

Guidelines for Making a Skills Video

As part of the recruiting process, many college coaches will ask the athlete for a skills video. There are groups/people out there that will ask for your money in order to make a video for you. Many of them will tout about how they will help promote “you as an athlete”. How much they charge is ridiculous! Added graphics and background music will do nothing to help you get recruited. They are looking for talent on the baseball field, not the ability to edit video. Creating a skills video is something that you can complete on your own for little to no cost to you. Uploading your skills video to YouTube for FREE gives you the ability to send the link to anyone in the world.

Your skills video does not need to contain game footage, however you can add game footage if you have access to it. Make sure your game footage does not have a lot of down time. You want coaches to see you work, not standing around in between pitches.

The video can be recorded in any space large enough that you have access to. If you have access to a baseball field, and the weather allows, this is a great space. Otherwise any fieldhouse or gymnasium is also a suitable space.

Video Requirements:

The skills that you place in your video should be baseball-related skills that you feel a college coach would like to see. This is NOT a highlight tape and the footage should be running footage for each session, not clipped to show only “great moments”.

Adding graphics or music is NOT necessary. College coaches are looking at how your body moves, your potential as a college-level player, and your overall athletic ability.

Coaches use this skills video to see if you are an athlete that they would like to potentially have on their roster.

This video is a snapshot of your ability...approximately five to ten repetitions of each skill is sufficient.

Digital Video Camera:

The camera used to take footage does not need to be anything special. It can be a digital camcorder, digital pocket camcorder, or even a cell phone with the ability to take digital video. If you do not have access to any of these recording devices, ask your coach, or, some schools may have a process for you to check one out from the technology/media department.

Computer w/ Internet Access:

Creating a DVD of your skills video is not necessary. Simply uploading the video to the internet using YouTube is more than adequate. Once your video is uploaded, you can contact college coaches with the link to your skills footage.

You can visit our website at www.nlbtraining.com our [Next Level Baseball Training Channel](#) on YouTube to see examples of some skill videos we have created.