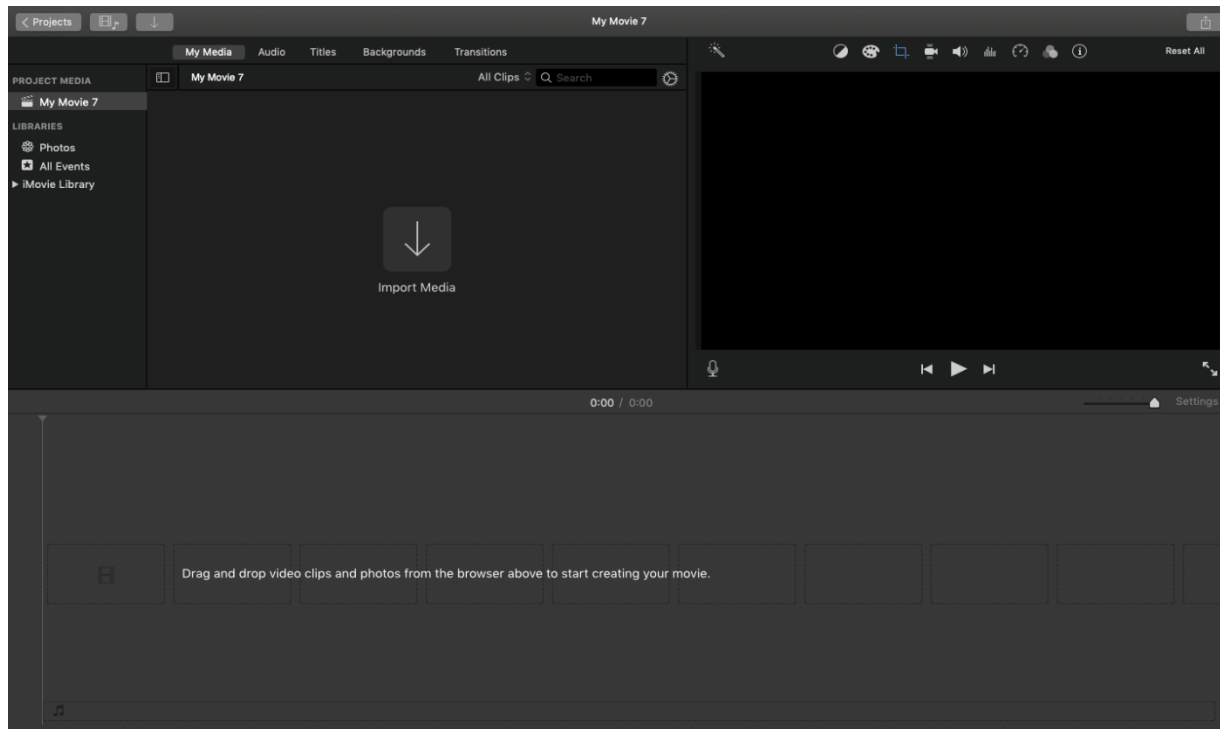# How to use iMovie for your highlight video

Creating a good highlight video is a very important task and getting quality content is the hardest part. Once you have all the content then you begin creating your highlight video.

Please note that at any stage of creating your highlight video you can save your progress and return to it later. To do this, if you click on the word 'Projects' in the top left-hand corner of the screen it will take you back to the home page of iMovie. However, when you click the button a pop-up box will appear and ask you to save your iMovie and ask you to input a title. Add the title you wish to name your highlight video and it will be saved for later on the home page of iMovie.

