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# **TOP DOG ATHLETICS**

***TAKING YOUR OWN VIDEOS***

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FRESNO, CA

**#BeTheTopDog**

HIGH SCHOOL

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**Playing college athletics does not have to be a dream. We are here to help you turn the dream of being a college athlete into an attainable goal. This is a goal that only 3% of athletes are able to accomplish. You can do it, but it is going to take a lot of commitment on and off the field.**

**Lets Get To Work!**

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# STORE YOUR VIDEOS

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## YOUTUBE

**CREATE A YOUTUBE CHANNEL. YOUR VIDEOS DO NOT HAVE TO BE PUBLIC. YOU CAN SET VIDEO SETTINGS TO ONLY ALLOW PEOPLE WITH ACCESS TO YOUR LINK TO VIEW THEM.**

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## GOOGLE DRIVE

**CREATE FOLDER IN GOOGLE DRIVE THAT YOU CAN SHARE WITH COACHES. INSTEAD OF SENDING VIDEOS ONE BY ONE YOU CAN ATTACH YOUR ENTIRE FOLDER FOR COACHES TO VIEW.**

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## TWITTER

**POST SHORT VIDEO CLIPS AND TAG COACHES. YOU CAN ALSO PIN A VIDEO POST SO IT SHOWS UP AT THE TOP OF YOUR FEED.**

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## INSTAGRAM HIGHLIGHTS

**CREATE A HIGHLIGHT TAB ON YOUR INSTAGRAM PAGE WHERE YOU CAN EASILY ADD OR DELETE VIDEOS FROM YOUR STORY, WITH YOU HIGHLIGHT TAB ACTING AS AN ARCHIVE FOR YOU VIDEOS.**

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**FIND A PLACE WHERE YOU CAN EASILY ACCESS YOUR VIDEOS AND GET THEM OUT TO COACHES. KNOW YOUR VIDEOS ARE LIKE A LIVE DOCUMENT; THEY CAN ALWAYS BE UPDATED.**

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# SHOOTING HITTING VIDEOS

**RECORD YOURSELF GOING THROUGH YOUR INDIVIDUAL  
OFFENSIVE PROGRESSIONS**

**WE DO NOT NEED TO SEE YOU PICKING UP BALLS OR  
LOADING THE TEE**

**CAMERA 1: CATCHER'S PERSPECTIVE**

- THIS SHOWS BALL FLIGHT AS WELL AS BAT PATH

**CAMERA 2: SIDE PERSPECTIVE**

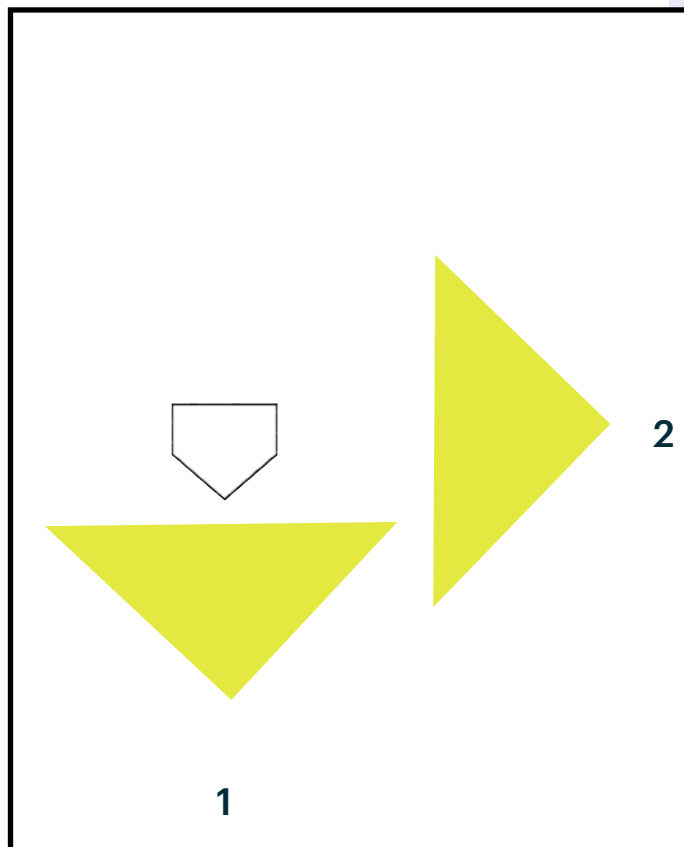
- THIS SHOWS YOUR MECHANICAL PROGRESSION AND  
CONTACT POINT

**RECORD:**

- TEE WORK
- FRONT TOSS
- LIVE AT BATS

**TIME:**

- NO MORE THAN 30 SECONDS OF CLIPS



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# SHOOTING PITCHING VIDEOS

**RECORD YOURSELF GOING THROUGH YOUR BULLPEN SESSIONS**

**SOME OF THE BEST VIDEO CLIPS OF PITCHES I HAVE EVER DONE CAME OFF A GOPRO MOUNTED TO THE TOP OF A CATCHER'S HELMET**

**CAMERA 1: CATCHER'S PERSPECTIVE**

- THIS SHOWS BALL FLIGHT AS WELL AS BAT PATH

**CAMERA 2: SIDE PERSPECTIVE**

- THIS SHOWS YOUR MECHANICAL PROGRESSION AND RELEASE POINT

**RECORD:**

- 3 TO 4 REPS OF EVERY PITCH (LABEL EVERY PITCH)

