ELITESPORTIQ · GAME-DAY CHECKLIST · ONE PAGE, PRINT IT, KEEP IT IN THE BAG

# How to film a hockey game coaches can actually use

Good footage is high, wide, steady and complete. Tick the left column in the lobby before warm-up, follow the right column from the first faceoff to the buzzer, and the file will be something a development coach, an editor or a scout can work with.

## BEFORE WARM-UP (IN THE LOBBY)

- [ ] **Landscape, rotation locked.** A vertical clip loses two thirds of the ice.
- [ ] **1080p at 60 fps.** Twice the frames to step through. 4K only if you want to crop later.
- [ ] **Format: High Efficiency.** About half the file size. Most Compatible if your computer is old.
- [ ] **HDR Video off.** HDR looks blown out on screens and in tools that cannot show it.
- [ ] **Exposure set on a player, then locked.** Tap a player, slide the sun up until the ice is white and numbers read, press and hold.
- [ ] **Do Not Disturb on, alarms off.** Nothing takes over the screen mid-period.
- [ ] **Storage: 6 to 7 GB free.** That is a full game at 1080p and 60 fps. Offload last week first.
- [ ] **Battery 100 percent, power bank packed.** The cold takes a third of it before the game starts.
- [ ] **Lens wiped.** A thumbprint turns arena lights into haze.

## AT THE RINK (FACEOFF TO BUZZER)

01 **Centre ice, about ten rows up, above the glass.** Same spot all season. Never through the glass.

02 **Phone on a tripod, zoom at 1x.** Lens clears the heads in front. Then raise it a little more.

03 **The whole zone in the frame.** Blue line to end boards, both teams, the net. Your player will look small. That is right.

04 **Pan slowly and lead the play.** Puck in the back third of the frame, open ice in front. No chasing bounces.

05 **Roll through the whistle.** Faceoffs, line changes and the shift after a goal are part of the film.

06 **One file per period, every shift.** Film the scoreboard at the breaks. Overtime and shootouts included.

07 **Say nothing.** The microphone is six inches from your mouth and the coach may listen.

08 **Intermission: phone in an inside pocket.** Warm it before you charge it.

## FILE SIZE · 20 MINUTES OF VIDEO (IPHONE, HIGH EFFICIENCY)

| SETTING | ABOUT |
|---|---|
| 1080p · 30 fps | **1.2 GB** |
| 1080p · 60 fps | **1.8 GB** |
| 4K · 30 fps | **3.4 GB** |
| 4K · 60 fps | **8 GB** |

Most upload tools cap a single file. EliteSportIQ takes MP4, MOV, M4V and AVI up to 2 GB each, as many files as you like, so a period at 1080p and 60 fps fits if you stop and restart at a whistle when it runs long.

## Never in the dressing room.

Hockey Canada: no videos, still photos or voice recordings of any kind in a dressing room or dressing environment; phones only for the music. USA Hockey: every local program must prohibit the use of a device's recording capabilities in locker rooms.

Tonight: download rink or stream footage inside its window (LiveBarn keeps recordings 30 days), name the files by date, opponent and period, keep two copies, and watch one period with the player within the week.

**The full guide, with every source:** elitesportiq.com/blog/film-a-hockey-game
Have the footage? Upload a game and go through it 1-on-1 with a coach, frame by frame: **elitesportiq.com/video-analysis**