

R2R Baseball Recruiting Video Tips:

Players should use a tripod with their camera (tablet, smartphone, etc.) about 4-5 feet off the ground, if possible. Unsteady video is difficult to watch, and many coaches will simply move on to the next player's video rather than suffer through film that is not stable or steady.

Baseball coaches want to see an athlete's skills at their position on video. What coaches look for when watching a skills video: mechanics, speed, athleticism, power, and body language.

Avoid filming behind a fence or backstop. The camera view should never be obstructed.

Always warm up before the filming starts. Athletes should look loose and natural.

Dress the part. A uniform is preferred, but spikes, pants, with a tucked-in practice shirt and hat are also recommended.

IMPORTANT: Please follow this guideline EXACTLY as I've written it when filming. If it "is," I will not have to send a player back out to film it again.

In diagrams:

P = PLAYER

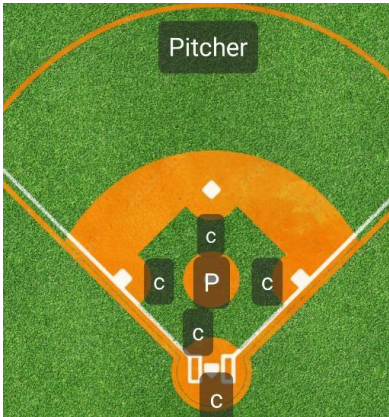
C = CAMERA

Recruiting video for hitting: The pitcher should throw batting-practice-type fastballs. Footage should be filmed either outside on a diamond or in a cage with a pitcher throwing batting-practice-type fastballs—no soft tosses. Take **THREE** swings max at a time. Then, step out and rest for a few minutes. Use an aluminum (never wood) bat.

- Three "BEST" consecutive swings only, with the camera behind home plate
- Three "BEST" consecutive swings only, with the camera directly to the right (profile view) of the plate (for right-handed hitters) or left of the plate (for lefthanded hitters). Give yourself enough space so the initial launch angle of the ball can be seen.
- Finally, three solid (and separate) swings (profile view). Not consecutive.

Recruiting video for pitchers

Begin recording these pitches *after* a complete warm-up. There are a few different camera angles to film pitches from: Side view (facing their throwing side), behind the catcher and off to the side a hair in between the mound and home plate (on your throwing arm side).



- Two pitches “only,” out of the wind-up, with all fastballs behind the mound.
- Two pitches “only,” out of the stretch, with all fastballs behind the mound.
- Two FB’s (profile view)
- Throw all your secondary pitches (one each) behind the mound.

The next set of pitches should be filmed with a camera set up behind the catcher. Show:

- Three varied pitches “only,” out of the wind-up, with fastballs being at least two of them
- Three varied pitches “only,” out of the stretch, with fastballs being at least two of them

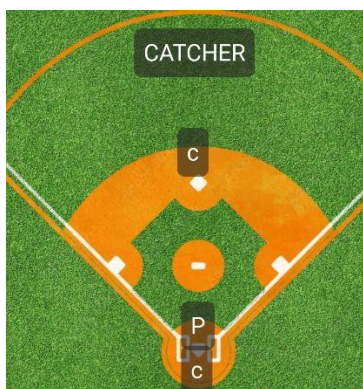
Recruiting video for catchers

Film with the camera angle 15 feet in front of the catcher and show:

- THREE Blocking pitches (one directly in front of you, one to your left, one to your right).
NOTE: Film with the camera angle positioned off to the left or right, 15 feet in front of home plate. Make sure the ball is thrown hard in the dirt.

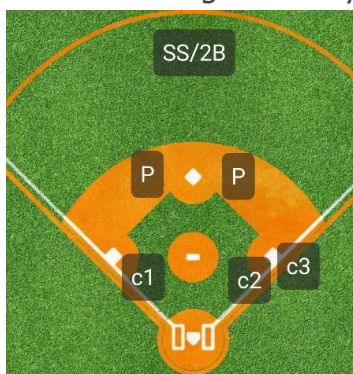
Throwdowns to 2B

- Position camera behind Catcher with 3 of your quickest throws
- Position camera behind 2B with 3 of your quickest throws



Recruiting video for shortstops and second basemen

Whether the athlete plays SS or 2B, they will need to take their ground balls at SS to maximize range and arm strength. If they play 2B, they can turn double plays from their 2B position **ONLY**.



