

shooting sports

CAMERA SETTINGS

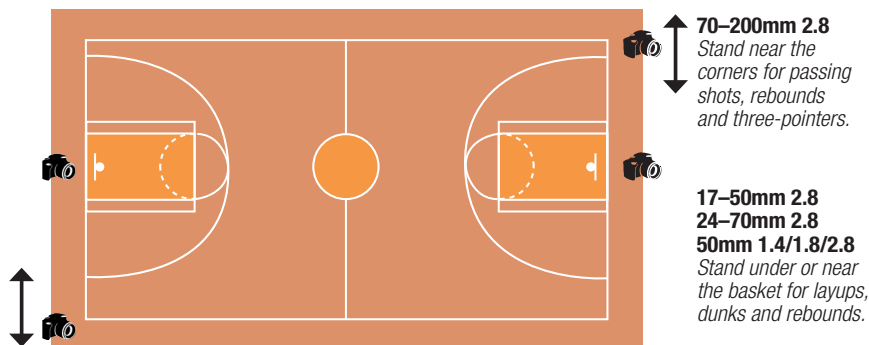
DAYLIGHT: ISO 400–800, Av 5.6–8 or Tv 1/500–1/4000

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

*You want the shutter speed at 1/250 or higher. If you don't have a fast lens (2.8), move the f-stop to the lowest number and increase ISO to 2000–3200. If necessary, drop shutter to 1/125–1/160.

basketball



basketball tips

- Follow NCAA rules and sit or stand to the right of the basket.

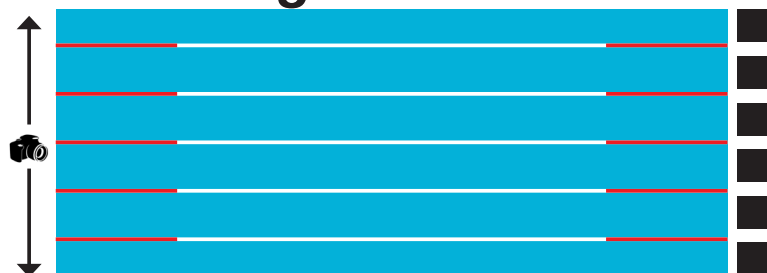
- Use a telephoto lens to shoot cross court.
 - Get the team playing defense, blocking shots, grabbing rebounds and heading back up court.

- Don't use a flash. It's distracting to players.

- Limit free-throw photos.

- Don't forget to shoot off-court action: the timeouts, bench, managers, trainers, coaches and crowd. Look for reactions.

swimming



70–200mm 2.8

Shoot the starting blocks and the swimmer coming at you.



70–200mm 2.8

Shoot anywhere along the side of the pool to capture the starts and races.

swimming tips

- Take advantage of outdoor pools for better photos.

- Shoot at a lower ISO (400 vs. 1600 or 3200).
- Use a higher shutter speed.
- Use a telephoto zoom that isn't a fast lens (2.8).

- For indoor pools, use the night and gym settings suggested on the camera settings list above.

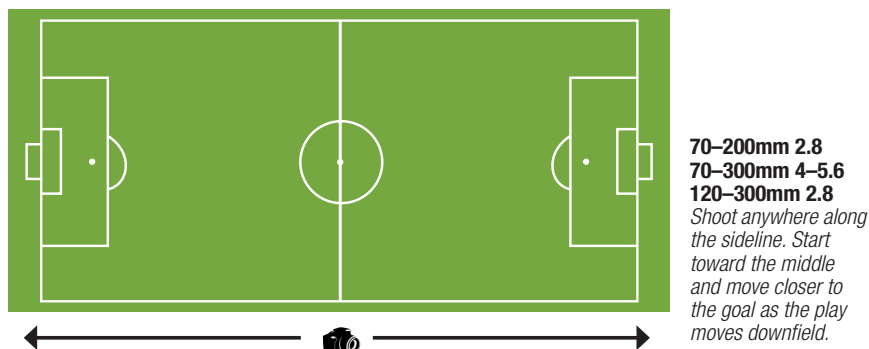
- Shoot more photos than

normal to get swimmers' heads above water.

- The butterfly is one of the best and easiest races to photograph, if you shoot the swimmer racing toward you. Freestyle and backstroke are better from the side.

