



#201 8889 Walnut Grove Drive, Langley, BC V1M 2N7

Phone: 604-371-0302 Fax: 604-371-0344

Website: [www.softball.bc.ca](http://www.softball.bc.ca)

Email: [programcoordinator@softball.bc.ca](mailto:programcoordinator@softball.bc.ca)

## British Columbia Amateur Softball Association

### **COMPETITION INTRODUCTION ON FIELD VIDEO PROTOCOL**

- Videotape **MUST** be done by a third party; such as an assistant coach.
- Tripods should be used whenever possible.
- Video taken in close proximity where communication between Coach and Athletes can be heard. Camera setting: enable zoom microphone, and wind cut feature.
- Minimise the use of the zoom feature - instead move camera closer.
- Try to the videotape when there is the least amount of activity on other diamonds.
- Videos should be submitted in electronic format (i.e. DropBox, YouTube, USB, DVD).
- Video **must** be 75 to 120 minutes; it **must** be continuous with no editing.

### **Video Format**

- An introduction to the session with the following components:
  - Introduce yourself
  - Time, date and location
  - Team name, age, skill level (stage of skill development)
  - Explain that the facility safety check has been completed and all necessary equipment is in place
  - **Must** show location where Medical Forms and Emergency Kit contents are kept in case of emergency
- You **must** be seen in video **coaching and heard coaching**
- Start with warm-up
- Video to follow practice plan submitted
- Observation of athletes performance of practice goals and objectives
- Detect and correct as they relate to the skill or drill
- Cool-down and practice conclusion with athletes