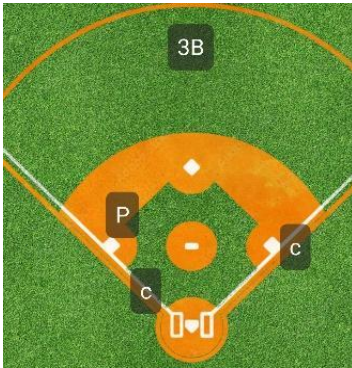
- Turn two of your “quickest” double plays (camera behind first base)
- One slow chopper hit directly at you (use two hands, camera behind mound)
- Two hard ground balls hit 8–10 feet to your right (camera behind mound)
- Two hard ground balls hit 8–10 feet to your left (camera behind mound)
- Four hard ground balls hit directly at you (camera INSIDE the line for TWO and the other TWO behind 1B (C3), displaying arm strength).
- C1 for SS and C2 for 2B, C3 (behind 1B, for both).

Recruiting video for third basemen

One very slow chopper hit directly at you (camera halfway down the 3B line)

- Two hard ground balls hit directly to your right/backhand (camera halfway down the line)
- Two hard ground balls hit directly to your left (camera halfway down the line)

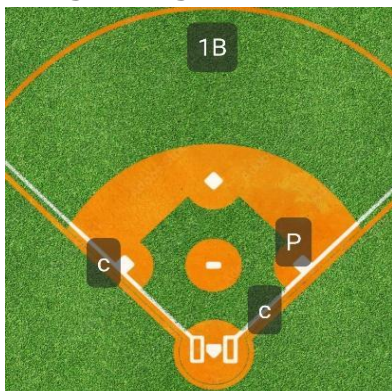
- Two hard ground balls hit directly at you (camera halfway down the line for one and the other behind 1B, displaying arm strength. Put some max velo on this one)



Recruiting video for first basemen

Film with the camera angle positioned four feet to the left of the plate. (Half of the ground balls should be off the bag and half should be holding a runner on.) **ALL** throws to 3B. Display arm strength with final throw (camera behind 3B). Show:

- One ground ball hit directly at you (camera up 1B line with the following. Only ONE hard throw should the camera be placed behind 3B)
- One ground ball hit directly to your left
- One ground ball hit directly to your backhand
- One good dig in the dirt



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Recruiting video for outfielders

All outfielders should take their ground balls and fly balls in RF.

Film with player in "shallow" RF and camera behind 3B, showing both the outfielder and the third baseman. The focus should be on the athlete's throwing accuracy and arm strength. Choose the "first two" throws with the camera (below in red) in the OF from a profile view within 30 ft. We want to see his throwing motion close-up.



- Two ground balls hit directly at you and strongest throw **only** to 3B (camera in OF; Profile View)
- One ground ball hit to your left strongest throw **only** to 3B
- One fly ball hit to your left and strongest throw **only** to 3B
- One ground ball hit to your right and strongest throw **only** to 3B
- One fly ball hit to your right and strongest throw **only** to 3B

IMPORTANT NOTES:

Please send your "BEST" throws, pitches, and swings. Do "NOT" send 50 of each when I've only asked for a couple of your "BEST." Delete the rest and send **ONLY** the best!

Pick your **TWO** best positions to showcase in your skills video clips unless you are a P.O. or a Catcher only.

Always showcase your arm strength and hand speed releasing the ball asap (not rushed though)

If P has a radar gun handy, please display FB velo in video from behind the plate (let 1-2 go hard, like you would in a game). Please make sure you're fully warmed up, as well.

Once these clips are sent, I will edit and create the final product for college coaches to evaluate

REMEMBER ONE FINAL THING WHEN FILMING:

-COLLEGE COACHES "WILL BE" SEEING THESE CLIPS, ONCE EDITED AND PUT INTO A SKILLS VIDEO, SO BE SMOOTH, MAINTAIN GOOD BODY LANGUAGE, GO 100% AND PLAY LIKE A COACH IS WATCHING...BC ULTIMATELY, HE "IS."