a static object. Sometimes we want to draw attention to motion. There are many techniques to depicting motion and those are the tips that we will cover in this article

Showing Movement in a Moving Subject against a Static Background

The most common case for this involves flowing water, but there are many options. In this scenario, we want the primary subject to display what is called motion blur. The way to achieve this is to use a shutter speed that holds the shutter open long enough for the subject to move in the frame before the shutter closes.

This is actually pretty easy. You will put your camera on a tripod or other stable unmoving platform. Set up your composition so there is a clear inclusion of non-moving background elements that will create a contrast with the moving subject. Use a remote release or the self-timer to fire the camera. Choose your aperture to give yourself the depth of field that you need.

For water, as an example, you will need fairly long shutter speeds, likely four seconds or more, so you will also probably need a Neutral Density filter to cut the inbound light down so you can get a slow enough shutter speed. Don't have a Neutral Density filter? Your best bet is one offering 5-6 stops of speed reduction. You will also want to use an app like ND Timer to tell you what exposure to use based on what the camera proposes without the filter. When the light level gets really low as with a dark filter, your camera light meter will often produce incorrect results.

Some people don't want to use tripods or other bracing methods, but you cannot handhold cameras and lenses consistently below about 1/60th of a second for the average human. Image stabilization will not help you until your shutter speed is down around 1 second to 1/3 of a second and not much longer than that. A tripod is a simple and proven route. By the way, for consistency always disable image stabilization in camera when the camera is on a tripod. Your camera / lens combination may not require this but better safe than sorry.

## Keeping the Subject Sharp While Blurring the Background

This technique is great to allow you to focus attention on the subject and to put all the motion blur on the background. You can shoot this sort of thing handheld if you practice your panning technique, or you can use a tripod with a head that has a panning base. For that scenario to work your pan has to be set for the same angle as your subject will be moving in. It's not as hard as it sounds.

Let's use a moving car as an example. You will set your camera to continuous autofocus and I will recommend using a single focus point. You will have to try out different shutter speeds. For Indy cars, I find that 1/125th of a second is a good place to start. For faster moving subjects, you can go faster and for slower moving subjects such as a marathon or track event, you will probably want to get down to about 1/30th of a second.

You will start your pan on your subject and keep the subject in the same place in the frame as you pan and squeeze the shutter. Keep the pan going even after you hear the shutter close.

Many people struggle with panning because they pan from the waist. This is less likely to work as your body is bending. Try this instead in your home. Bring your camera to your eye. Start with your back straight and a gentle bend in your knees. Keeping your torso straight, push your right knee forward. See? Your body pans to the left and your pan speed is controlled by how fast you push your knee. Do the exercise again but push with your left knee. You are now panning centre to right. Continue to practice starting with one knee pushed forward and then bring it back, gently switching the push to the other knee. This will give you a rather wide and quite smooth pan. Doing a panning motion well requires practice and then matching the knee push to the speed of the subject.

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What you will find is the ability to retain good sharpness of the subject whilst creating powerful motion blur in the background. This is a great technique for sporting events. I use it constantly when shooting Polo or Rodeo. Expect that some elements of the subject itself may be moving in an axis different from your pan and that you will get some motion blur there. A common situation is in a track and field running event where the runner's pumping arms blur out, the legs to a lesser extent and the torso and head look sharp. This is a great technique to really show motion.



## **Creating Motion in a Static Subject**

Another good tip is how to impart motion on a static subject. It creates motion blur across the entire subject. It works well to create the illusion of motion, but I like it as well for its creative effect.

In most cases this is easiest on a tripod. For horizontal moves your regular tripod head with panning base is all you need. You will set the camera to a longer shutter speed and then start the pan before pressing the shutter release. Keep the pan going after the shutter closes for smoothness? Try varying the speed of the pan and the shutter speed for different effects.

If you want to do a vertical move, a tripod with a video pan tilt head will be better because you can restrain the axis of motion. Good video heads are always fluid damped for very smooth pans. Again, you will start your pan, release the shutter and continue the pan after the shutter closes. Vertical sweep moves like this are often used with trees or buildings to accentuate their height and the sense of moving up.

The key thing to remember with motion blur photography is that the best image is the one that you like. This is a creative process and there are no right or wrong answers. This means allowing yourself to experiment and try different things. That's how great work gets created, and it's not likely that any two images will be the same.

