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## British Columbia Amateur Softball Association

### **COMPETITION INTRODUCTION ON FIELD VIDEO PROTOCOL**

- Video **MUST** be done by a third party, such as an assistant coach/ manager.
- Video taken in close proximity where communication between coach and athletes can be heard.
- Videos can be submitted through Dropbox, Google Drive, Youtube, and or WeTransfer <https://wetransfer.com/>
- Video **must** be 75 to 120 minutes; it **must** be continuous with no editing.

### **Video Format**

- An introduction to the session with the following components:
  - Introduce yourself
  - Time, date, and location
  - Team name, age, skill level (stage of skill development)
  - Include facility safety check
  - **Must** show location where Medical Forms and Emergency Kit contents are kept in case of emergency
- You **must** be seen in video **coaching and heard coaching**
- Start with warm-up
- Detect and correct as they relate to the skill or drill
- Cool-down and practice conclusion with athletes
- **Video Submission**
- Send your video to [jfrei@softball.bc.ca](mailto:jfrei@softball.bc.ca)