**TIME:**

- NO MORE THAN 1 MIN OF CLIPS



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# SHOOTING CATCHING VIDEOS

RECORD YOURSELF GOING THROUGH YOUR CATCHING PROGRESSIONS

THESE VIDEO CLIPS SHOWCASE YOUR FUNDAMENTALS.

CAMERA 1: PITCHER'S PERSPECTIVE

- THIS SHOWS HOW WELL YOU BLOCK AND RECEIVE BALLS

CAMERA 2: SIDE PERSPECTIVE

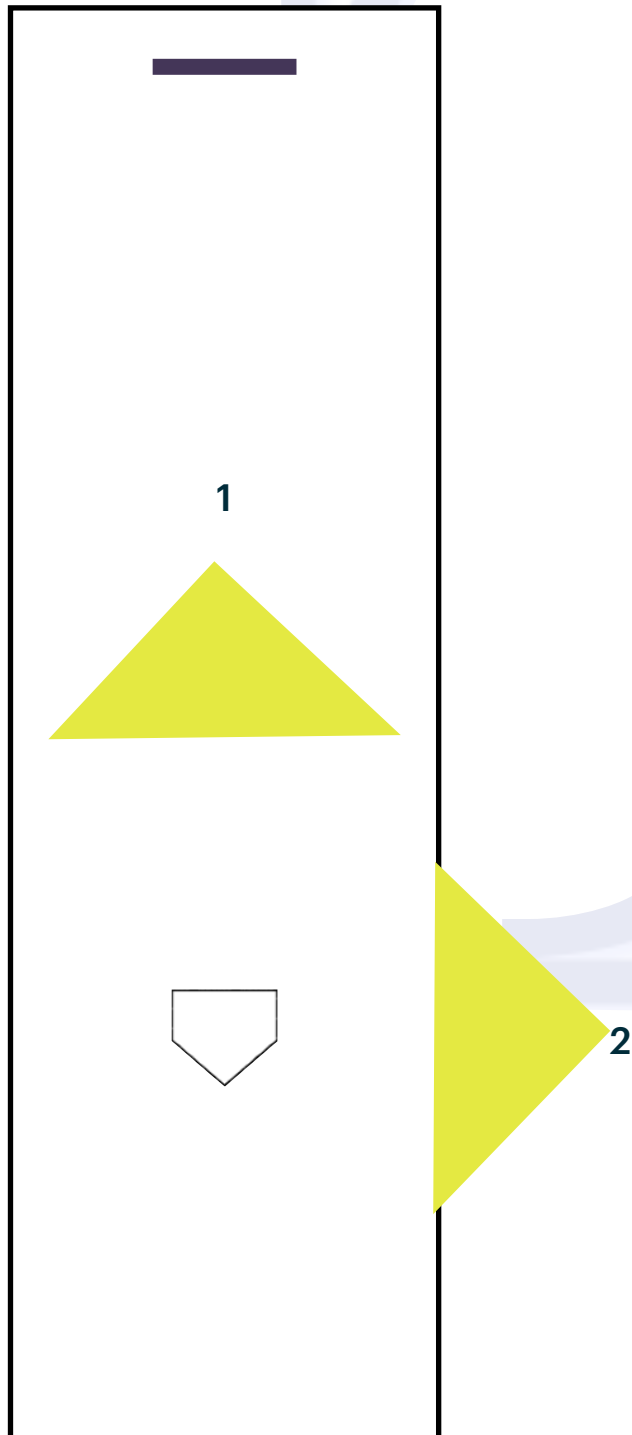
- THIS SHOWS YOUR FOOTWORK AND ABILITY TO GET OUT OF THE SQUAT

RECORD:

- 3 TO 4 REPS OF INSIDE (BLOCKING & RECEIVING)
- 3 TO 4 REPS OUTSIDE (BLOCKING & RECEIVING)
- 3 TO 4 REPS OF BUNTS
- 3 TO 4 REPS OF THROW DOWNS