## **Slow motion photography**

Slow Shutter speed Magic

AS you let your photographic Imagination wonder you want to capture the world in slow motion

Typically Photographers pay attention to the shutter speed to prevent blurred pictures. By using the general rule  $\text{Speed} = 1 / \text{focal length}$

The new digital cameras with image stabilization and shake reduction allow you one or two extra stops but it also depends on your ability to hold the camera steady- Everyone is different.

To portray the image of speed – you stabilize the camera focus on the background and allow the object to move within the frame.

Some times in bright sunlight it is almost impossible to use slow shutter speeds as there is just too much light .

This is where a neutral density filter comes in handy . choose a good quality Filter so you don't distort the colour of your image.

## **Tips**

Take your time – this is not sports photography natural will allow you all the time you want.

Use manual focus

Get a high quality neutral density filter

Use a remote shutter release or self-timer the movement of your figure could be enough to blur the image

Pay attention to the histogram (keep it to the right)

Bracket your pictures

For landscapes avoid windy days

The best time to shoot is early morning or just before sunset.

Slow motion photography poses a challenge . But with practice the proper tools you too can obtain slow motion photography like a pro.

## **Four Ways to Practice Action Photography at Home**

The end of May typically means warmer weather, and more time spent outside being active. Fingers crossed, that means we can start practicing our action photography, as well!

Even though we may be limited to our backyards and local parks as we wait for organized sports and activities to return, that doesn't mean we can't take action shots — we might just have to look a little closer to our regular routines, as there is lots of action all around us. Whether it's kids and pets playing and running in the backyard, cars driving by on the road, or cyclists on closed-down city streets, we can find opportunities for action shots to be taken all around us.

Here are four ways you can practice right now as an action photography 'warm-up' to brush up on your action shooting skills while we wait for organized activities to return! And if you're worried you don't have the right gear, we'll offer some recommendations for new equipment that will help make your action photography workouts even more effective.

### **1. Experiment with Shutter Speed**

A fast shutter speed, such as 1/1000 of a second, can "freeze" action shots, capturing specific moments and scenes that would otherwise be moving too fast to catch. The problem with this is that they can sometimes appear too frozen — and come out looking static and lifeless.

Take this time with your pets and kids experimenting with your shutter speed. Reducing the shutter speed, such as to 1/15 of a second, will allow some blurriness into the scene, which will give your shot a sense of motion and movement, bringing the moment to life in a much more natural way.

One thing to remember: If you're playing with shutter speed, be sure to adjust your ISO to compensate. A lower shutter speed requires a higher ISO number.

### **2. Get Moving!**

Beyond reducing shutter speed, another way to bring movement to your shots is to actually move your camera along with your moving subject. In other words: while your dog is chasing after a ball, don't just hold the camera still while you snap photos of him — actually pan the camera parallel to his movement.

Whether you're shooting sports or wildlife, this is a skill that can really bring your shots to life. It can help showcase a basketball player moving rapidly against the crowd in the background, or a bird racing against the trees.

It can take a lot of practice to get right. Some trial and error is to be expected, especially with how fast to pan your camera and how to keep it steady, which brings us to our next tip.

### **3. Keeping it Steady**

While you want some blur in your action shots to indicate movement, you certainly don't want the entire image to be blurry. This is a particular risk if you're zooming in over distance, or shooting in low light; and while it may not be a concern when snapping photos of your kids playing in the backyard, it's something you'll want to practice for when they're running on the far side of the soccer field, or on the opposite side of the rink in a dark hockey arena!

A tripod always helps reduce shakiness, but may not be practical for action shots. The good news is, learning how to stand the right way can make a huge difference.

Lowering your centre of gravity increases balance and stability in sport, and can do the same when you are trying to stabilize your shots! To reduce any motion in your camera while you shoot, keep your legs shoulder-width apart, or slightly wider, for balance; keep your elbows close together, against your body; and try to keep your spine neutral (don't lean forward or backwards).

Altogether, this will help to keep your centre of gravity in the middle, and lower to the ground, which will help you keep still. (You should also avoid drinking too much coffee right before you shoot!) You could also try getting even lower to the ground by stooping down, which will also give a different perspective of the action.

On top of this, a camera and/or a lens with image stabilization is definitely helpful. Even at slow shutter speeds and tight zoom distances, image stabilization will help reduce any blurriness brought on by slight camera movements.

