
Creating and Using Video Clips for Lacrosse Recruiting

*Maximizing Lacrosse Recruiting
Process*



REBELS
LACROSSE



Presentation Outline

Understanding the Importance of
Recruiting Videos

Planning Your Recruiting Video

Filming High-Quality Lacrosse Clips

Editing and Compiling Your Video

Distributing and Promoting Your
Recruiting Video

Tips for Follow-Up and Engagement

Understanding the Importance of Recruiting Videos

Role of Video Clips in Lacrosse Recruitment



Recruiting videos are essential for college coaches to evaluate a player's skills and potential. It's important to ensure that your video accurately represents your abilities and highlights your strengths.

Expectations of College Coaches

Professional Video Quality

College coaches expect high-quality, professional athlete recruitment videos that are well-made and showcase the player's skills clearly.

Clear and Organized Presentation

College coaches want to see clear footage of your gameplay and to be able to easily identify you on the field. It's important to carefully select your clips and present them in a clear and organized way.



Advantages of a Well-Crafted Recruiting Video

Stand Out from Other Players

A well-crafted recruiting video can help you stand out from other players in the recruitment process, making it easier for college coaches to spot your potential.

Attention of College Coaches

A well-crafted recruiting video can catch the attention of college coaches, increasing your chances of getting noticed and selected for a team or scholarship.

Showcase Skills and Potential

A well-crafted recruiting video can showcase your skills and potential in a way that may not be apparent from a resume or statistics, helping you demonstrate your value to a potential team or coach.



Planning Your Recruiting Video



Identifying Key Skills and Highlights to Showcase

Identify Your Key Skills

Identifying your key skills is the first step in showcasing yourself in your recruiting video. It helps you highlight your strengths and abilities and present yourself as a strong candidate.

Highlight Your Achievements

Highlighting your achievements is a great way to showcase your skills and experience in your recruiting video. It helps you demonstrate your ability to accomplish goals and contribute to your team's success.

Focus on Relevant Experience

Focusing on relevant experience is key to presenting yourself as a strong candidate in your recruiting video. It helps you demonstrate your skills and experience in the areas that are most important to the job you are applying for.

