

## ***How to create a Highlight Tape***

### **Motivation**

A Highlight Tape is meant to give a coach a holistic picture of your skills as a player. This video is your chance to showcase your skills, abilities and behavior on the field to a coach and this increases the probability to pass the tryouts in Canada and to make the jump into the team. This tape is therefore the business card and central element of the "applicant portfolio" and should be created thoroughly and with appropriate effort.

It is also important to know that each of you can create an appropriate highlight tape of yourself and we would like to motivate you to do so. We are happy to support you!

### **Content**

A good highlight tape is not only characterized by goals, assists or spectacular takeaways. Coaches want to see how you move as a player, how well you communicate, do you pay the price as an offensive player and look for off-ball contact, do you go where it hurts and do you get the difficult ground balls on defense. These scenes will probably not be the most exciting, but will serve a potential coach informative. If you don't currently have enough video footage of yourself, we explain below how you can film yourself to compile the necessary video footage. Furthermore, interviews with national team coaches can be added to your performance or attached as letters of recommendation.

So there is no bad highlight tape just because you are not the typical top scorer. Be aware of your strengths and try to highlight and showcase them with the video.

Important content for creating a video

1. Excerpts from existing video footage:

- Your profile as the starting slide (name, date of birth, position on the field, home club),
- Goals, assists, take-aways, saves (Goalies) – classic highlights,
- Behavior in the game „off-ball” as an offensive player and behavior on defense,
- Lacrosse basics 1 vs 1, 2 vs 2, 3 vs 2,
- Pic and Rolls (off-ball and on-ball),
- Communication on the field (for defense and goalies: do you coordinate other players on the field, do you hear what teammates are telling you and act on it),

- Correct decision making (e.g. show a clip how you as a defender don't take a shot on the goal, but calm down the game and sub-off),
  - Successful defending of pick and rolls etc.
2. Video footage that you can record seperately:
- Shooting,
  - Wallballs in all possible variations (show your stick handling and control),
  - Agility workouts,
  - 1 vs 1, 2 vs 2, 3 vs 2.

### How you do it

1. Review all the footage you find of yourself and write out your scenes and what they show. Alternatively, grab a camera and film yourself!
2. Make a plan how the video should be structured and then assign the scenes to the individual chapters (goals, assists, offball play, wall balls, 1 vs 1, defensive communication, agility workouts, etc.).
3. Make the scenes as short as possible and as long as necessary. Describe who you are and what is seen in the caption.
4. Cut out scenes - we recommend that you use a program to create a screen capture. Sometimes these are pre-installed as standard software on your PC or you can use a free software like OBS<sup>1</sup> and use online tutorials to get familiar with it. It is important that you pay attention to good quality.
5. Cut tape – to cut tape free software such as Windows Movie Maker is also suitable. Put the scenes together in a structured way, add subtitles. It should always be clear what you want to show and who you are in the scene. Start each chapter with a slide like (e.g. Goals, Assists, Wallballs). You can of course use the slow motion option for particularly fast scenes, but it should always look serious (less is more).
6. Shrink video - videos can quickly become very large. With the VLC Media Player videos can be converted and downsized without reducing the quality. Here we motivate the players to deal with the tools themselves via online tutorials (Youtube videos).

Important! We would like to help you with the creation of the videos. We have already made experiences with it and like to share them. Nevertheless, we want to encourage you to create this as your personal application as independently as possible. Of course, we are happy to provide you with good example videos.

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<sup>1</sup> <https://obsproject.com/de/download>

***„A good highlight tape is the key for a  
successful application!“***

Your Junior Box Lacrosse Team