### **4. Pay Attention to Framing**

If you're zooming in on action that's far away, it can be tempting to allow your subject — whether it's a kid or a dog or a pro athlete — dominate the frame. But remember that your photos, including your action shots, tell a story. Be sure to allow enough room in the frame so that action can be placed into context. This might mean allowing enough background info to indicate whether your kids are in the backyard or a park, or whether your puppy is in the off-leash park or on the sidewalk. When it comes to sports, it can tell the audience whether a player is on a breakaway all alone, or whether they have a defender to beat between them and the goal.

And just to bring everything back to the beginning, the framing and background blur form an important combination. If you frame your picture correctly, but don't blur the background enough, it can be too busy. If you blur the background the right amount, but crop the image too close, you lose the context. Experiment with the methods, distances, and angles until you have achieved a level of comfort that tells you when you're in the right spot to capture the perfect action photo!

## **Gear up for Success**

You don't need the latest and greatest gear to practice your action photography, but if you're looking to invest in some new equipment, the following recommendations will help you produce stunning action shots without breaking the bank.

A good action camera should offer a combination of fast shutter speeds, a good ISO range, and a fast and accurate autofocus system. A good burst mode and effective image stabilization are also useful!

### **The Best Lenses for Action Photography**

When it comes to lenses, your kit lens (18-55mm zoom) is a great start. It can help you practice in the backyard by giving you some room to zoom, without getting too far away.

To add some more distance to your shots, consider adding a medium zoom, in the 55-200mm zoom range, with image stabilization.

## **12 Easy Ways to Photograph sports**

You have attended sports games all your life and always admired the good shots of the Game wishing you could get the same type of shot.

Here are 12 tips that can assist you to get that perfect shot

### **Step 1 Learn the sport.**

Sports photography is anticipating action.

You have to be just as ready for that play as the player is himself. You need to have a strong and instinctive understanding of a sport to really shoot it well.

Shooting baseball? Watch the defense and see where they shift.

Know the situation and plan accordingly.

Football is the same thing, watch how the teams line up, know where they are on the field, and position yourself to take advantage of that.

Basketball? Basketball can be a lot of fun because it's more confined and somewhat more predictable.

Pay attention to the tendencies that players display throughout the game.

Watch for people that seem to be emotional or play a certain way.

Do research and know the sport as it will provide a big enhancement for your images.

Getting a feel for a sport also allows you to get the perfect shot with a single frame

### **Step 2 Back-Button Focus**

If you bought your camera new, then chances are it came set up to initiate autofocus a certain way: by half-pressing the shutter button. Here's a little secret: There's a better way!

It is called back-button focusing, Today's cameras have "AF-ON" button on the back of the camera, Even if you don't have that button, you should be able to go into your camera's custom settings and enable whatever button is back there as the button to initiate autofocus. Half-pressing the shutter while shooting sports, action, can often lead to accidentally triggering your shutter when you don't mean to. This is an annoying experience.

Moving focus control to the back button ensures that you're only taking photos when you want to. Shooting sports means constantly engaging and disengaging your AF, and having a single button right under your thumb dedicated to just that task is a life saver.

Two of your camera's most important functions, focusing and exposing, are both controlled by the same button with only the tiniest bit of pressure separating the two. Separating the two functions helps to minimize mistakes in situations where you don't have time to make up for them.

### **Step 3 Tell a Story**

Two things separate the upper-echelon of sports Photographers from the rest: practice and storytelling.

Storytelling should never be undersold. If you have good gear that you know how to use and a good level of comfort with a sport, you can be a solid action Photographer.

Anticipation and luck are going to give you a good action shot 9 times out of 10 but the ability to tell the story of a game or event is a perfect way to completely intrigue your audience attention

A great Photographer knows what is on the line for any given game,

- knowing the major players,
- the sport,
- The tendencies.
- Pay attention to what is going on in the stadium; maybe there's a fan who is dressed a certain way or has a funny sign that can be incorporated into a shot.
- Maybe a player's family is in attendance, or an old coach, or a special guest.

You should have a running list in your head of shots you want to get should the situation present itself, so that if and when it does, you're ready.

### **Step 4 Stop viewing the display**

Chiming: "A colloquial term used in digital photography to describe the habit of checking every photo on the camera display immediately after capture. "There isn't anything wrong with chiming, but as with so many things in life, it's all about your timing.

You never want chimp in the middle of the action, and never want to chimp immediately following a stop in action as they provide a great moment to find the story shots.