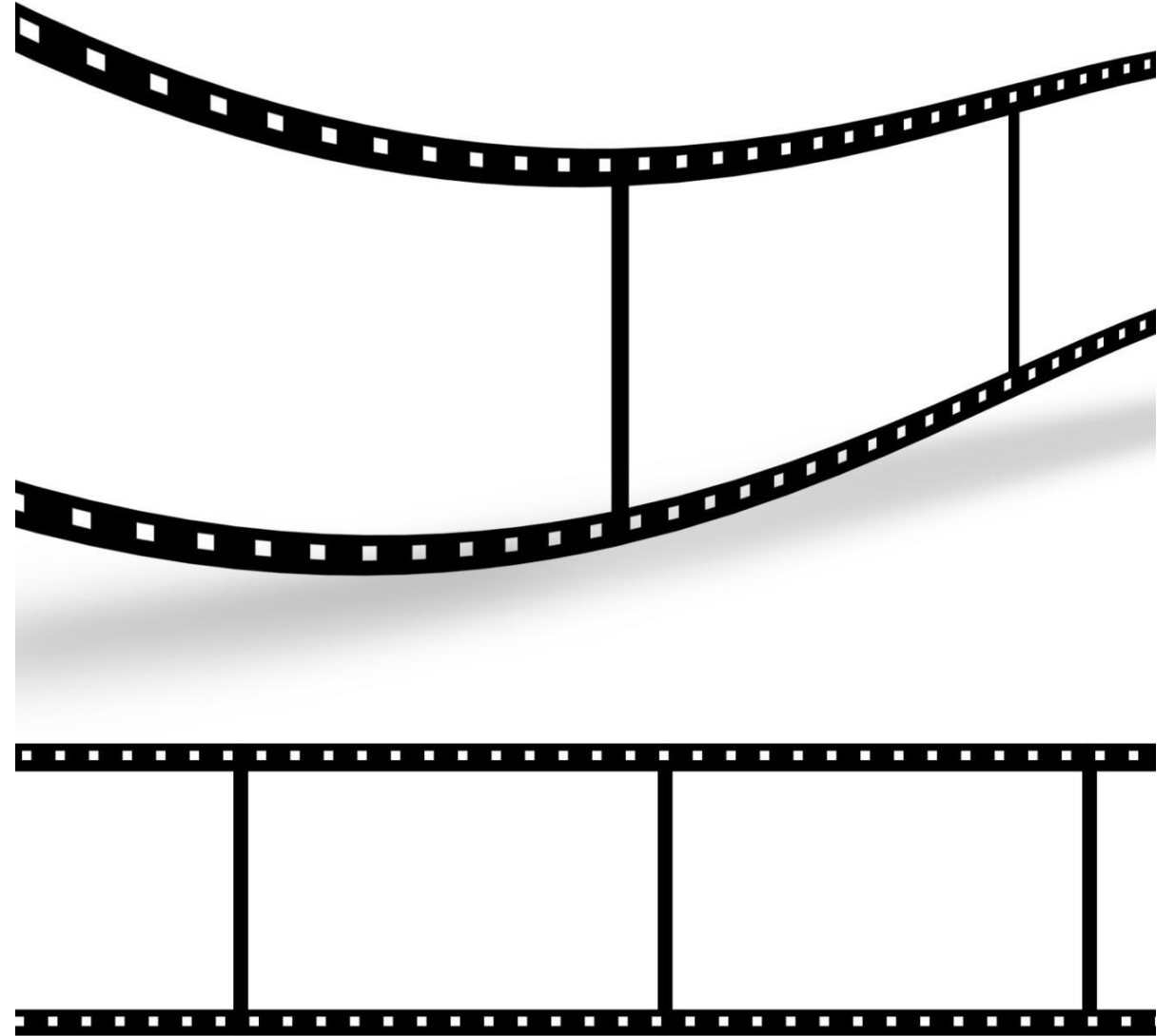
Creating a Storyboard or Outline

Plan Your Video

Creating a storyboard or outline can help you plan your video and ensure that all necessary footage is captured for maximum impact.

Organize Your Footage

A storyboard or outline can also help you organize your footage and present it in a clear and logical way.



Preparing Necessary Equipment and Locations



High-Quality Camera or iPhone/Tablet or other device

Choose a high-quality camera or device that meets the specific needs of your project. Make sure it has all the necessary features and functions for your desired outcome.

Tripod and Other Accessories

A tripod will help you keep the camera steady and get professional-looking shots. Additional equipment such as external microphones, lighting, and lenses can also enhance the quality of your video.

Extra Batteries/Power Banks and Memory Cards (if needed)

Make sure you have enough power and memory cards to last you through your shoot. Bring extras to avoid running out of power or storage space.

Field or Gym Access

Depending on your project, you may need access to a field or gym for filming. Make sure you have the necessary permissions and arrangements in place before you start filming.

Filming High- Quality Lacrosse Clips

Techniques for Capturing Game Footage

Use a Tripod

Using a tripod will help stabilize your camera and prevent shaky footage, resulting in higher quality video.

Follow the Ball Closely

Following the ball closely will help keep the viewer engaged in the action and provide a better viewing experience.

Focus on the Action

Focusing on the action will help ensure that you capture the most exciting and important moments of the game.





Tips for Recording Practice Sessions

Choose the Right Exercise

Choose exercises that highlight your strengths and abilities, and that will help you to improve your weaknesses. This will help you to get the best results.

Prepare and Organize

Prepare your music or exercise material and organize it before you start recording. This will help you stay focused and make the most of your practice session.



