



Online Video Analysis with Jacque Servadio, LPGA



Filming Instructions

1. Set Up Your Camera

Most ordinary digital cameras can take videos. Refer to your camera manual to select VIDEO mode. If available on your camera, also select ACTION or SPORTS mode.

2. Film Your Swing

You will film two views of your swing: Face-on view and Down-the-Line view.

Each video should be 3 to 5 seconds in length.

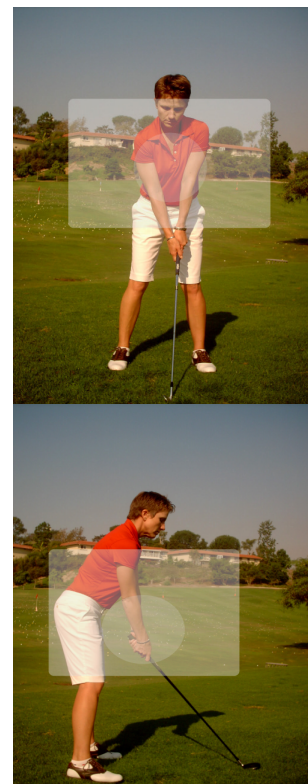
3. Save Your Swing Videos

After filming your swing, save the videos on your computer following the instructions in your camera's users manual. (Normally, this is exactly the same as saving still pictures.) Then come back to this site and click Buy Now.

I suggest that you create a new folder on your desktop called ServiceYourSwing, and save your videos there. Then rename your videos as FV (Face View) and DTL (Down-the-Line).

NOTE: Although it isn't required, I suggest you include your last name and a date in the file name. This will make it easy for you - and me - to keep track of your swing videos for future lessons. Also, make sure you don't delete the file extension (e.g., .mov or .avi) that is added automatically by your camera.

Here is a sample filename: JaneDoe_FV_Oct26.mov



Face-On View

Stand across from the golfer, looking at the person face-to-face, and directly in line with the ball. Stand just far enough away to capture the ball, the golfer and the club all the way through the swing (typically about 5 paces).

Press the shutter to start filming just before starting the backswing. Press the shutter again to end filming just after the swing finishes.

*****This will keep the video file small, which is very important!**



Down-The-Line View

Next, stand directly behind the golfer, just far enough away to capture the ball, the golfer and the club all the way through the swing. Like the Face-on view, start filming just before starting the backswing, and end filming just after completing the swing.

NOTE: On the Down-the-Line video, it's very important to position the camera IN LINE WITH THE GOLFER'S HANDS while at address. The camera should be between the feet and the ball, NOT directly behind the ball.