- Don't forget to have a wide angle to photograph warm-ups, player interactions and awards.

soccer



soccer tips

- Pre-game activities make good shots.

- Warm-ups
- The team line-up for the national anthem

- Take advantage of day matches and tournaments.

- More light results in lower ISOs and higher shutter speeds.
- Use a longer lens that doesn't have to be a 2.8.

- Move closer to the goal for saves and the goalie

putting the ball back into play.

- Avoid shooting action on the far side of the field.

- Be patient. Wait for action to come closer.
- Use a 300mm or 400mm if shooting across the field.

- Shoot the sideline.

- Photograph players throwing the ball in bounds.
- Move to the opposite side of the field to capture the bench and coaches.

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baseball & softball

70–200mm 2.8
120–300mm 2.8
70–300mm 4–5.6

From third base dugout, photograph pitchers, left-handed batters, runners, and outs at second and third base.



70–200mm 2.8
120–300mm 2.8
70–300mm 4–5.6

Shoot along the first base side for right-handed batters, runners, double plays, and home plate photos.

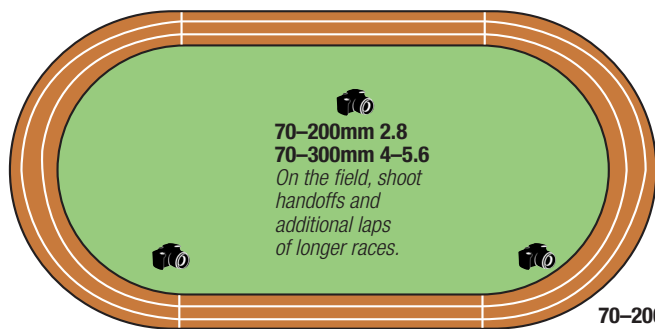
70–200mm 2.8, 120–300mm 2.8
70–300mm 4–5.6

For a straight-on photo of the pitcher, shoot behind home plate. Place the lens right at the fence, between the holes and wait for the pitch.

baseball & softball tips

- **Stand in the dugout, preferably at the far end (near first or third).**
 - Be respectful to coaches.
 - Don't distract players by talking on your phone or to them.
 - Wait until between innings to open the gate.
- **Take advantage of day games and sunsets for better shots.**
 - Use a higher shutter speed to stop the action.
 - Use a telephoto zoom that doesn't have to be a fast lens (2.8).
- **Don't forget the action before the game and between innings.**
 - Outfielders lined up for the national anthem
 - The team in the dugout
 - The defense warming up between innings
 - Pitchers in the bullpen
- **Strategically choose a dugout to shoot from.**
 - Stand in first base dugout for right-handed batters and crossing home plate.
 - Stand in third base dugout for pitchers and left-handed batters.

track & field



70–200mm 2.8
70–300mm 4–5.6

On the field, shoot handoffs and additional laps of longer races.

70–200mm 2.8
70–300mm 4–5.6

Shoot the beginning of the race. If it's a long race, rush to the other side of the track for handoffs and the finish.

70–200mm 2.8
70–300mm 4–5.6

Stand near the finish line to get straight-on shots of runners and hurdlers.

track & field tips

- **Be prepared to cover the entire meet.**
 - Schedule photographers throughout the day to cover morning, afternoon and evening events.
 - Know the locations of field events which may be away from the main track.
- **Shoot the beginning and end of races and handoffs in relays.**
- **Photograph every attempt on field events.**
 - Keep the shot put or discus in the frame.
 - Stand where the athlete's face and body will be visible at end of attempt.
- **Take advantage of the races and field events in daylight for better photos.** You'll be able to use longer telephoto zooms.
- **Look for non-track action** like stretching, race prep and coach/player interactions.

field events

70–200mm 2.8, 70–300mm 4–5.6

For long and triple jump: Kneel or stand at the end of the sand pit to get pictures of athletes leaping above the pit and sinking into the sand.

High jump: Stand behind the mat to keep the athlete's face and body in the photo.

Pole vault: Stand behind the mat to photograph the athlete running with the pole and launching upward and over the bar.

Discus and shot put: Take a position in front of the athlete, but off to the side, out of the trajectory path. Avoid shooting from behind or through the net.