



Online Video Coaching SUP Skills Clips

SUP Skills Clips

Step one: Set up the shot

- Fix the camera in a position where we can see the entire skill

Step two: Trial the shot

- Give it a go and see if you get the entire skill in the frame and within close enough range of the camera to see it clearly
 - Try different angles to show us more detail

Step three: Get the shots

- Get two or three clips for us to use from the same or different angles

Step four: Repeat for the next skill

- Sending us a couple of different skills? Just repeat the above

Step five: Send them to us

- When your ready, book your slot and send us your clips to info@haywoodsports.com with your name / Online Video Coaching in the subject header, we will do the rest

#Nextstopresults