



Action Photography

Quick Tips and Strategies

Freezing the moment...

- ♦ Whether it's a person jumping, throwing a baseball, or walking down the street, one of the goals of action photography is to capture (freeze) a moment in time.
- ♦ This can be a tricky achievement due to a couple of variables.
 - ♦ Lighting – as a subject moves the lighting on them changes.
 - ♦ Focus – a moving subject is difficult to keep locked on to.
 - ♦ Depth of Field - as a subject moves their location to the lens changes, too.
- ♦ Luckily, what we've been covering in class can be applied to taking action photography.

Quick Tips – The Triangle

- ♦ **Shutter Speed** – this the most obvious adjustment we can make. The faster the shutter speed the more likely we can capture something that is moving.
 - ♦ Depending the speed of your subject, setting Shutter Speed to 1/500 to 1/1000 should be reasonable starting point.
 - ♦ Shutter Priority(Tv); try setting your camera to this preset. This will allow you focus solely on the Shutter.
- ♦ **Wide Aperture** – A faster Shutter Speed means less light will enter your camera. Adjusting your Aperture to f/5 or lower will allow more light to enter your picture.
- ♦ **ISO** – Remember, this is another setting that will help to bring in more light. Be careful though, this will also produce graininess in your image.

Other tips

- ♦ Panning - this is basically moving with you object. This will create blur in the background but allow you to keep focus on your subject.
- ♦ Continuous Shooting – taking rapid photos can help to capture a moment as it's happening. Check with me, if you don't know how to set your camera to this.
- ♦ Shoot the entire event – taking multiple photos of the action as it happens will give you a better chance of getting the key picture.
- ♦ Change your angle – try taking pictures from different angles. Top down. Looking up from the side.