

Some Tips for Sports Photography

Sports photography can be dangerous – so take care and abide by the rules of the event and officials.

Reconnoitre the location well in advance or just before the event.

- 1 Generally set the camera/s menu/s for action.
 - a. Normally shutter priority or sports setting.
 - b. If indoors/outdoors, check white balance for the type of lighting. Sometimes auto setting will be Ok.
 - c. Use a monopod. Not a tripod. (most venues do not allow tripods – health & safety)
 - d. Normally set cameras to auto focus and to follow focus, but manual focus sometimes is better Try both.
 - e. Set camera for high frame rate, if possible 5-8fps, to capture the action, but you can use single frame as well.
 - f. If shooting digital take plenty of cards & remember to take plenty of shots. (landscape & portrait)
 - g. Try slow shutter/panning for blur effect maybe with a wide angle lens depending on how close you get to the action.
 - h. Don't always shoot at the action, sometimes turn round and shoot at crowd other players etc.
2. Clean camera, lenses & filters before and after the shoot, don't forget the eyepiece. Cameras with auto sensor clean – if you can set this for “start up.”
- 3 Shoot JPEG large file size or RAW
4. Take waterproof jacket/trousers/shoes – it may be wet!!
5. Take rain jacket/s for cameras/lenses. Large chamois is very good as you can wring it out. Make sure chamois or covers do not block any relevant sensors on the camera body
6. Set the ISO to give you the shutter speed/f stop combination you require for a given shot, (Depth of Field). Especially when shooting in poor lighting conditions. (Floodlight), it may look bright to your eyes but not to the camera.
- 7 Sports Photography can sometimes be very dangerous - so be aware of what's happening all around you.
If you are allowed into restricted areas, make sure you comply with the people in charge and the specific restrictions in that area. Try not to block the public – they are paying – you are not!!

Remember have fun and take lots of images.

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