

NCSA Video Guidelines

How to Film:

- Skills footage only. Do not send game footage.
- Each video you submit should include skills from every position you list on the Scouting Report. For example:
 - A right-handed pitcher – Pitching
 - A catcher/shortstop/right-handed pitcher – catching, fielding, hitting, and pitching on one video
- Skills footage should ideally be no more than 20 minutes in its unedited form.
- Dress in spikes, pants or shorts, a tucked in shirt and **helmet when hitting**. (*A uniform is preferred – NO cut-off shirts*).
- A tripod is highly recommended.
- Ideally station the camera 5 feet off the ground.
- The camera view should not be obstructed (backstop or fence).
- Do not zoom in and out.
- Focus on the player being taped so that they are clear and in focus, but not too close!

Pitchers:

- Begin recording these pitches AFTER a complete warm-up.
- We must be able to see the catcher catch the ball at all times.
- With RHP camera angle set up 3 ft. to the right and 5 ft. behind the mound to be able to see ball movement. LHP should be to the left.
- With camera angle set up 3 ft. behind the right-handed batters box for RHP and 3 ft. behind the left-handed batters box for LHP
 - Log 10 varied pitches out of the stretch, with fastball at least 5 of them
 - Log 10 varied pitches, with fastball at least 5 of them
 - Log 10 varied pitches out of the stretch, with fastball at least 5 of them
 - Log 10 varied pitches, with fastball at least 5 of them
- **60 Yard Dash:**
 - If you are only submitting pitching footage, the 60 yard dash is not necessary to include in your video footage
 - Footage should be filmed either outside in the outfield or in a facility that is

large enough

- Measure 60 yards (180 feet) from the outfield foul line towards center field
- Run this at least 2-3 times and send the footage of your best run, showing running form and speed
- **Hitting:**
 - The pitcher should throw batting practice type fastballs OR use a pitching machine
 - Footage should be filmed either outside on a diamond or in a cage with a pitcher throwing batting practice type fastballs.
 - No soft toss!
 - Take seven swings max at a time. Then step out and rest for a few minutes.
 - Also make sure you are using an aluminum bat. No wood bats!
 - With camera angle behind the catcher area
 - 15 Swings
 - With camera angle 5 ft. directly to the right of the plate for right-handed hitters or left of the plate for left handed hitters.
 - 15 Swings

Shortstop and 2nd Basemen:

- Regardless if you are a SS or 2B, you will need to take your groundballs at SS in order to maximize range and arm strength.
- With camera angle positioned 4 ft. to the left of the mound for half AND 4 ft. behind short stop for half (must see 1st baseman catch the ball).
 - 4 Feeds to 2B for double plays
 - 4 Feeds from the 2B coming across the bag and making the throw to 1B. (Can also turn it as a second baseman receiving from the short stop if you are a second baseman.)
 - 4 Slow Choppers hit directly at you.
 - 4 Ground balls hit 8-10 feet to your right.
 - 4 Groundballs hit 8-10 feet to your left.
 - 8 Groundballs hit directly at you

Third Base:

- With the camera angle positioned 4 ft. to the right of the plate for half and 4 ft. behind the 3B (must see 1B catching the ball)

- 4 Slow Choppers hit directly at you
- 4 Groundballs hit directly to your right/backhand
- 4 Groundballs hit directly to your left
- 8 Groundballs hit directly at you

First Base:

- With the camera angle positioned 4 ft. to the left of the plate (half of the groundballs should be off the bag and half should be holding a runner on)
 - 4 Groundballs hit directly at you
 - 2 Groundballs hit directly to your left
 - 2 Groundballs hit directly to your backhand
 - 2 Slow Choppers hit directly at you
- With the camera angle positioned 4 ft. behind the 1B (half should off the bag and half should be holding a runner on). When throwing to 2B - must see 2B catch the ball in the camera angle.
 - 4 Groundballs hit directly at you
 - 2 Groundballs hit directly to your left
 - 2 Groundballs hit directly to your backhand
 - 2 Slow Choppers hit directly at you
- Do not forget to include your feeds to the pitcher in some of the above actions

Catchers:

- With camera angle 10ft in front of the catcher
 - 4 Framing Pitches (2 pitches on each corner).
- With camera angle positioned 2 ft. to the left and 5 ft. in front of the mound.
 - Blocking Pitches (5 directly in front of you, 5 to your left, 5 to your right).
- With camera angle positioned 3ft. behind the 2B for half and 2 ft. behind the catcher for half. Must see 2B catch the ball from all camera angles.
 - Pop and Throws to 2B (10 throws).
- With camera angle positioned 3ft. behind the catcher. Must see 3B catch the ball from camera angle.
 - Throws to 3B (4 throws).
- With camera angle positioned 3 ft. behind the plate. Must see 1B catch the ball from camera angle.

- Mock Bunts and Throws to 1B (3 balls up the 1B line)
- Mock Bunts and Throws to 1B (3 balls up the 3B line)

Outfielders:

- For all outfielders, regardless of whether you are a CF, RF, or LF, you will need to take your groundballs and fly balls in right field.
- With camera angle positioned 15 ft. in front of student-athlete (toward home plate) and 5 feet left (toward Center field) focusing on student-athlete's movement in the field.
 - 3 Ground balls hit directly at you and throw to 3B
 - 2 Ground balls hit to your left and throw to 3B
 - 2 Fly balls hit to your left and throw to 3B
 - 2 Ground balls hit to your right and throw to 3B
 - 2 Fly balls hit to your right and throw to 3B
- With camera angle behind 3B, showing both the student-athlete and 3B focusing on student-athlete's accuracy with throws and arm strength.
 - 3 Ground balls hit directly at you and throw to 3B
 - 2 Ground balls hit to your left and throw to 3B
 - 2 Fly balls hit to your left and throw to 3B
 - 2 Ground balls hit to your right and throw to 3B
 - 2 Fly balls hit to your right and throw to 3B
- With camera angle behind home plate, showing both RF and C focusing on student-athlete's accuracy with throws and arm strength.
 - 5 Ground balls hit directly at you and throw to home
 - 5 Fly balls hit directly at you and throw to home