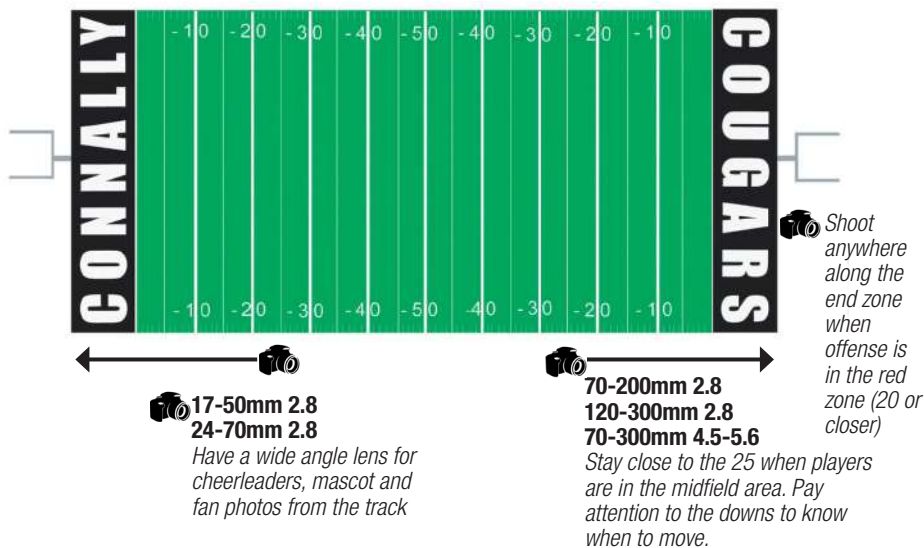


shooting sports

CAMERA SETTINGS

DAYLIGHT: ISO 400-800, Av 5.6-8 or Tv 1/500 or higher
SUNSET & DUSK: ISO 800-1250, Av 2.8 or M 2.8 & 1/250-1/500
NIGHT & GYM: ISO 1600-3200, M 2.8 & 1/250-1/400
**Remember, you want the shutter speed at 1/250 or higher. If you don't have a fast lens (2.8), increase ISO to 2000, 2500 or 3200 and if necessary, drop shutter to 1/125-1/160.*

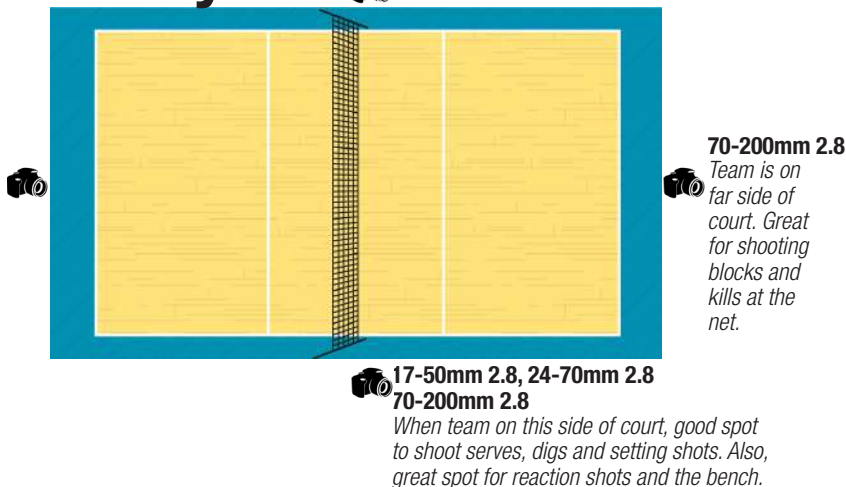
football



football tips

- **Shoot from the 25-yard line to the end zone.** It's tempting to stand in the players' area, but try to avoid.
- **Be respectful of referees and the lines to stand at.**
- **Don't ask refs to move.** But don't be afraid to ask ball boys to make space for you.
- **Standing near the line of scrimmage when on offense is a good starting spot.** Pre-focus on your quarterback and follow the ball.
- **When close to scoring, move to the end zone.** You can also shoot great straight-on shots throughout the game with a 300mm or 400mm lens.
- **Shoot behind the line of scrimmage on defense** to see your players' faces.
- **If you have more than one photog, spread out strategically.** Have one with the quarterback, one ahead of the first down and another on the other end of the field. You never know when there's going to be a long pass or an interception.
- **If about to score,** have a photog in the end zone area, one at the corner, and one near the 5 or 10-yard line.
- **Pay attention to the game.** Watch the downs and the clock so you stay with the ball and near the action.

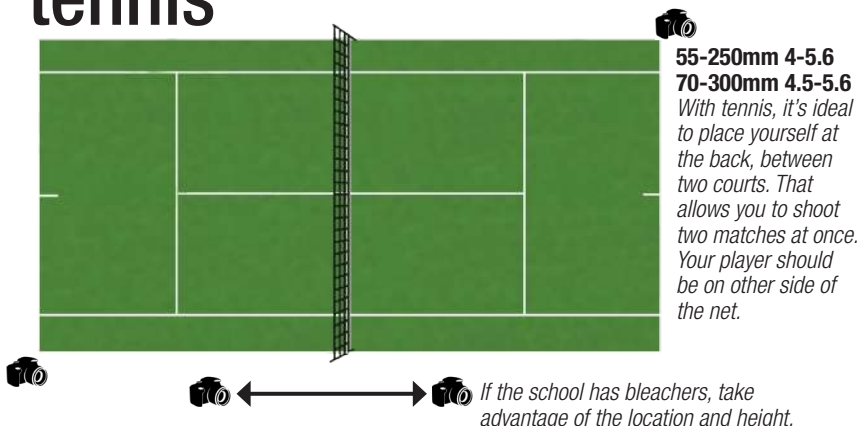
volleyball



volleyball tips

- **The best place to shoot is across from the team, dead middle at the back of the gym.** Autofocus or manually focus on the middle blocker behind the net and then wait for the kill and block shots. If you stand at midway point, players will be in focus from one end of net to the other. Start at 85mm, zooming into to 110, 135mm, 150mm as you get comfortable.
- **Need serves, digs and setting shots?** Move to the side, close to the net. Shoot horizontal for dig and bumping shots, vertical for setting, blocks, kills and serves. Note this is not the best angle for kills and blocks, often you'll have arms in front of their faces.
- **Don't forget about the bench and reaction shots on the court.** Volleyball players have great reactions after almost every point.
- **Feeling creative? Try sitting at the back of the gym in the middle, behind your team.** Shoot setting shots when they turn to you and get great reaction shots on the court. But only try this after you've gotten plenty of other shots.

tennis



tennis tips

- **Bring a long lens.** You'll need a telephoto zoom to take shots across the court. avoid fence blurs. You may need to do this for matches on far courts you can't access.
- **Check in with a coach on where to stand.** There's little room on the courts and you don't want to be in the way.
- **If allowed, stand at the back between two courts.** This lets you shoot two matches at the same time, backhands on the left court, forehands on the right court.
- **Anticipate the shot.** It's easy to miss the ball so start clicking before the player makes contact. You'll get better the more you shoot.
- **Don't move during a point.** Be courteous and wait until the point is finished. Ideally, move when players switch sides of the court.
- **Don't forget the rest:** serves, reactions, coaches, changing scores, handshakes.
- **If shooting through the fence, put the lens right up to the fence hole.** This will