

CHECKLIST: Professional Football Highlight Video

Tick each box as you complete it. A summary is included at the end of the document.

1. PLANNING & PREPARATION

- I have selected my 15-30 absolute best clips (max 3-5 minutes total).
- I have placed my 4-5 best clips in the first 30 seconds.
- I have cut everything that is not top quality — no filler sequences.
- I have gathered contact details: full name, position, jersey number, birth year/age, email and phone number.
- I have a link to full match footage ready (YouTube / Vimeo / Hudl).

Tip: Scouts scroll through 50 profiles a day. You have 10 seconds to grab them — then they are gone.

2. CONTENT & VARIATION BY POSITION

- Goalkeeper: Saves, box command, quick distribution, 1v1 situations.
- Defender: 1v1 defending, build-up passing, positioning, interceptions.
- Midfielder: Game intelligence, passing range, receiving under pressure, transitions.
- Forward: Goals, off-ball movement, pressing, creativity in the final third.
- I have added short text before complex sequences (e.g. "#10 in red — assist after beating two defenders").
- I have noted the opponent level where relevant (e.g. "vs. league runners-up").

Tip: A video with 20 goals does not show that you are a complete player. Show game intelligence and intensity.

3. IDENTIFICATION & MARKING

- I have frozen the frame 1-2 seconds before each play sequence starts.
- I have added a circle, arrow or spotlight effect on myself in every clip.
- I use the same jersey number in all clips if possible.
- My name and contact info is visible within the first 3 seconds.
- The last frame contains the same contact info + link to full match + social media links if relevant.

4. TECHNICAL QUALITY

- All footage is filmed in at least 1080p and in horizontal (landscape) format.
- I have used a tripod or stable surface — no shaky handheld footage from the stands.
- Best angles: full-field view or elevated sideline view. No vertical mobile clips.
- The image is sharp and not blurry — blurry clips give an unprofessional impression.
- I have checked that the audio level is neutral (no music, but clear match sound / commentary if needed).

Tip: You do not need to hire a professional filmmaker, but stable and clear footage is an absolute requirement.

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5. EDITING & DESIGN

- No background music — coaches often watch on mute.
- No transition effects, spinning graphics or glitter.
- No slow-motion effects that drag down the pace.
- No intro sequence longer than 3 seconds.
- Total length is exactly 3-5 minutes — I have checked the clock.
- I have exported in the correct format (MP4 / H.264) for smooth upload and playback.

6. FINAL CHECK & UPDATES

- I have watched the entire video on both computer and mobile to check quality.
- I have asked a teammate or coach for feedback before sending it out.
- I have saved a backup of the raw footage and the project file.
- I have named the file professionally (e.g. "FirstName_LastName_Position_2026.mp4").
- I have a plan to update the video every season with fresh material and new achievements.

7. EXTRA TIPS (ADDED)

- I have created a short 30-60 second "teaser" version for social media (Instagram / TikTok / X).
 - I have checked that the video uploads correctly — tested upload on YouTube / Vimeo without quality loss.
 - I have a short personal message ready to send with the video (position, strengths, what I am looking for).
 - I have found out which format the club / scout prefers (link, file, Hudl, etc.).
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THE GOLDEN RULE

"If they are not hooked in 30 seconds, you have lost them."

Start explosive. End memorable. Nothing else counts.