Ensuring Clear and Stable Video Quality

High-Quality Video

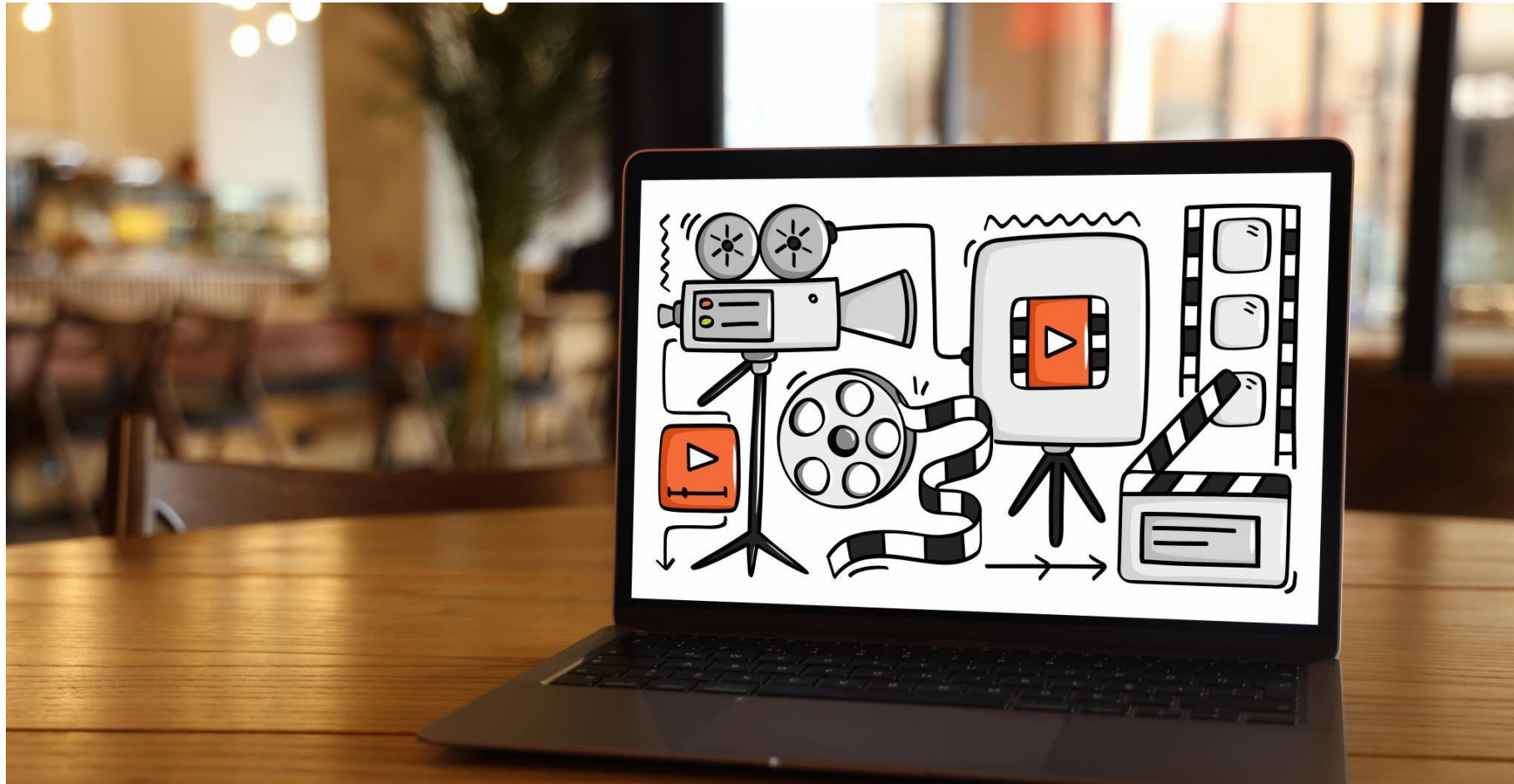
To ensure clear and high-quality video, use a modern high-quality camera with a good optical zoom and high resolution to capture every detail.

