

# SPORTS PHOTOGRAPHY

- BACKGROUND
- FACE(S)
- ACTION
- BALL

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NOISE NINJA

BACKGROUND ADJUSTMENTS

MERGING

EVALUATING BLUR/FOCUS

BASIC TIPS

EQUESTRIAN

SOCCER

LACROSSE

BASEBALL

## NOISE NINJA

- PhotoShop plugin.
- Noise reduction and sharpening.
- Profile your camera and/or printer.
- ISO 1000+

## BACKGROUND ADJUSTMENTS

- Selective blur.
- Desaturate.

## MERGING

- Static Merge: One camera, two subjects: one static, one moving.
- Dynamic Merge: One camera, one moving subject.
- Action Merge: Two cameras, two lenses.

## EVALUATING BLUR/FOCUS

- Not in focus.
- Motion blur.
- Why bother?

## EQUIPMENT

- Rain coat and pants.
- Rain cover for camera/lens (plastic bag and duct tape).
- Towels in car for after game.
- Hiking boots for uneven terrain or mud/rain.
- Wide brim hat for sun.
- Water (bicycle water bottle).

## EQUIPMENT (CONTINUED)

- 400mm lens often combined with 1.4x.
- 70-200mm lens combined with 2x.
- Tripod or monopod.
- Head (Bogen 3421 gimbal lens support?).
- Stool (Optional).
- Body (8 frames per second).
- Film (Fuji Sensia 400, Agfa Optima 400).  
(Lacrosse: 72 frames, Soccer: 108 frames).
- Circular polarizer filter.



## BASIC TIPS

1. Set up with the sun at your back. (Sunny day)
  1. Set up with the wind at your back. (Rainy day)
  2. Check the background, and adjust.
  3. Check your position with respect to the action and adjust.
- Photograph during warm-ups.
  - More access, better positioning.
  - Use both eyes.

## EQUESTRIAN

- Don't hide, which can startle the horse.
- No flash, no reflectors, no umbrellas.
- Timing the gallop.
- Timing the jump.
- On sunny days, helmet visor casts shadow onto face.
- At jump, rider looks to the next jump.

## SOCCER

- Goal kick/headers.
- Eye-level.
- Corner kick or cross.
- Cropping enhances action.
- Throw-in.
- Shooting or passing.

# LACROSSE

- Use both eyes.
- Helmets. (sunny day)
- Helmets: (rainy/cloudy day)
- Warm-up.
- Warm-up (Cropped).
- Running.
- Shooting.
- Cluster.
- Offense.

# BASEBALL

- Inning warm-up.
- Pitcher.
- Position: First base line.
- Left handed hitters.
- Catcher.
- Running after a hit.
- Position: Third base line.
- Right handed hitters.
- Rounding second.
- Catcher.

## SPORTS

- Scout for intensity.