

# How to film a “How to...” video

## What do I need:

- If possible, in English or with English subtitle
- Smooth filming with a stable position (tripod or similar)
- Zoom only if really needed
- Take care that the video is properly illuminated. Position the light source (if possible) in the back of the camera for a homogeneous illumination
- Video format: Landscape format, HD or full HD (1280x720 or 1920x1080 pixel)
- Permission of all people in the video to publish the video (in case of underage gymnasts: permission of their parents)

The video will be checked by the IRV Academy before it goes online. The IRV might suggest amendments. The platform is meant to be a growing source of learning tools. Therefore, we might add new sequences from the wheel gymnastics community with additional ideas and training options. Furthermore, we will allow to comment on the videos for discussions and easy knowledge exchange.

## Do's and don'ts

- Avoid distraction
- Safety first! Make sure to use the appropriate safety equipment (e.g. with mats)
- The coach should be a role model. Spot the gymnast wearing proper clothes, shoes etc.

## **Main focus of the video is on how to coach**

- Name the element (**do not** name the number of the element, because it could change)
- Show the actual element
- Say what is important for this element (including recognition by the judges)
- Show all necessary steps to learn the element
- Name preconditions if there are any (e.g. elements which should be mastered already before starting to learn the new element)
- Preliminary exercises:
  - are there some without a wheel
  - are there some with a wheel
- Show the element with static assistance
- Show the element with dynamic assistance
- **Importantly: Show how to spot and instruct the coaches**
- Special attention on important points, common mistakes, possibly a special note on why help is important in this special point etc.
- Gradually reduce assistance, manage and reduce temporary staff
- Show alternative spotting solutions or solutions for small coaches. Share any special tip or trick you might have
- Non-deduction-execution: Turn attention on recognition and correct execution e.g. correct bonding, standing, handle-zone etc.
- Show variations but with the same difficulty
- Make suggestions what could be performed before or after (for example film also the transitions round the element)
- Enable and encourage independent practice

For an **example** watch [How to... | Straight-line | High roll forwards | B element](#)