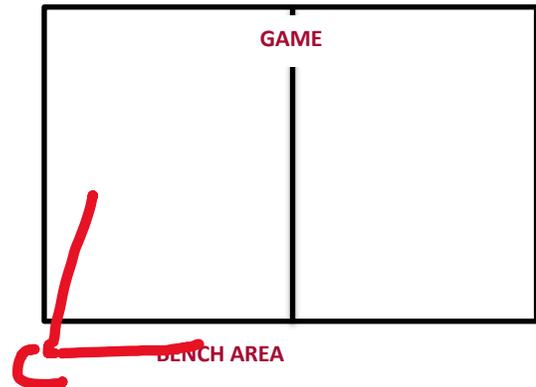
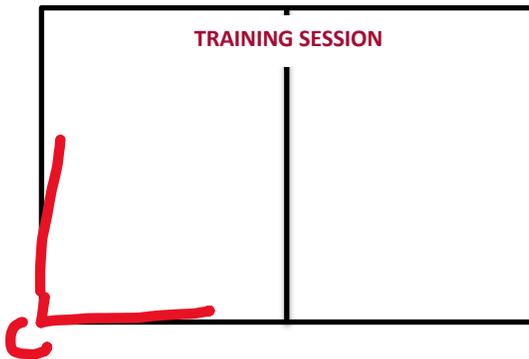


Filming Protocols for Research

During Training Sessions and Games

1. Set up your video recording device at the corner of the field that:
 - a. Stays in the same location for the entirety of the session/game
 - b. Has the least amount of traffic area (so others won't disturb)
 - c. Allows best viewing of your movement pattern throughout the field
 - d. DO NOT record yourself with a GoPro on your body
2. Have your phone ready to record and a pocket for it to stay in (don't hold it)
3. Make sure there is plenty of battery life and data storage space for the time of your session/game
4. Press **RECORD** on your video recording device
5. Press **RECORD** on your phone's voice recorder app
6. Make sure both devices are flashing red lights or are working
7. Place the phone in your pocket
8. Once that is done, CLAP in front of the camera
9. Go coach, Once done with coaching, turn off both devices



Creating Video with Both Files

1. Open video editing software
2. Import video from your data source (usually the SD Card)
3. Import audio from your phone (usually plugging in your phone to computer)
4. Drag the video file into the editor timeline
5. Detach the audio from the video file
6. Drag the phone audio into the editor timeline
7. Locate the moment in the video file where you clap
8. Locate the sound of the clap in your phone audio
9. Move the peak of your clap in the timeline to the moment when you clapped on the video file so that they match up
10. Replay the video to test if the sound of the clap is heard when your hands meet
11. If not, keep moving the audio file around to sync together
12. Once this is synced, export or share the new video (video + phone audio file)
13. Save the file in a safe place with password safety

TUTORIAL: <https://youtu.be/Vm3897LlbYA>