TIPS CARD ARTISTIC MOVEMENT

USE ACTIVE SPACE TO COMPOSE A MASTERPIECE

SET UP YOUR CAMERA TO CAPTURE MOVEMENT

PAN YOUR CAMERA FOR DYNAMIC RESULTS

MASTER FOCUSING FOR HIGH-SPEED ACTION

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How to set up your camera to capture movement

- **USE SHUTTER-PRIORITY**
  Being able to precisely control your shutter speed is essential for this technique. Selecting shutter-priority (S) mode means that you can choose how long you want your exposure to be, while your camera automatically selects the appropriate aperture. Don’t forget to keep an eye on your settings though, as you may need to adjust your ISO if your images are coming out too dark.

- **SET HIGH-SPEED BURST**
  As you’ll only have a small amount of time to capture your image, it’s best to set your camera to Continuous mode before you start shooting. This will activate the high-speed burst mode, which will allow you to hold down your shutter to take between 3fps and 10fps, depending on your camera. You’ll find this mode on your camera’s release mode dial or in the menu.

- **SLOW YOUR SHUTTER**
  Your shutter speed will depend on two things – how fast your subject is moving and how far away it is. A car will require a faster shutter speed than a bicycle. However, a car passing you 200 metres away will require a slower shutter speed than one 20 metres away. It can be tough to immediately know what you should choose, so select 1/30sec and then adjust shutter speed accordingly as your shots continue.

**EXPERT TIP: USE A LOW ISO**
As you’ll be using a fairly slow shutter speed while working in broad daylight, you’ll have the opportunity to use a low ISO. Set your camera to ISO 100 for excellent image quality and photos devoid of noise.

How to use active space to compose a masterpiece

- **CREATE ACTIVE SPACE**
  When composing your shot you’ll need to take into consideration where you want your subject to appear in the frame. You want to give your subject plenty of space to move into, as this will create the illusion that it’s moving into this area. Avoid composing your photo so that the subject looks as if it’s about to move out of the image, as this will have less of an impact.

- **CONSIDER YOUR FOCAL LENGTH**
  While you can pan with any focal length, you’re likely to find that many of the fast-moving subjects you’ll want to capture will end up being physically quite far away from where you’re shooting. You’ll have a grid of nine points to ensure that your grid of focus points remains on the subject, and be able to accurately track your subject’s movements. You’ll want to avoid having your subject too small in the frame, as this will make it difficult for your viewer to see the rush of movement behind it. Use a telephoto zoom lens like a 70-300mm to be able to get much closer to the action.

**EXPERT TIP: GET THE RIGHT BACKGROUND**
Make sure you consider what your subject will be surrounded by. Avoid a clean background, such as a uniform blue sky, as you won’t be able to show any movement against it. Instead, find a background with plenty of contrast.

How to master focusing for high-speed action shots

- **SELECT AF-C**
  As your subject will be continually moving through the frame you’re going to have to take extra measures to ensure that your shot will be in focus. Use AF-C (continuous autofocus) for accurate focusing. This setting will tell the camera to keep the focusing motor engaged as long as the shutter button is half-pressed. The camera will then keep making small adjustments as you pan, ensuring that your subject remains sharp throughout.

- **USE DYNAMIC AREA AF**
  Choose 9-point Dynamic Area AF to be able to accurately track your subject. Rather than having a single focus point, your camera will have a grid of nine points that constantly switch in order to track a moving subject. Just make sure that you keep the shutter half-pressed until you’re ready to take your photo. This will offer you the best chance of success when panning your shots.

- **FOCUS ACCURATELY**
  One of the trickiest parts of this technique is ensuring that your subject remains in focus while you pan along with it. This requires you to make sure that your grid of focus points remains on the moving subject at all times. This definitely falls into trial-and-error technique territory, so don’t be disheartened if it takes you a few tries to get it right.

**EXPERT TIP: USE A LOW ISO**
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How to pan your camera for dynamic results

- **TUCK IN ELBOWS AND PIVOT FROM THE HIPS**
  As you’ll be dealing with the difficulty of having a long shutter speed, you’ll need to ensure that your panning motion is as smooth as possible, with minimal up-and-down wobbles. Keep your elbows tucked in tight to your body to stabilise your camera. Then simply pivot with the hips rather than the waist, as this will keep your upper body locked into place and prevent the camera from visibly wobbling around as you take your photo.

- **PAN THE CAMERA**
  After you see your subject move into the frame and have focused on them, you should immediately start panning your camera to follow the movement. Don’t be afraid of beginning too early, as you’ll want to be in the middle of panning when you start taking your shots. This will ensure the smoothest motion in your photo.

**EXPERT TIP: TRY IMAGE STABILISATION**
If you’re having trouble with your panning and you’re finding that there’s too much up-and-down shake, turn on your lens’ image stabilisation. This will reduce camera shake while still creating great panning shots.

**EXPERT TIP: GET THE RIGHT BACKGROUND**
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