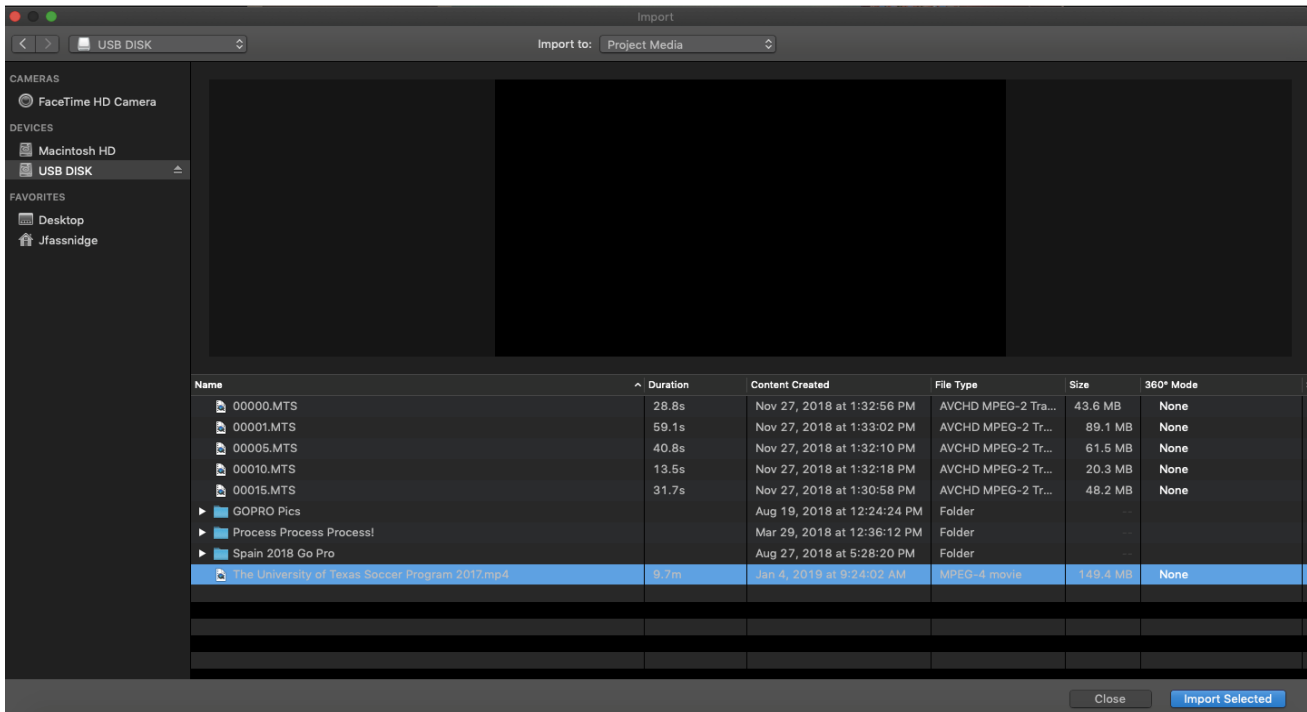## 1) IMPORTING MEDIA AND CUTTING CLIPS

1. Open iMovie – look for the following app or icon on your laptop or computer:

2. Select 'Create New'

3. Then 2 options will appear: 'Movie' or 'Trailer' here you will select 'Movie'.

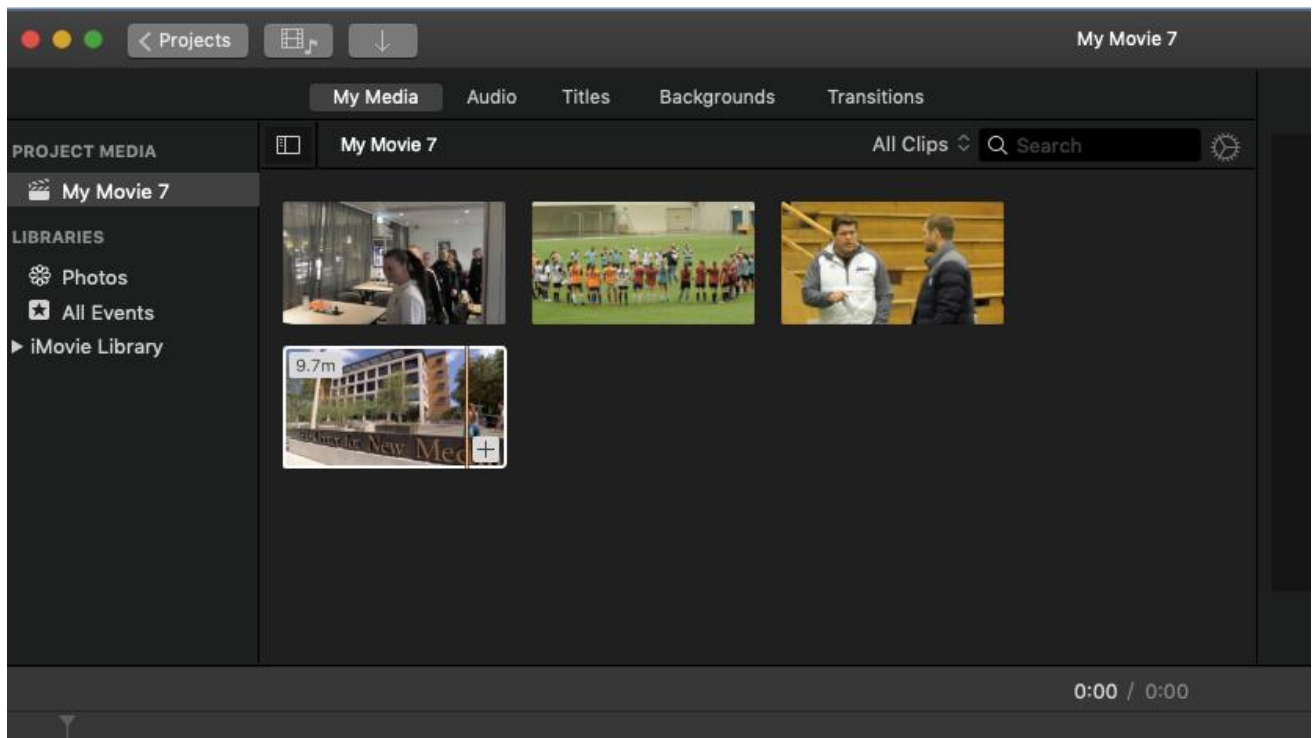4. The following screen should appear:

