

Video Guidelines

Video Guidelines for Women's Volleyball

It is very helpful to have a highlight video to attract initial interest from college coaches and allow for initial evaluation of your athletic abilities. Coaches may still want to see you compete in person or view unedited video to fully evaluate your abilities. It is recommended that you have both a highlight and recent full game film available at all times throughout the recruiting process.

Video Log:

A video log consists of the time codes and descriptions of your best highlights, which allows a coach to identify where you are in the video. It is very important that you include a log with full length video. The time recorded on the video log should be 5 seconds before the play starts and follow the play after the ball is played. [Click here for blank video log sheet](#)

What Type of Footage to Use:

- Varsity Footage (Freshman/sophomore/JV team footage is generally not recommended).
- The best format to send video to a coach is online. NCSA profiles have videos included or you can use a site like YouTube.
- If you do not have access to digital it is still acceptable to mail a DVD or a USB.
- Do not use VHS, HI-8 or Mini DV Tape as these are no longer used.
- Always test your DVD on your computer AND a DVD player to be sure it plays before you send it to a college coach.

How to Film:

- Tape from the near side of the court if possible (the side the player is on).
- Keep the camera stationary at a back of the court. Station the camera in right back for a setter or rightside, middle back for a middle hitter, left back for an outside.
- A tripod is highly recommended.
- Ideally station the camera 5 feet off the ground.
- The camera view should not be obstructed (net, other players on the court, line judge, people walking by).
- Do not zoom in and out.
- Do not follow the ball or move the camera while filming.
- Station the camera view so that the player is always in the picture no matter where they are on the court without needing to move the camera. Be sure you can see a hitters approach. Serving is the only time that the camera angle may need to be changed, then put it back to the original position.
- Every play, player, and ball placement does NOT need to be filmed.
- Focus on the player being taped so they are clear and in focus, but not too close!

Information Based on Position:

- Outside Hitters should log:
 - 10-15 Hits/Kills/Backrow attacks
 - 5 Blocks
 - 5-10 Serve receive

- 10 Defense plays/Digs
- 5 Serves
- Opposite/Rightside Hitters should log:
 - 10-15 Hits/Kills/Backrow Attacks
 - 5 Blocks
 - 5-10 Serve receive (if applicable)
 - 10 Defensive plays/digs
 - 5 Sets
 - 5 Serves
- Middles should log:
 - 15-20 Hits/Kills
 - 15-20 Blocks/Blocking Footwork
 - 5 Serves
- Setters should log:
 - 20-25 Sets
 - 5 Attacks
 - 10 Defensive plays/digs
 - 5 Serves
- DS/Libero:
 - 15-20 Serve receive
 - 15-20 Defensive plays/digs
 - 5 Serves
 - 5 Backrow attacks (if applicable)

[https://recruit-match.ncsasports.org/hsrms/video_guidelines?sport\[label\]=womensvolleyball](https://recruit-match.ncsasports.org/hsrms/video_guidelines?sport[label]=womensvolleyball)

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