



TOP DOG ATHLETICS

TAKING YOUR OWN VIDEOS

FRESNO, CA

#BeTheTopDog

HIGH SCHOOL

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!

STORE YOUR VIDEOS

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.

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.

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.

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.

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.

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

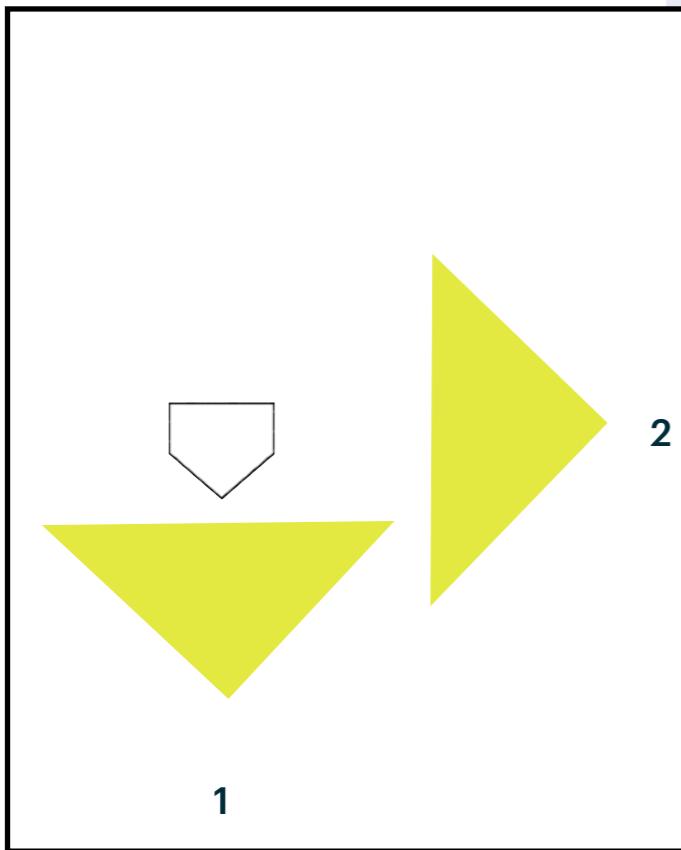
- THIS SHOWS YOUR MECHANICAL PROGRESSION AND CONTACT POINT

RECORD:

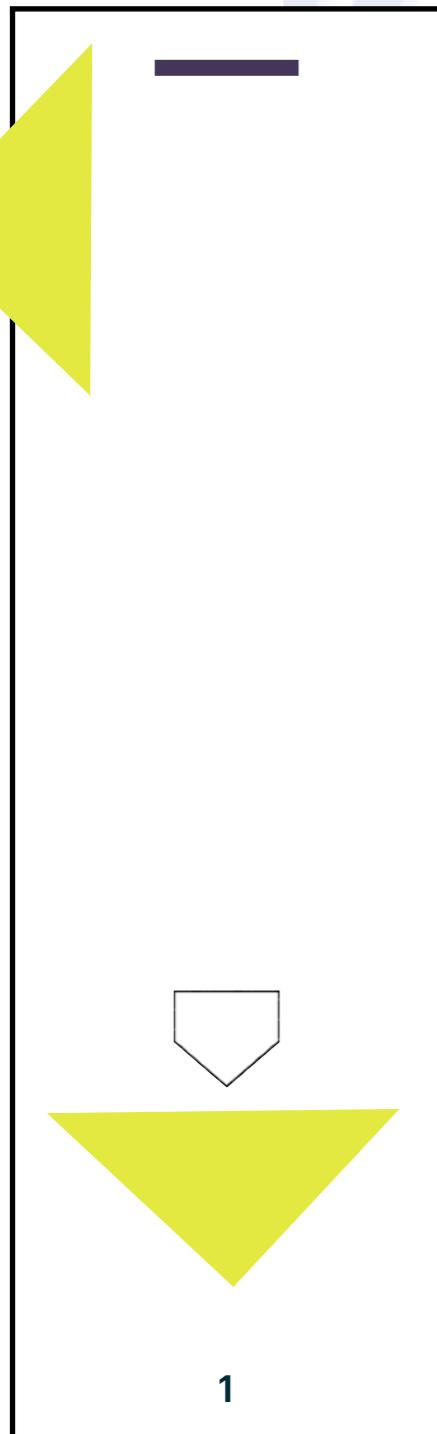
- TEE WORK
- FRONT TOSS
- LIVE AT BATS

TIME:

- NO MORE THAN 30 SECONDS OF CLIPS



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

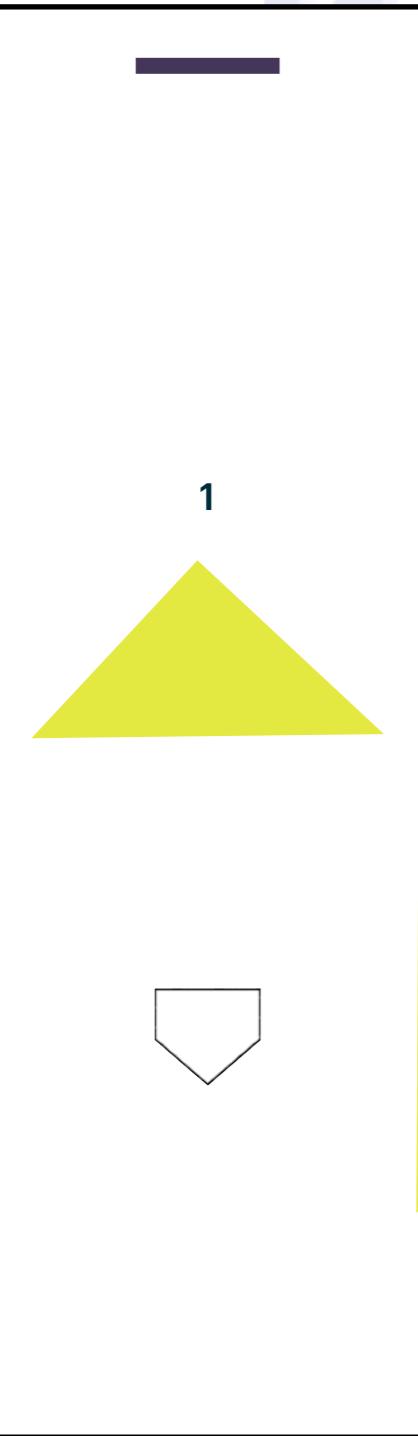
RECORD:

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

TIME:

- NO MORE THAN 1 MIN OF CLIPS

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

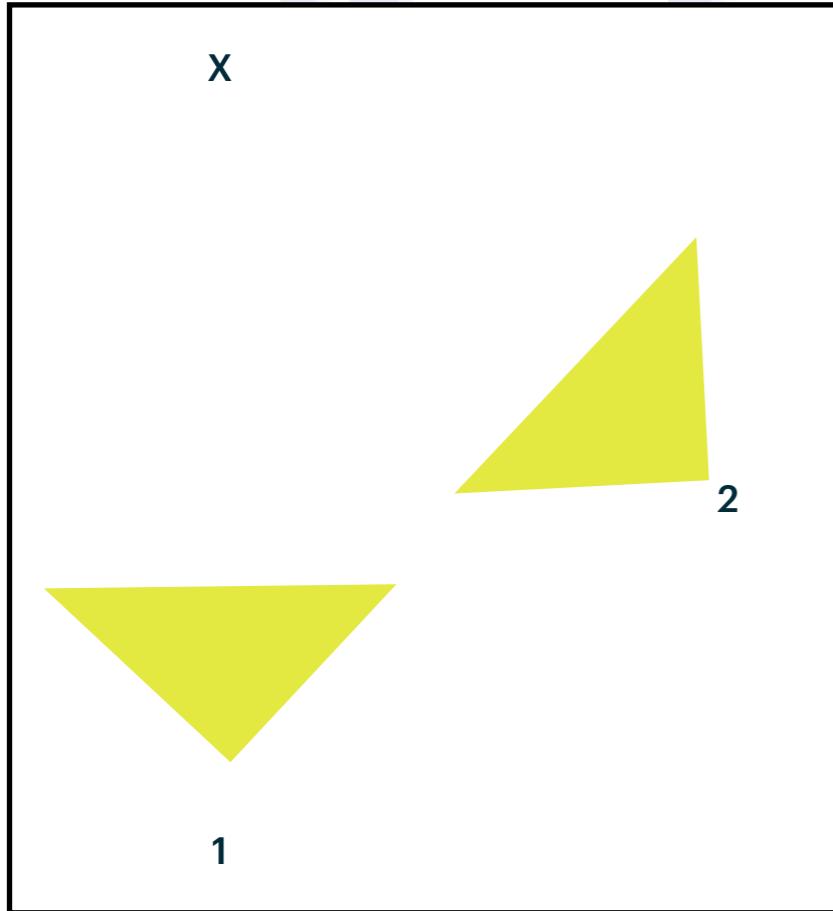
RECORD:

- 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

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

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

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

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**