

Recruiting Video Checklist

Video is an increasingly important tool for the recruiting process. Having the right information and skills in your video can help you get recruited. This checklist is meant to help create a useful video with everything a coach wants to see. For more info on making a successful recruiting skills video, read the full articles on KPB Recruiting 101.

Recruiting Video Do's:

1. Keep your video short and straightforward. 3 minutes or less total time.
2. Include your name, position, email address, phone number and grad year in the video.
3. Put your best assets early in the video. You have only a short time to capture the coach's interest.
4. Make a good first impression by dressing like a baseball player.
5. Ask your parents if it's ok to post your video online. Free programs (like YouTube) that allow coaches access to your video by clicking on a link work best. Make the title of your video easy to find with a web search, for example "Jon Smith Skills Video- Jamestown HS 2016".
6. Use verifiable information whenever possible (radar gun readings, hard run to first base on a field, on-field catcher pops to second, etc.). Coaches can evaluate the skill for exactly what it is right there at their desk.

Recruiting Video Don'ts:

1. Pay a lot of money to have a video made for you.
2. Send a bunch of files in an email. Instead put the clips together and use a link.
3. Have cheesy music, quotes, or personal pitches to the coach.
4. Try to showcase things you can't do by staging angles or distances. No slow motion shots. Coaches want to see what you can do in real speed.
5. Show yourself lifting weights.
6. Try to doctor the footage to make yourself look better. Coaches will know and your opportunity with them will be over.

What to Include: Position Players

Hitting

- 5-7 swings (batting practice preferred) from side angle facing hitters front
- 5-7 swings (batting practice preferred) from behind the hitter

Running

- Run hard 90 through first base on last swing

Fielding

Coaches are often split in whether they want to see the whole throw to a base or just the throwing mechanics. We suggest including a wide view with the throw in it, as long as the fielding actions are still easily visible in the video. If your video quality isn't good enough for both, defensive actions should take priority over the entire throw.

Middle Infielders (from shortstop) and Third Baseman (from third)

- 2 grounders hit right at you with throw to 1st
- 2 grounders to forehand with throw to 1st
- 2 grounders to backhand with throw to 1st

- 1 slow roller with a hard charge and throw to 1st

First Baseman

- 3 ground balls playing back with throw to 2nd
- 3 ground balls holding runner on with throw to 2nd

Catchers

- 2-3 pitches received with throw to 2nd (view from behind catcher with ball flight to 2nd in shot)
- 2-3 pitches received with throw to 2nd (view from first base side, throwing mechanics only)

Outfielders (From Right Field)

- 3 throws to 3rd base and 3 throws to home on a bouncing or rolling ball (no cutoff man)

What to Include: Pitchers

Side Mechanics (Arm Side/Open) View

- 1 of each of your pitches from both stretch and wind-up

Behind Pitcher View (flight of ball in frame-camera slightly offset on arm side)

- 2 reps of each of your pitches from stretch and wind-up

Behind Catcher View (flight of ball in frame, radar gun reading if possible)

- 2 reps of each of your pitches from stretch and wind-up

Always include radar gun reading in the shot if you can

Game Footage: *Not all coaches care to see game film, but as long as you keep your video under 3 minutes, you can include several game at bats, defensive plays, batters faced at the end. In-game film can be particularly helpful for catchers (just a few clips of receiving and preferably receiving and throwing). Another quality option is to let interested coaches know that you have game footage and ask them if they would like to see that.*