

# The Video Camera

*“Photographs of me on horseback, yes. Tennis, no. And golf is fatal.”*

*Teddy Roosevelt* warning President  
William Taft to never be photographed playing golf

*“Video is used by the world’s best golf instructors as a  
teaching tool. Now it’s your turn.”*

*Brad Brewer*

**I**f you ever have the opportunity to visit a professional tournament, plan on spending some time on the practice range. You'll see many of the pros using video cameras to record their swings. Video is ideal for quickly showing them exactly what took place during their swing. They may be trying to correct a problem or trying to link a feeling to the swing they just made.

While the pros use video on a regular basis both on the practice range and working with their swing coaches, very few amateur golfers have ever seen their own swings. Have you? You may be very surprised when you see it. Often, what you feel you are doing is not what it looks like on tape.

## Your Assistant Coach

Your home video camera is an ideal candidate to be your new assistant golf coach. Once you learn how to set it up correctly, it will tirelessly be on the job assisting you—as long as you have a few charged batteries.

What you should look for in a video camera:

- Many cameras have controls that allow you to select a sports mode. This programs the camera for the faster shutter speeds that you'll need to capture important positions in your golf swing.
- Some cameras have remote controls that allow you to begin taping and stop taping without having to walk to the camera.
- Your camera should have a clean lens and several batteries that are at full charge.
- Some of the new digital cameras will allow you to input the swing into your PC or laptop and use some of the computer golf coaching programs that are commercially available.

## How to Set Up the Camera Properly

The video camera can help you only if you are correctly viewing what takes place in your golf swing. I'll show you how to position your camera correctly and also how to best take advantage of the available light.

## Lighting

You will be setting your camera at two different angles to view your golf swing: *face on* and *down the line*. The position of the sun plays a major role in how clear and bright your tape will be. If it's a bright sunny day, you do not want to have the camera shooting directly into the sun. The ideal sun position for down-the-line taping is with the sun behind the camera or within 180 degrees. For face-on shots, behind the camera is the best angle for the sun to be or slightly to either side. Once the sun creeps behind the person being taped and shines into the camera lens, the exposure will look dark. On evenly lit days with hazy sunshine, direct sunlight does not present problems.

### BRAD EXPLAINS

*A **face-on** view means the camera is facing you, while **down the line** means the camera is behind you and able to shoot you and your target. It's important to line the camera up correctly as I'll soon demonstrate.*

## Setting Up the Video Camera for a Down-the-Line View

I believe it's important to build a practice station as we set up the video camera in order to help you practice correctly.

Put your video camera on a tripod. This is very important as you need a tripod to position the camera at the correct height and angle while providing a steady base. We'll position it later.





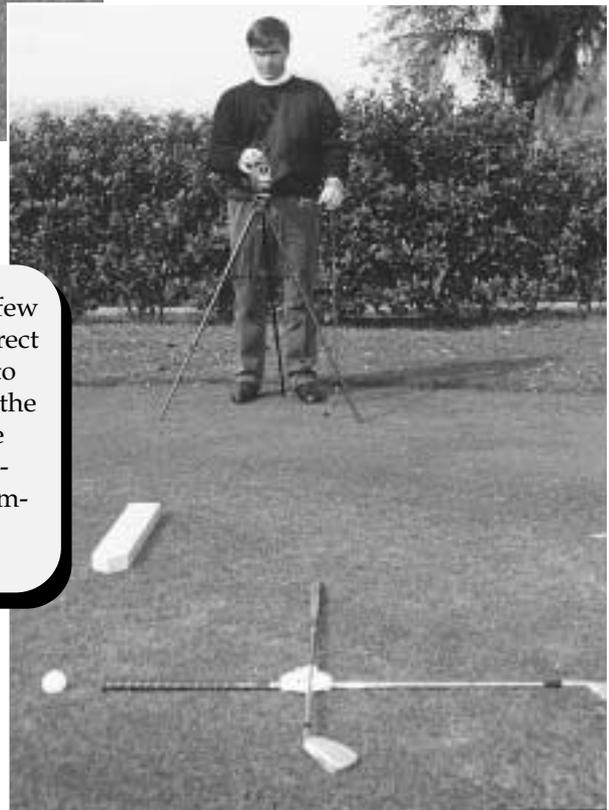
Set up a T formed by two clubs. I'm using a great training aid shaped like a donut that allows me to use my own clubs to create a perpendicular reference correctly every time.

Place a golf ball off the T at the distance you normally would tee it up in your stance. Remember, we are trying to see what you are presently doing now, not correcting anything yet.