5. Click on 'Import Media'.

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6. When importing media, you can select one clip or multiple clips that you want to use for your highlight video as the image shows below. Once happy with clips selected click on the blue box, 'Import Selected'.
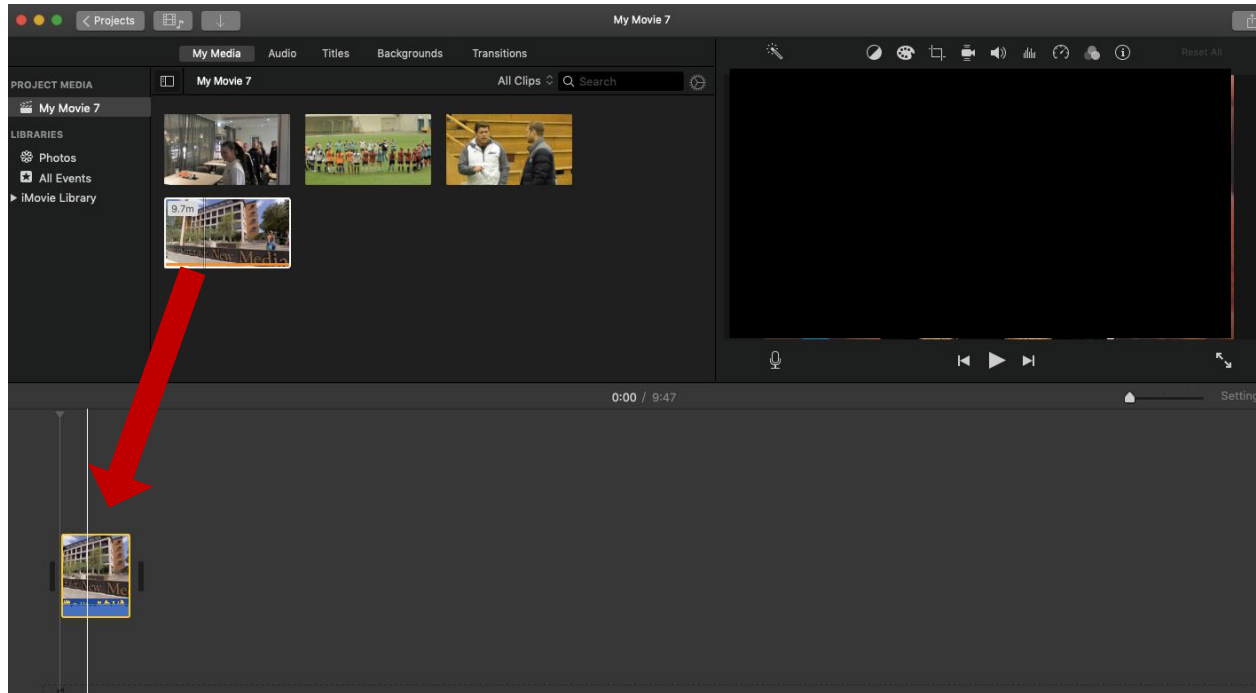

