

## CREATING FILM

Always include your name, jersey number and what color your team uniform is so the coach will be able to find you.

- If you send a DVD – include this information on the DVD case (sticker, post-it, etc)
- If you send a link to an online video, make sure to include this information in your cover email

Always ensure the quality of the film is good before you send it to a college coach.

As a general rule, provide a highlight that is 5 – 8 min long. However, If you have the opportunity to speak/email with a coach prior to sending, ask the coach what they would like to see. Some will want to see a whole game, highlights or even drills. If you do not have the opportunity to speak/email with a coach prior to sending, think about your positioning when providing film:

- If you are an attacker then you would want to provide film of a game that is broken down to show your abilities from transition to attack and into 7v7.
- If you are a defender then think about providing transition into defense and into 7v7 D.

Don't be afraid to include a mistake that you might make – it is great for a coach to be able to see what you do after you make a mistake and how you turn it into a positive opportunity.