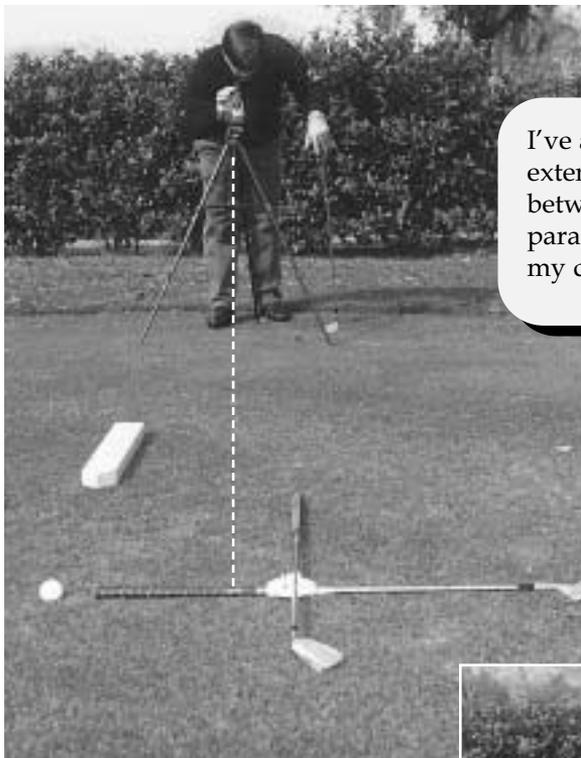




I'm walking off about 12 feet from the camera. This distance depends on each individual's camera regarding how far back you have to go to view the complete swing from this angle.



I put my 2 x 4 practice board a few feet behind the ball and on a direct line to the target. This is going to be a reference when we look at the tape. You'll be able to see where your club went during the back-swing and forward swing in comparison to your intended target line.

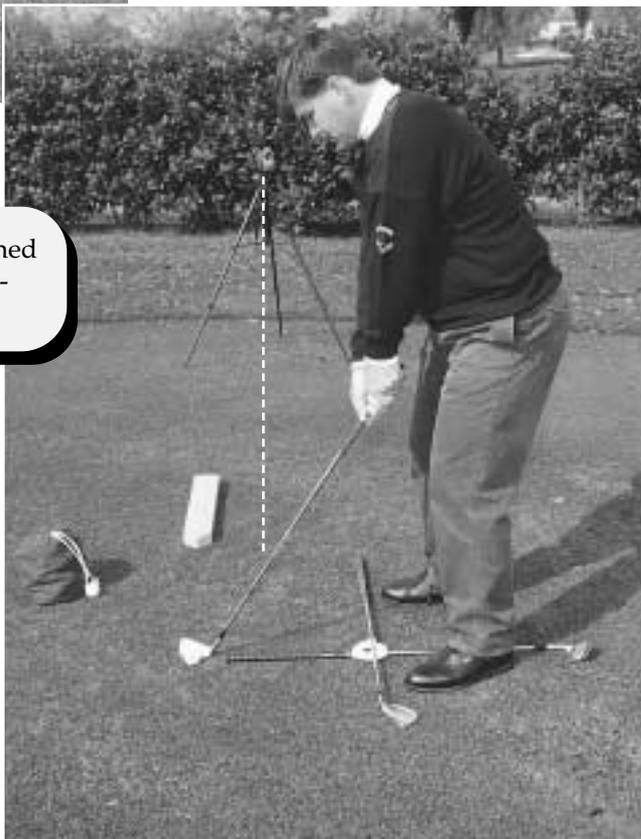


I've adjusted the tripod to its full extension and aimed it halfway between the target line and the parallel line my feet will take in my designated practice station.

The camera is correctly positioned to record my swing for a down-the-line view.

The down-the-line view will help us see:

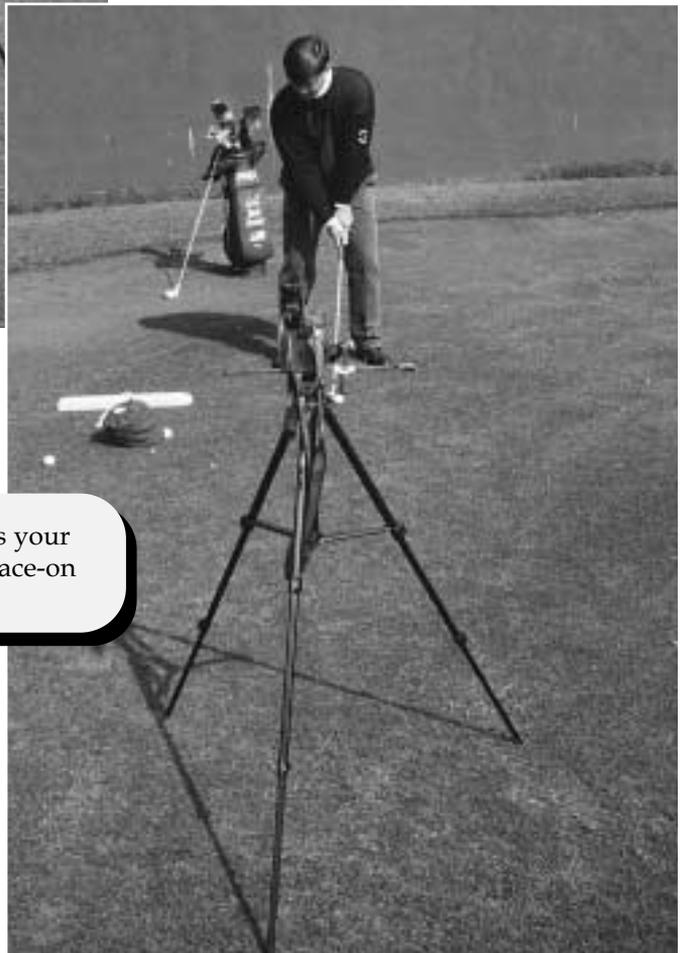
1. Posture
2. Alignment to the target
3. One-piece take away
4. Sequencing of acceleration



