Total time:
2-8 hours

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Difficulty Level: Challenging

Skill Points:
• Timing
• Planning
• Exposure
• Focusing

CREATING DYNAMIC
SPORTS PHOTOGRAPHY

Sports photography is demanding. You need excellent timing to capture peak action. It helps to have an understanding of the sport, and a thorough knowledge of your camera equipment is imperative.

KEY LESSON: Practice your sense of timing and event knowledge. Look for the unusual angle, framing, and clean background. Be aware of your shutter speed. Play with freezing and blurring movement.

SAMPLE PHOTOGRAPHS
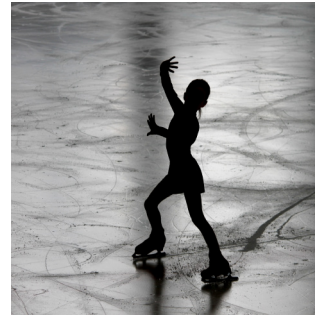
EQUIPMENT

• **Camera**
• **Telephoto lens + lens hood**
200mm or longer with Image stabilization (zoom lens a plus)
• **Memory cards**
With high-speed write
• **Monopod** (optional)
• **Electronic flash** (optional)
For sports portraits or setup shots only – no live action

TIPS!

	Fast-Paced Sports	Slow-Paced Sports
Shooting Mode	**M** or **S / Tv**	**M** or **A / Av**
Drive Mode	High speed burst	High speed burst
ISO	**800** then adjust	**800** then adjust
Shutter Speed	**1/1000**th or faster	**1/1000**th down to **1/125**th
White balance	AWB AUTO	AWB AUTO
Focus Points	Maximum #	Center grouping
Format	**High Quality .Jpg** - for faster buffering (RAW preferable)	
Metering	Wider shots mid-distance close-ups	

ACTION ASSIGNMENT!

1- Review the sample photographs. Start with a sport that you have an understanding of the game and rules.

2- Setup your shoot time for bright light. Avoid low light while learning sports photography.

3- Set your camera up on the monopod (if applicable).

4- As the action begins watch for interesting shapes, key moments of action and emotion, leading lines toward the action, interaction between players or coaches. Stay tight with your framing. If the sport uses a ball, include it in the action whenever possible.

5- Work on the timing of your shutter release. **Capture peak action, and the players with their eyes open!**

6- For action passing by perpendicular to you, you will need a faster shutter speed. For action coming toward you – you can use a slightly slower shutter speed.

7- Try to tell the 'story' of this sport with as few elements as possible.

HOW DID YOU DO?

• Did you capture a unique storytelling expression?

• Did the lighting provide your image with good color saturation, highlights, and shadows? Are colors accurate?

• Is your image sharp where it's supposed to be, and blurry where it could be to imply motion?

• Is your background clean of visual obstructions?

• Does your image imply motion and emotion?

READY! SET! GO! ACTION CARDS - GENRE: SPORTS