

GUIDELINES FOR RECRUITING SKILLS VIDEO

Why should I make a video?

Unless you're a stud 6'4" middle blocker, you need to take advantage of every opportunity to get exposure to your targeted college coaches. Coaches cannot physically make it to every tournament and every gym, so it is highly likely they will miss seeing you play. However, by getting their attention with a video, they will seek you out at tournaments.

Should I pay for a company to make one for me?

There are many businesses that will make your video for you. Some promise a lot of bells and whistles and make things really fancy. It doesn't need to be fancy, it just needs to show your playing ability, your personality and give the coaches some basic information on you. There is nothing wrong with doing it yourself. It will save you a ton of money and you'll know what you are getting.

What should I put on it?

On the outside of the DVD, (don't even think about using a VHS), you need to put your name, graduation date, height, position, UNIFORM #, and email address. You'll want to include this basic information in the letter you send with the video as well but it makes it much easier for the coach to keep track of who you are and who they are watching if you include that basic information on the actual DVD. If they lose the letter, they still have the key information. Anything you can do to make things easier for the coach, the more they will automatically like you!

How should I structure my video?

Introduction- (2- 3 minutes max)

- List your basic information on the screen before you begin the video
- First and Last Name
- Club Name
- Height
- Position
- Uniform Number
- Hometown
- Introduce yourself by restating all your basic information.
- Try to be natural and relaxed
- Show your personality as much as you can, have fun with it, be creative. Coaches will watch between 100-1000 skills videos per year and anything you can do to differentiate yours is a good thing. You want to make an impression and let the coach get to see and experience you and your personality as much as possible.
- Make sure to tell the coaches which color jersey you will be wearing in the video as well as what side of the court you are on (for the game footage). Make it as easy as possible for the coaches to find you and evaluate you.
- Tell about any hobbies or additional interests, second sports, community service, etc.
- **Skills Session** - (2- 3 minutes)

- Show each skill associated with your position or any skill you can do associated with any position you can do. For instance, a setter should show setting, blocking, serving, defense and attacking.
- You should show 5-10 reps in each skill. Coaches do not need to see you doing the same skill for endless reps. Remember, they judge talent for a living and even if you aren't doing the skill as good as you would like, they will be able to see many other factors such as athleticism and potential. You want enough reps that the coach can see these things but not so many reps that they get bored or get annoyed waiting for the next skill. Annoying coaches is a very good thing to avoid in your recruiting skills video.
- **Game Footage** - (entire uninterrupted game)
- You need to find a game in which you feel you both played well and made a significant contribution.
- The game footage needs to be free of stopping and starting (in the form of clips). This is NOT a highlight video. Coaches want to see what you do well AND what you don't do so well. Coaches like to see how you handle mistakes, how you interact with your teammates, how you deal with stressful situations, how you take feedback from your coach, etc.
- There is nothing worse than sitting through a game when the player you are watching only touches the ball a few times. Find a game where you touch the ball a lot.
- **Closing Comments** - (1-2 minutes)
- Use this last opportunity to wrap up your video. Thank the coaches for taking the time to watch your video.
- This is also your last chance to show your personality and help the coaches get to know you better.
- Keep it short and sweet and to the point!

Should I use music on my video?

Music on your video is optional. There are two schools of thought on the subject:

1. It makes the video more entertaining and enjoyable, especially when the coach likes the music you are playing. It can also help the coach get to know you and your personality because music can tell a lot about a person.
2. If the coach doesn't like your music it may sour the coach on you. Personally, I think it is great whether I like the music or not. It helps me to get to know the players and that is a really important thing for me. Most coaches will want to know about the person and not only care about the playing ability of the person.

How else can I use my video?

You can embed a video on your ARVC player profile. This is a great way to allow any and all coaches to view it, without having to mail DVDs. You can also create your own website and use the video. That requires more work but you may find it very valuable.