Avoid Shaky or Blurry Footage

Shaky or blurry footage can be distracting and detract from the overall quality of your video. Make sure to avoid shaky or blurry footage by holding the camera steady and maintaining a clear focus on your subject.

Editing and Compiling Your Video

Selecting the Best Clips and Highlights



Selecting the best clips and highlights is essential for a successful recruiting video. To showcase your skills and abilities in a clear and organized way, it is important to choose clips that are relevant and engaging while presenting you in the best possible way.

The logo for Microsoft and Clipchamp. It features the Microsoft logo (four colored squares) on the left, followed by the word "Microsoft" in white, a vertical line separator, and the word "clipchamp" in a lowercase, white, sans-serif font. The background is a dark purple gradient with some abstract shapes.

Using Editing Software to Enhance Video Quality

Special Effects and Transitions

Editing software enables you to add special effects and transitions to your videos, making them more engaging and professional.

Color and Lighting Adjustment

Editing software allows you to adjust the color and lighting of your video to enhance its visual appeal and make it more captivating.

Sound Quality Enhancement

Editing software lets you improve the sound quality of your video, making it clearer and more professional-sounding.

The Canva logo in a white, cursive script font. The background is a light blue gradient with faint illustrations of a bird, a tree, and a building.The Vimeo logo in a white, lowercase, sans-serif font. The background is a solid bright blue.

Adding Essential Information and Contact Details



Essential Information

Your recruiting video should include essential information such as your name, position, and graduation year, so that college coaches can easily identify and evaluate you.

Contact Details

Your recruiting video should include your contact information, such as your email address and phone number, so that college coaches can easily get in touch with you.

Academic Achievements

Your recruiting video should also highlight your academic achievements, such as your GPA and standardized test scores, to demonstrate your academic prowess and discipline.

Athletic Achievements

Your recruiting video should highlight your athletic achievements, such as your stats, awards, and accomplishments, to demonstrate your skills and potential as an athlete.

Distributing and Promoting Your Recruiting Video

Choosing the Right Platforms for Sharing Videos

SportsRecruits

This platform is one of the most used by Women college lacrosse coaches. **Rebels** purchases this on your behalf with your club fees. **Your Pro account includes 1 professional highlight reel per year. Fill out the form below to redeem your credit.**

YouTube

YouTube is one of the most popular platforms for sharing videos. It has a massive user base and provides great visibility for your video. It is commonly used by college coaches and recruiters.

