



HOW TO FILM AND CONDUCT AN INTERVIEW

SCOTTISH HOCKEY



Please keep in mind you are representing your club and Scottish Hockey:

Back-up and render footage as soon as you return home.

Interviews

Here are some guideline questions for interviews to get you started. Aim to be more personalised and insightful with your approach.

Interviews generally follow the same structure. 1. Questions about the past 2. Questions about the present 3. Questions about the future.

Winning/Drawing:

- What did you think of your team's performance today?
- How has your season gone so far and what are the team's hopes and ambitions for the future?
- What do you think of the performance of the opposition?
- What does today's result mean to the team?
- How does this result set you up for the next match?

Losing:

- A disappointing result today, but what did you make of your team's performance?
- What do you think you could improve and learn from going into the next game?
- How has your season gone so far and what are the team's hopes and ambitions for the future?
- If you could give one message to the other teams in the league, what would it be?

Framing interviews

How you frame your shot is an integral part of your interview. A slightly askew frame can annoy your audience, as well as a shot that has way too much empty space or

an image that is too close up to the interviewee revealing the pores of their skin. The best way to frame your interview is to use the Rule of Thirds. You should select an area mid right, mid left or centre depending on the purpose of your video.

Mid Right & Mid Left Framing

This should be used for a more interview / storyteller feel and this choice of framing will generally give your video a more relaxed feel.

Centre Framing

This should be used when you want to talk directly to your audience. For example; in a promotional video for your business or a training video for clients / staff. The background should be neutral, ideally a solid coloured wall.

Lighting

The video should be shot with a soft, fairly frontal light hitting the subjects face. Avoid allowing the face to be lit by blue light from a computer or webcam or having light so bright that the subject is squinting.

Make sure there are no bright lights such as windows behind the subject as cameras that are set to automatic will automatically adjust to the brightest thing in shot.

Sound

It is important to ensure the sound is as clear as possible as it can be very difficult to clean up bad sound afterwards. Do what you can to eliminate any background noise. Interiors noises to look out for are: music (radio etc), air conditioning, washing machines, dishwashers. External noises to look out for are aeroplanes, sirens, cars/motorbikes passing etc.

Listen back following the shoot just to check it sounds ok. Some sounds (such as wind on the microphone) will only be heard on the video.

For clearer and better quality sound please use an external microphone (handheld microphone, sound recorder or clip-on mic). The external microphone can be connected to the camera or to a sound recorder/mobile phone. If you are using a handheld microphone, please keep it high up in the shot, at approx 10cm from the interviewee's mouth. If you are using a clip mic, position it on the collar of the shirt or as close as possible and make sure it's pointing upwards. If the interview takes place outdoors, all the microphones must have the windshield on.

Top Tips

- The preferred format is Full HD (1920x1080 in resolution) if the interview is for a corporate/promotional piece, or HD Ready (1280x720 in resolution) if it is a post match interview.
- Always use a tripod.
- Please note that the film can be edited, so if you are struggling to get a clean take, you can stop and start, and edit for continuity.

Interview Q & A Guidance

- Try to follow the same procedure in every interview. If the interview is “off camera”, when the interviewee is not looking straight to the lens, make sure that this one looks all the time to the interviewer and don’t address his/her sight randomly anywhere else. Please follow the same procedure if the interviewee is doing the interview straight to camera.
- Start by asking the interviewees to introduce themselves and their role - relevant to the video you are filming for.
- Ask the interviewees to start the answer with the question asked, or to put the question in context with what they are going to say.