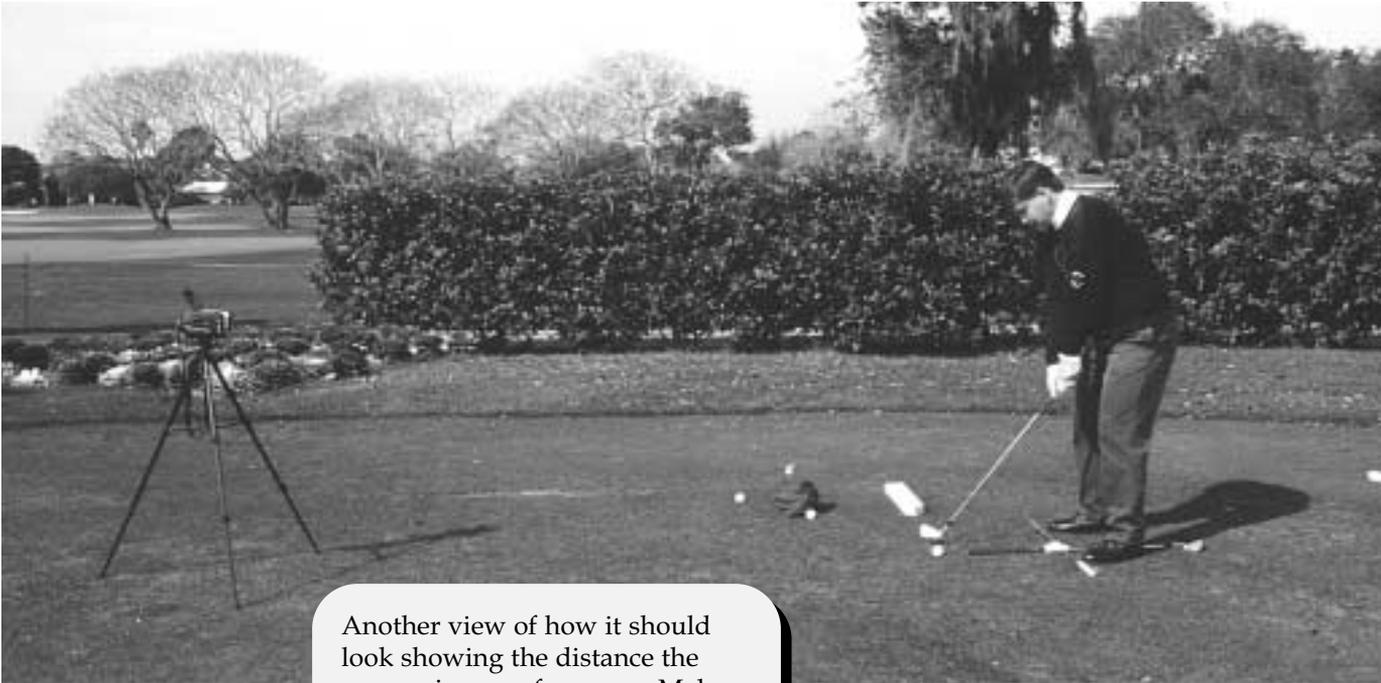
## Setting Up the Camera for a Face-On View



To shoot a face-on view requires moving the camera so that it faces you and is directly lined up with the ball and the T. One club should be pointing directly at the camera and perpendicular to the other club when viewed through the viewfinder.



The camera records your golf swing with a face-on view.



Another view of how it should look showing the distance the camera is away from you. Make sure you allow ample room for your complete swing, including the clubhead at the top, to be recorded.

The face-on view will help us see:

1. Grip position
2. Width of stance
3. Your ball position
4. The steady head position
5. One-piece take-away
6. Sequence of acceleration

## Brad's Tips for Video Setup

1. Be sure your camera is set in the sports mode or fast shutter position.
2. Tape a swing when you set up your camera to be sure you've been able to record it correctly. Be sure you can see the clubhead throughout the entire swing.
3. Tape drills as well as your swings.
4. Compare the elements of your swing with those in Chapters 12-15 to learn more about what you are currently doing incorrectly.
5. Seeing your current swing coupled with an understanding of what's happening with it is an outstanding learning experience.
6. Use video for comparing your practice swing to playing on the course swinging motions. Sometimes they can be very different.
7. I also suggest taping your pre-shot routines to see exactly how you prepare for each shot.