You must always be ready to catch the unexpected; even if you think you just got an Amazing shot of a fantastic play, wait for the right moment to check.

Don't let your own excitement possibly rob you of an even better shot than the one you're viewing on the back of your camera.

Chiming is only necessary at times, when covering an event for a publication,. Many photographers quickly review their shot sequences and tagging potential keepers in-camera so that they're easy to find when they go to edit and caption later.

## **Step 5 Be Critical**

- Is it out of focus?
- or you can't see the ball
- the face is obstructed

Then it's not a great photo.

The sooner you can accept the fact that you are taking really poor photos, the sooner you can start to figure out why they're poor and figure out how to take really good photos.

Be brutal with yourself; find someone who is more experienced than you to be brutal, then listen to them.. We can't improve on our mistakes without always striving to get better!

## **Step 6 It's Always About the Face**

Faces are one of the most important things in sports image.

Faces personalize and humanize the image; they connect the viewer to the moment and draw them in.

## **Step 7 Step Away From the Crowd**

If you have the ability to move around a venue, use it. Find angles that no one else is shooting.

"Get high or get low; no one wants to see your point of view. Everyone knows what the world looks like from a few feet off the ground."

Don't underestimate what you can get when you combine a tight or wide angle within extremely high or extremely low angle.

## **Step 8 Don't Stop Once the Whistle Blows**

Coaches tell players to keep going until they hear the whistle; as a photographer you keep going well past the whistle

That's how you get moments of celebration and failure, Coaches and players losing their minds, the moments that often define the game more than any individual play. Don't stop shooting once the catch is made, and don't ever assume that a whistle means the play is over.

## **Step 9 after the main action;**

The most compelling shots of runners are always after they have crossed the finish line.

Always keep your camera ready, and you will capture some of your most compelling photos.



## **Step 10 Make Smart Gambles**

Have you ever wondered how this Photographer managed to get the shot that you didn't

How could they possibly know that the ball would be fumbled and returned 90 yards for a touchdown as the clock expired? The answer is that they didn't know, but they were willing to take a gamble.

Just like in real betting, there are smart gambles and dumb gambles. A dumb gamble would be positioning yourself for a shot that you hope will happen, even though it means sacrificing your ability to get other important images.

You can sit in a single end zone all game long, just in case something totally crazy happens, but you're completely missing other opportunities to tell the story of the game: *dumb gamble*.

A smart gambling photographer is extremely mindful. They know what they have shot so far that day, they know the potential storylines and outcomes from the game, they know who the big players are, and they know their tendencies. They are also lucky; you can't teach luck, but you can make smart gambles.

A smart gambler is constantly calculating risk vs. opportunity and is able to decide in a moment whether or not it's worth missing shot A to potentially get a one-of-a-kind shot

## **Step 11 Shoot Tight, Crop Tighter**

Keep the action tight, crop even tighter later. Lose extraneous and distracting elements; draw the viewer into the action.

Athletes are perceived as larger than life; let your photos play off that feeling.

As with all rules, this one is made to be broken, but it is a good rule of thumb and a good thing to have in mind when you're shooting and editing.

## **Step 12 Shoot, More**

This holds true for all Types of photography. You can't get better at something if you aren't doing it. Shoot a lot, get critiqued a lot, correct your mistakes, and shoot more.

Challenge yourself; look at images of photographers you admire, go to a sporting event with the mindset of trying to emulate something you like about their style. Find new ways to tell stories, and accept that you will probably fail a lot along the way.

Action and sports are some of the most thrilling and frustrating things you can shoot, but when you capture the shot, there's no better feeling.

## **LEGAL NOTICE**

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## Bio

My name is David Wright.

I have many years experience writing procedures on how to test high tech electronic equipment. Re wrote technical manuals so that the average person could understand them.

Set up numerous training programs to train junior techs.

My documenting skills are excellent paying attention to details satisfying the toughest ISO auditors.

I have enhanced my writing skills by successfully completing a course in Writing for Children's literature.

Completed course from AWAI in Copy writing service, B2B copy writing, Seo management, Email marketing and web design

This has helped me write how to articles and Information Books that you will find on my website Discount E Books <http://www.discount-ebook-s.com/>

I have had a Camera in my Hand since 1965 Gone pro In 1999

Took the course from ICS in Photography

I am now at a point in life I would like to share my knowledge with the world and the best way I know how is by Print either electronically or Hard copy paper.

David Wright

Electronic service technician

Professional Photographer

Experience writer