

# What NOT to include in a Recruitment Highlight Reel

## 1. Celebrations, Showboating, or Taunting

Coaches aren't impressed with flexing, trash talk or over the top reactions  
It raises red flags about character, maturity and team fit

## 2. Slow-Motion for Style

Unless used briefly for emphasis, too much slo-mo feels gimmicky  
Coaches want to see how you move in real time

## 3. Music Tracks or Lyrics

Music can distract or offend  
Most coaches watch without sound – focus on content over soundtrack

## 4. Plays Where Athlete Isn't Involved

If you're not touching the ball or directly influencing the play, cut it  
Every second counts – don't waste it

## 5. Highlighting a Single Big Play on Repeat

Repeating same dunk, pass or goal in different angles acts as filler  
Coaches want to variety and consistency

## 6. Long Build-Up Before Action

Skip long intros, stats pages, or dramatic effects before your first play  
First 10 seconds are CRUCIAL – grab attention fast

## 7. Low Effort or Out of Context Plays

Don't include a 'highlight' where the opponent is clearly weaker or disorganized  
Coaches will notice and question whether the play shows real ability

## 8. Sloppy Execution

Avoid clips where form is off, passes are shaky or effort is questionable – even if play worked  
Coaches are watching for technique not luck