



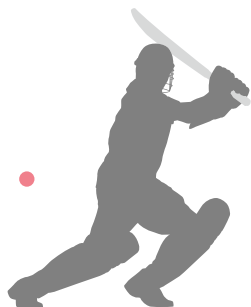
Video Instructions for Personal Video Cricket Coaching

You can video your technique using a camcorder, digital camera (video mode) or mobile phone (video mode).

It will probably be best to get a friend to video you unless you have a tripod.

Refer to the instructions below as a reference of roughly what we need when as you shoot the video. Please make sure the camera is held as steady as possible while filming.

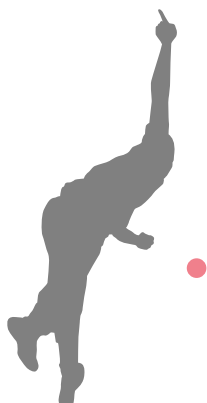
Batting Requirement Instructions



Needs to include the following.

- Please film from front on (Minimum 2 mega pixel resolution)
- Grip (an all round picture): (10 – 15 sec)
- Stance & Set up: (10 – 15 sec)
- Full frame video footage of you playing front and back foot shots, or if you feel there is a specific area you would like addressed please focus on that.
- Video clip to be no longer than 2 mins

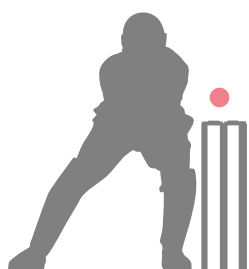
Bowling Requirement Instructions



Needs to include the following.

- Video should be minimum 2 mega pixel resolution
- Grip on ball (an all round view) (10 – 15 sec)
- Film your full run up and delivery from behind, a minimum of 6 balls. Make sure you are in full shot all the time.
- Also, if possible, film a minimum of 3 deliveries from side on, making sure the full action is in the picture (including full follow through)
- If you have specific areas you would like to address i.e. Slower balls, Yorkers, bowling at left hander's, please focus your filming accordingly
- Video clip to be no longer than 2 mins

Wicket Keeping Requirement Instructions



Needs to include the following.

- Video should be minimum 2 mega pixel resolution
- Please film from front and side on, ideally standing up to and back from the stumps. Please include off and leg side takes. Film a minimum of 4 takes from each of these positions
- If you have specific areas you would like to address i.e. standing up to a leg spin bowler, taking diving catches, please focus your filming accordingly
- Video clip to be no longer than 2 mins

Important note:

All skills and views should be filmed on one video file so if using a digital camera, for example, you may wish to press pause after filming from the side, and reposition yourself to video from the front.

Transferring your video to your PC

Your camcorder, digital camera or mobile phone should have a facility to upload your video file to your PC, either by a connecting cable or by means of a memory card. It is important to remember to keep your video as short as possible, to reduce your upload time

Uploading your video for analysis

You can upload the video file using the link in your confirmation email and entering the unique code.