PHOTOGRAPHIC STRATEGIES FOR ACTION SHOTS

If you have a good DSLR camera:

Open up that Aperture kids! Set your Camera to AV (aperture priority) and choose an aperture between F4 and F2 (the smaller the number the bigger the aperture )

This will allow you to work with a faster shutter speed in order to “freeze action”

And

Give you a shallow depth of field. This will blur out the background, isolating your subject and eliminating ugly backgrounds or backgrounds with distracting details/too much going on.

PAN! – this means to move your camera along with and at the same speed as your subject. Take photos while your camera is in motion.

This will: help you to freeze motion AND add additional (motion) blur to the background. This effect can help to add a sense of motion to the subject and help to blur out distracting backgrounds and isolate what’s really important about your image: the subject!

MOVE YOUR BODY!

Don’t stay in the same place all the time. Get closer to your subjects, change your angle, get in their way - they’ll run around you (You definitely cant do this one all the time)

If you have a camera phone:

You are way more limited in your options but this doesn’t mean you can’t get good photos. Panning will help make up for your lack of control over your shutter speed but really what you want to do is change your approach.

Take Pictures of the quiet moments. Competitors on the sideline, gasping for breath, laughing.

Take pictures of the human element. Try to capture the personalities of the competitors. Get close – wait for your moment.

And no matter what type of camera you have take LOTS of photos!