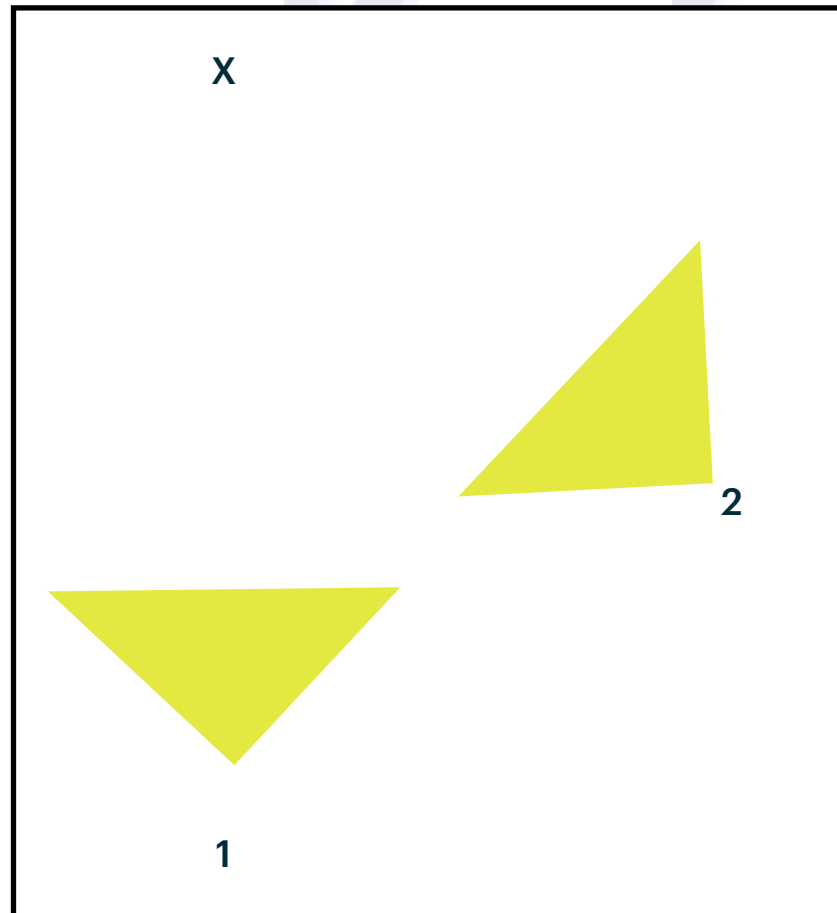
TIME:

- NO MORE THAN 1 MIN OF CLIPS



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# SHOOTING INFIELD/OUTFIELD FUNDAMENTAL VIDEOS



**RECORD YOURSELF GOING THROUGH YOUR BULLPEN SESSIONS**

**IN THESE VIDEOS YOU ARE SHOWING THE FUNDAMENTALS OF YOUR FOOTWORK AND GLOVE WORK. BALLS CAN BE ROLLED THEY DO NOT ALWAYS HAVE TO BE HIT**

**CAMERA 1: FRONT VIEW**

**- SHOWS YOUR RHYTHM AND MOVEMENT INTO BALLS AS WELL AS YOUR GLOVEWORK**

**CAMERA 2: SIDE PERSPECTIVE**

**- SHOWS YOUR ABILITY TO GET THROUGH YOUR CONTACT POINT**

**RECORD:**

**- 3 TO 4 REPS OF FOREHAND, BACKHAND, MIDDLE, SHORTHOP**

**TIME:**

**- NO MORE THAN 30 SEC OF CLIPS**

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# **LIVE GAME FILM**

## **WHEN USING LIVE GAME FILM**

- 1. MAKE SURE COACHES CAN CLEARLY SEE WHO YOU ARE AND WHO THEY SHOULD BE WATCHING**
  - 2. CLIP THE ACTUAL PLAY YOU WANT THEM TO WATCH. COACHES DO NOT NEED TO SEE THE DEAD TIME.**
  - 3. FOR YOUR “HIGHLIGHT” VIDEO MIX IN DRILL VIDEOS WITH LIVE GAME FILM**
  - 4. IF YOU CAN ADD ARROWS, SPOTLIGHT BOXES, OR SMALL TAG LINES TO TELL COACHES EXACTLY WHAT THEY ARE LOOKING AT IT CAN BE HELPFUL**
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# **WHAT IS NEXT?**

## **AFTER YOU SHOOT YOUR VIDEOS**

### **1. EDIT THEM**

- TAKE OUT THE DEAD TIME BETWEEN REPS**
- TAKE OUT THE SOUND (YOU CAN ADD MUSIC - BE MINDFUL OF YOUR LYRICS. INSTRUMENTAL CLIPS ARE THE BEST)**

### **2. POST/STORE THEM IN YOUR DATABASE**

- WHATEVER YOU ARE USING TO HOLD YOUR VIDEOS (YOUTUBE OR GOOGLE DRIVE)**

### **3. ADD THEM TO YOUR NCSA ACCOUNT**

### **4. SEND THEM TO COACH TO POST ON YOUR DIGITAL PLAYER PROFILE**

### **5. SEND THEM TO COACHES**

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# **YOU HAVE WHAT IT TAKES!**

**You have what it takes to play at the next level; are you willing to do the work to get yourself there?**

**After completing this handbook start working on the following handbooks:**

- Social Media**
  - How to send an email**
  - Showcase expectations**
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