Instagram

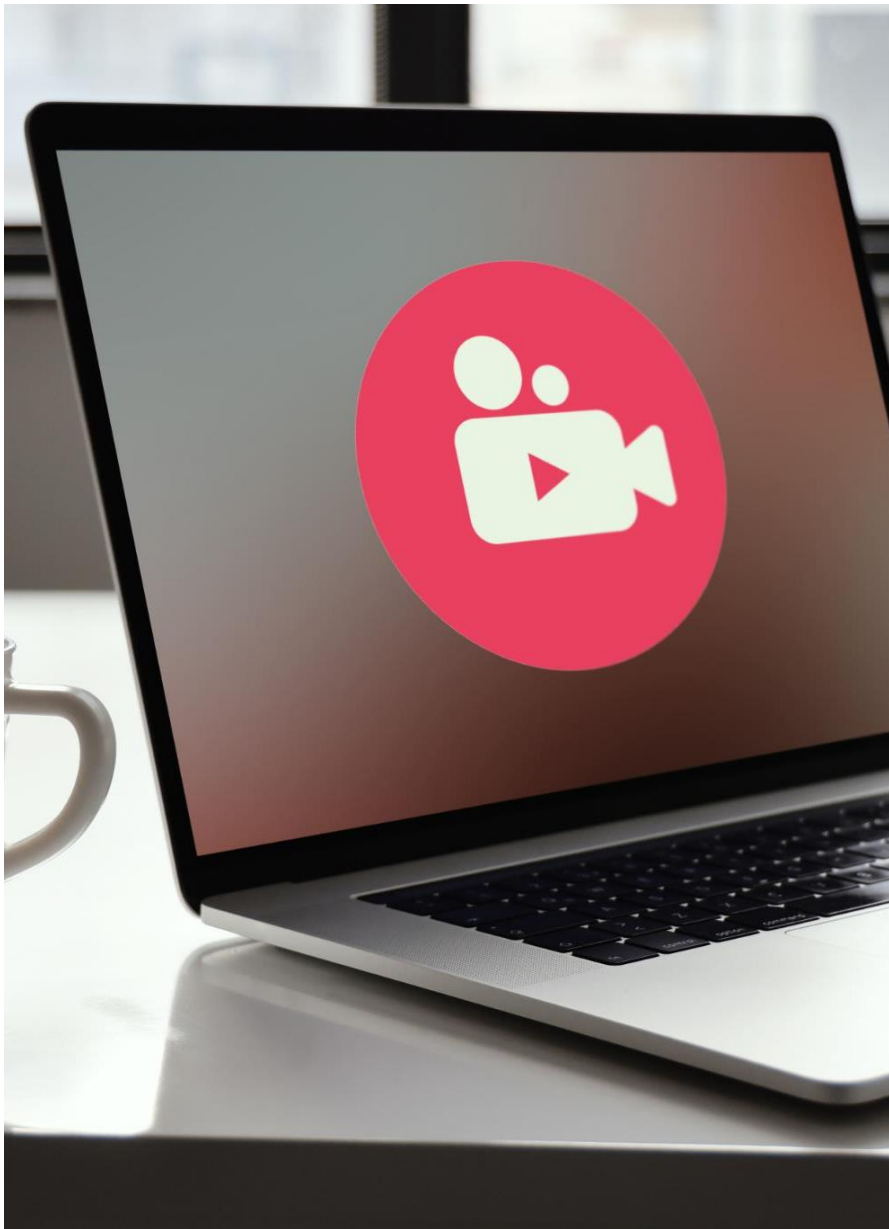
Instagram is another popular platform that you can use to showcase your skills to college coaches.

Vimeo

Vimeo is a popular video-sharing platform that is popular with filmmakers and video enthusiasts. It provides great visibility for your video and is commonly used by college coaches and recruiters.

Hudl

Hudl is a popular video analysis platform that is commonly used by sports teams and athletes. It provides great visibility for your video and is commonly used by college coaches and recruiters in sports.





Reaching Out to College Coaches and Recruiters

Email

One way to reach out to college coaches and recruiters is to send them an email with a link to your recruiting video and other relevant information.

Phone Call

Another way to reach out to college coaches and recruiters is to call them directly, introduce yourself, and provide them with a link to your recruiting video.

Recruiting Events

Attending recruiting events is a great way to meet college coaches and recruiters in person, showcase your skills, and provide them with your recruiting video.

Utilizing Social Media and Online Communities



Social media and online communities are excellent tools for networking and promoting your recruiting video. These platforms can help you connect with college coaches and recruiters, and engage with potential teammates.

Tips for Follow- Up and Engagement

Following Up with Coaches After Sharing Your Video

Build Relationships with Coaches

Following up with coaches after sharing your video can help you build lasting relationships with them, which can lead to future opportunities.

