

# Shooting Assignment Checklist

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Revised by: Mike McLean/Dallas, TX email: Mike@McLeanPhoto.com

## Outdoor Sports (Daylight)

*Recommendations for shooting day football, baseball, softball, soccer, track, tennis, field hockey, outdoor swimming and beach volley ball.*

### Meter Mode



**Beginner:** Sports mode 

**Experienced:** (Canon users **TV** or **M**, Nikon users **S** or **M**)

Because of the abundant light the photographer can select a super fast shutter speed such as 1/1000 to 1/4000 to stop action and this will allow a wider aperture such as f/2.8, f/4 to get a shallow depth of field which can make distracting backgrounds such as fences and parking lots out of focus.

**Lens:** More light means better options for lens, even lens with smaller apertures such as f/3.5, f/5.6 will work fine here. A longer lens, such as a 200mm for action on the field and a wide or medium lens works best for sidelines, and stands photos.

**ISO:** 100, for bright days, 200-400 for more cloudy days

**White Balance:** Auto or Daylight  

**Notes:** Make sure memory Cards have been reformatted and your batteries are charged.

## Outdoor Sports (night time under stadium lights)

*Recommendations for shooting night football, baseball, softball or soccer*

### Meter Mode



**Beginner:** Sports mode 

**Experienced:** (Canon users **TV** or **M**, Nikon users **S** or **M**)

Keep in mind using the fastest Shutter Speed possible 1/300-1/500 will insure you get stopped action images.

**Lens:** A longer lens 200mm for sport action on the field, wide to medium lens for sidelines, and stands (In lower light conditions use lens with wider aperture such as f/2.8 to gain the maximum shutter speed needed for stopping action)

**ISO:** 1600 or 3200 In all case use the lowest ISO possible to minimize grain.

**White Balance:** Auto or Fluorescent setting  

**Notes:** A monopod may help to steady the camera and reduce blurry shots. Keep in mind using the fastest Shutter Speed possible (300-500) will insure you get stopped action images.

## Indoors Sports (gyms, arenas, or courts)

*Recommendations for shooting baseball, wrestling, volleyball, swimming, hockey or gymnastics.*

### Meter Mode

**Beginner:** Sports mode 

**Experienced:** (Canon users **TV** or **M**, Nikon users **S** or **M**)

Manual mode, using the fastest possible shutter speed to stop action such as 1/300-1/500

**Lens:** Wide angle to medium lens 35mm (under the basket) 100mm (for mid court) 200mm for action a bit farther away. In lower light conditions use lens with wider aperture such as 2.8.

**ISO:** 400-800

In gyms and arenas with better light and 1600 or 3200 (often marked with H1, H2, H3) for darker gyms and arenas. in all case use the lowest ISO possible to minimize grain.

**White Balance:**   

Auto, many gyms will have yellow floors and lights that may cast a yellow or green. Test your images before the event. Try the Tungsten setting to reduce the yellow colored test images or the Fluorescent setting to remove a more green color. If this does not help, it may be best to try a custom white balance setting, check your camera's manual for how to best do this with your camera.

**Notes:** In some locations a flash may be used to improve image quality, however, using a flash can create other issues such a red eye and dark shadows in the background.

## Indoor Locations

*Recommendations for shooting in classrooms, labs, hallways, offices, libraries or cafeterias*




### Meter Mode

**Beginner:** Program mode 

**Experienced:** (Canon users **AV** or **M**, Nikon users **A** or **M**)

**Lens:** Wide to Medium Lens, because shooting in a closer spaces. (In lower light conditions, use lens with wider aperture such as 2.8)

**ISO:** 400, in rooms with window or skylights or 800, 1600 in lower lit areas. In all cases use the lowest ISO possible to minimize grain.

**White Balance:**   

Auto in mixed light, such as areas with indoor light as well as window of skylights.

Incandescent setting is used for areas with household bulbs and Fluorescent setting is used for the areas with tube or pig tail type bulbs.

**Notes:** Choosing the aperture (AV mode) in low light situations allows the photographer to choose the aperture and better control of depth of field. If you want an out of focus background choose a wider aperture such as f/2, f/2.8, or f/4.

## Outdoor Locations

*Recommendations for shooting on courtyards, practice fields, car washes, or outdoor field trips.*

### Meter Mode

**Beginner:** Program mode 

**Experienced:** (Canon users **TV**, **AV**, or **M**, Nikon users **A**, **S**, or **M**)

With abundant light the photographer can select a super fast shutter speed such as 1/1000 to 1/4000 to stop action and this will allow a wider aperture such as f/2.8, f/4 to get a shallow depth of field which can minimize distracting backgrounds.

**Lens:** Because of good light conditions, lens choices are unlimited. In these conditions lens with a maximum aperture of f/3.5, f/4 or even f/5.6 could be perfect. Telephoto lens brings the photographer closer and wide-angle lens will give a better overall view of the event or subject.

**ISO:** 100, for bright days, 200-400 for more cloudy days or overcast days.

**White Balance:**   

Auto will work for most outdoor lighting conditions. On cloudy days try using the Daylight setting to add a bit of warmth, or use the Shade setting for overcast days.

**Notes:** Choosing the shutter speed mode (Canon **TV** or **S** Nikon) in bright light situations allows the photographer to adjust the shutter speed and better control of blurry shots. Selecting the (Canon **AV** or **A** Nikon) will allow you to select the aperture and control the depth of field. If you want an out of focus background choose a wider aperture such (such as f/2, f/2.8, or f/4). If you'd like a great range of focus select a smaller aperture f/5.6, f/8 or f/11 for example.

## Stage Performances

*Recommendations for shooting drama plays, musicals, concerts, talent shows and fashion shows.*

### Meter Mode

**Beginner:** Program mode 

**Experienced:** (Canon users **AV**, **TV** or **M**, Nikon users **A**, **S**, or **M**)

Manual Mode, good to meter off the performers face to get the best possible exposure. Darker backgrounds can often fool the cameras meter. In most cases the shutter speed can be slower such as 1/60 to 1/250 because the action on stage is likely not as fast as an athletes.

**Lens:** A good zoom lens with a longer-range 70mm-200mm as an example. If the photographer is able to shoot dress rehearsals or practice using a short lens with a wider aperture will provide better quality images.

**ISO:** 400, 800, 1600. Since stage lighting can vary greatly, you will have to experiment.

**White Balance:**   

Auto will work for some stage light conditions. you may want to experiment with the white balance setting to find the best option. You may even try the Daylight or Incandescent setting.

**Notes:** Check with the director or manager to see if its possible to shoot dress rehearsals or practices, this will allow better flexibility and more importantly access in covering this type of an assignment. Often times during practice or sounds checks the photographer is allowed to be on stage.