

Project Further Soccer Video Guidelines

It is important you thoroughly read the video instructions so Project Further can produce the best video possible for you.

Video Log

A video log consists of the time codes and descriptions of your best highlights, which allows us to identify where you are in the video. Your top plays will then be selected for use on your recruiting profile. Sending this video log will help us complete your video accurately and as quickly as possible. Below are more specifics needed for your video log.

- Include up to 25 plays on your Video Log.
- Log each of your best highlights and all of these will be considered.
- All time codes must have a start and end time.
- Play descriptions are required.
- Please see the sample Video Log for your sport and use the blank copy to log your footage.

What Type of Footage to Send

- Varsity or equivalent club footage preferred
- 11 v.s 11 full field game footage preferred. Small-sided and indoor footage will be considered if nothing else is available.
- No skills footage for field players, only Goal Keepers. (we can make an exception for seniors with no footage).

How to Film

- Tape from a high perspective when possible (at least several feet from the ground).
- A tripod is highly recommended.
- Do not zoom in and out. The wider the angle the better, don't lose track of the ball.
- Imagine the field separated into thirds (offensive, middle, defensive). When the ball is in the offensive or defensive third of the field, film the entire 18-yard box. When the ball is in the middle of the field, film the entire middle third.
- Show enough of the field so that we are able to see the player's vision, runs with and without the ball, use of space, combinations with teammates, etc.
- Coaches want to see the progression and finish of each play so you need a wide enough angle to capture multiple players. They also want to see foot skills and technical abilities, so do not lose focus on the primary player you are recording

What Project Further will do with your Video

- Evaluate up to 25 logged plays you send in
- Edit the footage in to a 2-3 minute highlight
- Upload your footage to your recruiting profile. (Additional Fee)
- Inform you when your video is complete!

The highlight video for your College Recruiting Profile is meant to attract initial interest and allow for initial evaluation. Coaches may still want to see you compete in person or view unedited video to fully evaluate your abilities.

Information Based on Position

- **Field Player: match footage preferred**
 - Goals, shots on goal, assists
 - Crosses, clears
 - Corner kicks, goal kicks
 - Traps from the air, headers
 - Steals, tackles
 - Passes: clean passes to a teammate, 1 touch, give-n-go's, thru balls, possession
 - Ball Handling - 1 v 1 moves, shielding, keeping possession
 - Good runs
- **Goalies: skills footage and match footage**
 - Include diving to your left and right (low and high shots)
 - High Balls - collecting and punching crosses
 - Breakaways - how well you cut the angles and do sliding saves
 - Punts - follow the ball to see distance
 - Goal Kicks