Stay Top-of-Mind with Coaches

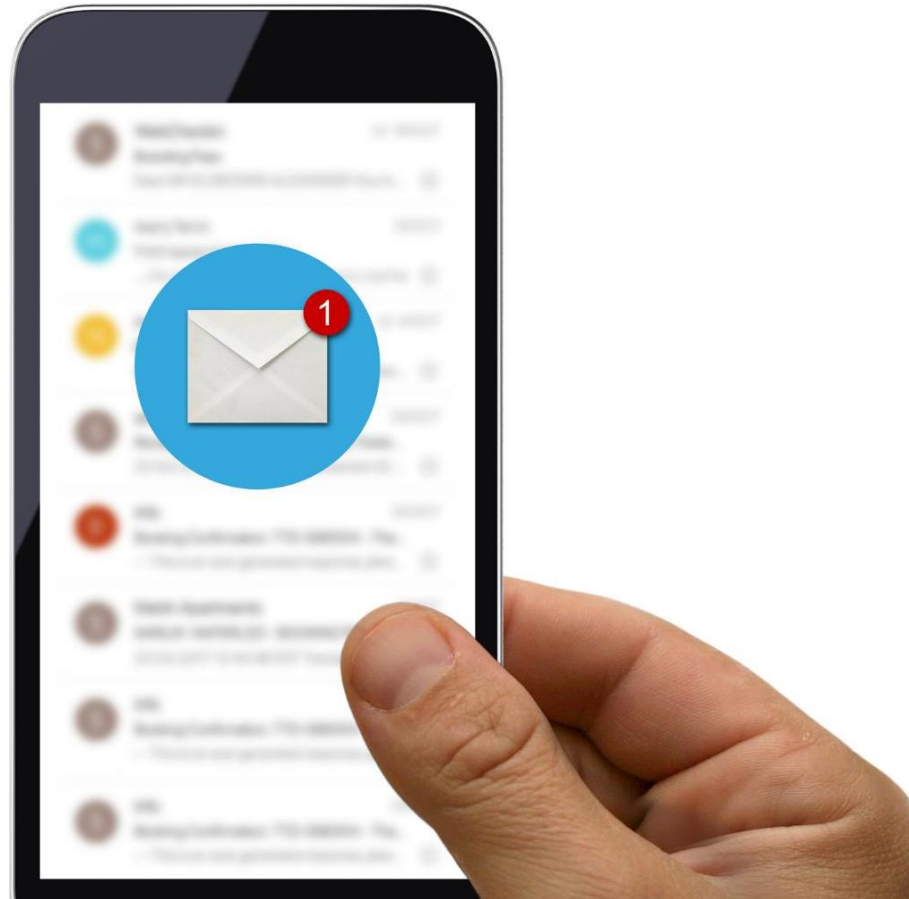
By following up with coaches after sharing your video, you can stay top-of-mind with them and increase your chances of being considered for their program in the future.

Ask for Feedback

When following up with coaches, you can ask for feedback on your video and use their suggestions to improve your skills and performance.



Responding to Feedback and Inquiries



It's important to respond promptly and professionally to any feedback or inquiries you receive about your recruiting video. This will show coaches that you are serious and committed to putting in the necessary work.



Continuously Updating and Improving Your Video

Regular Updates

Updating your recruiting video regularly will help showcase your progress and development as a player. It will also help recruiters see how you have improved over time.

Incorporate Feedback

Incorporating feedback from coaches and recruiters into your recruiting video will help you make changes as necessary and improve your chances of getting recruited.



Have you registered?

NCAA

If you have not already, please make sure you have an NCAA ID number! Information here: <https://web3.ncaa.org/ecwr3/>



IWLCA SportsRecruits

Check with your Rebels coaches.
<https://iwlca.sportsrecruits.com/>

DEMO TIME

Using Clip Champ – My choice of video editing

Let's walk through taking a clip that you got off your iPhone or other device.

1- Have a place to store the original as well as the edited clips.

(I use Amazon photo and pay for video storage)

2 – Edit the clip → remove sound, try to keep the clip to 10 seconds or less

3 – Use features in the software to highlight your athlete like Red circle, fire emoji, whatever looks professional. Adding sound is optional. Some coaches listen without it.

4 – Save the clip in your cloud and up to SportsRecruits

5 – Create a highlight reel for a season, a tournament, high school

6 – Be sure to put the most impactful clip first – the one that really showcases your athlete's skills

7 – Put in a variety of skills, not just scoring if you are a field player. Put in ground balls, assists, defense plays. If you are a goalie, put in not just saves, clears, directing defense.

