

## SUGGESTED FILMING POSITIONS

### 40 yard dash -

Best practice position to stand- 20yds down and about 10 yards from the lane.  
Carry the runner from start to finish.



### 5-10-5 Shuttle -

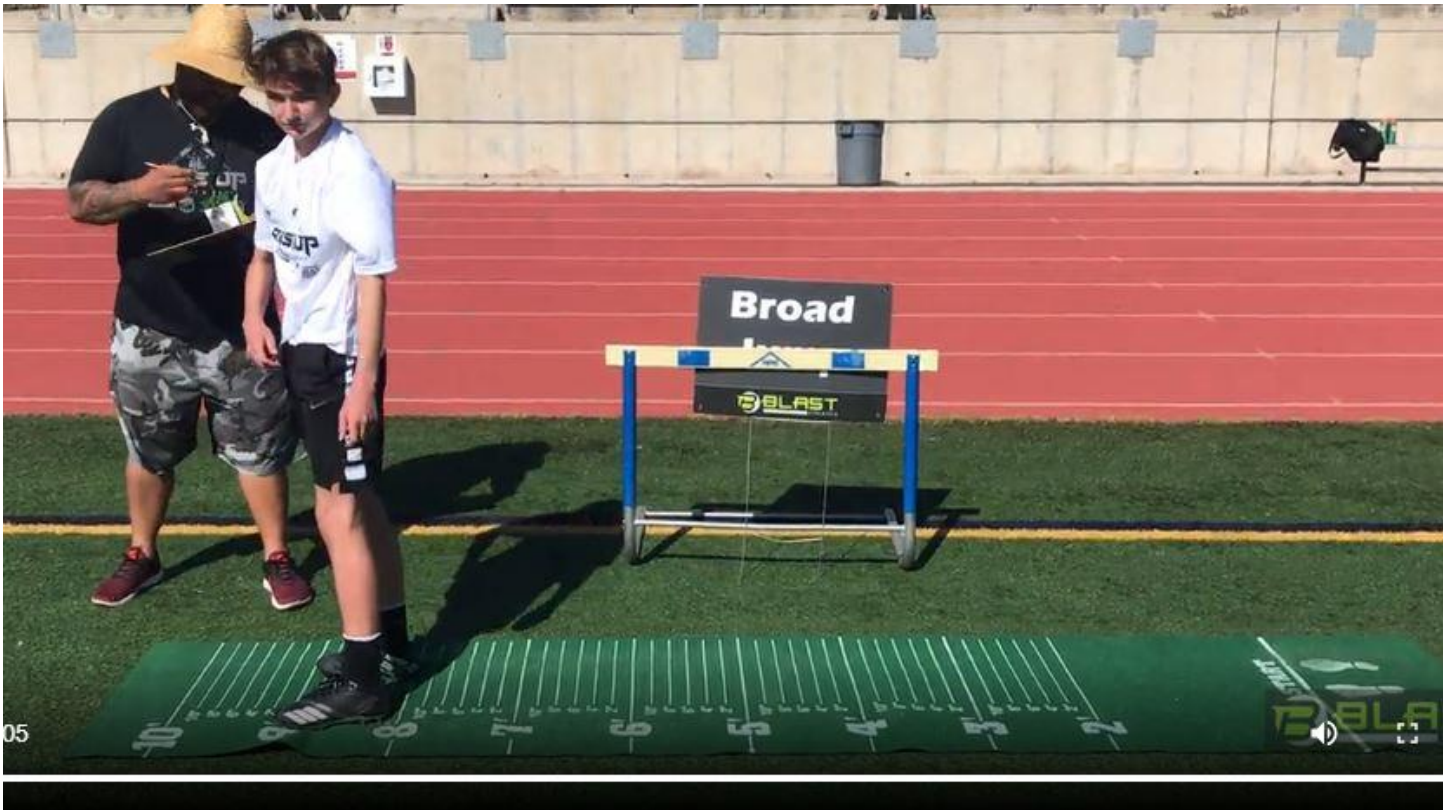
Best practice is to ensure you can see both end lines of the shuttle and either position in front or behind the athlete to verify that they touch both lines.



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### Broad Jump-

Best practice is to ensure you can see the start of the feet and the end of the jump as well as the total height of the athlete. See the whole picture, but be close enough to see clearly.



### Vertical Jump-

Best practice is ensure you get the entire athlete including when they jump up without moving the camera. Keep the camera steady and in focus.



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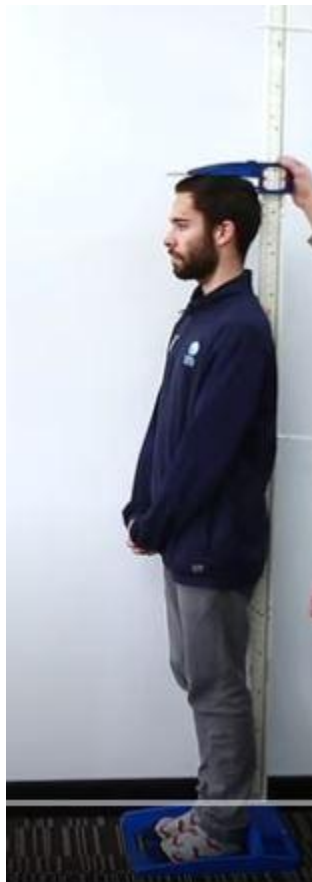
### Bench Press (when Applicable)-

Important for the Angle to include weight and the athlete with their feet in the shot to see their positioning.



### Height (and Weight) Measuring-

Important to ensure you can see the feet and overall size of the athlete and if possible film horizontally and include as much of the face of the athlete as possible.





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### L-Drill (when applicable)

It is important to ensure you are at the starting line or facing the starting line with the ability to see all three cones and see the bend in the athlete as they run. Keep the camera still and keep the athlete in the frame.