7. All of the media you have selected will appear at the top as the photo shows below.
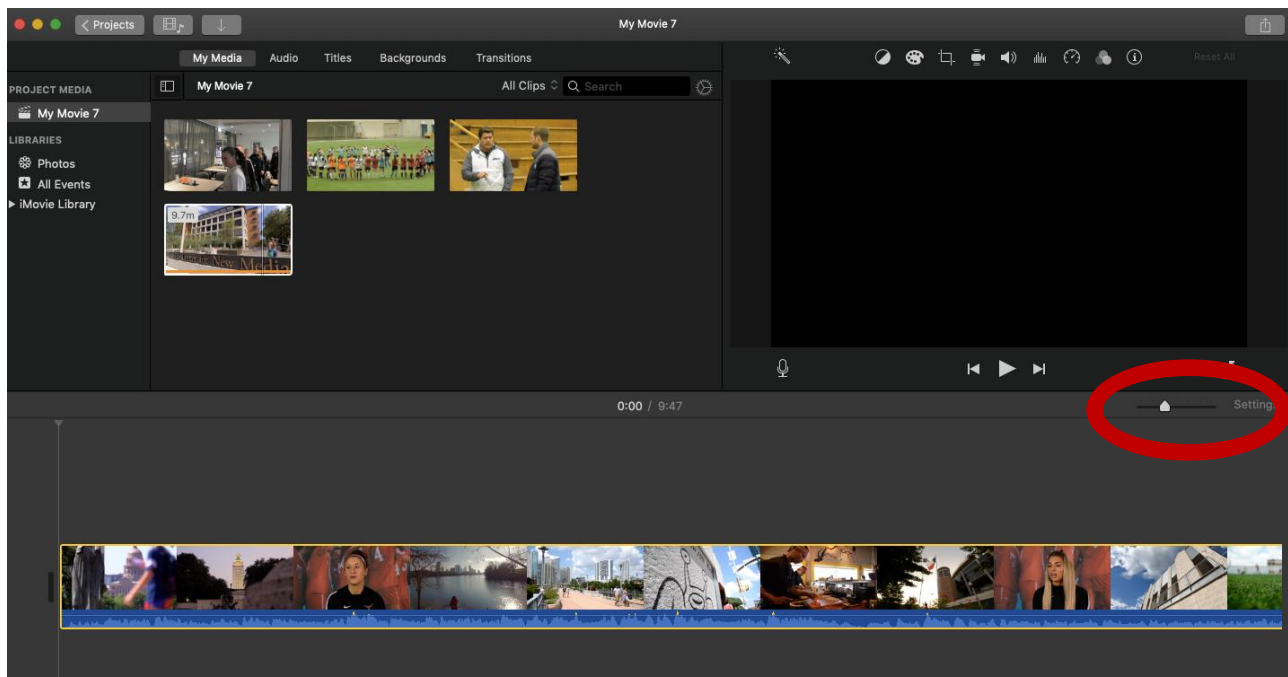
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8. Select one clip you have imported and drag it to the section known as the 'timeline' which is directly underneath the imported media. Once dragged and dropped you can begin snipping the sections you need/want from the clip.

9. The clip that is dragged and dropped may appear to be too small so you can make it bigger by moving the arrow as the red circle indicates below. You can zoom in so the video stretches and you can see more of it.
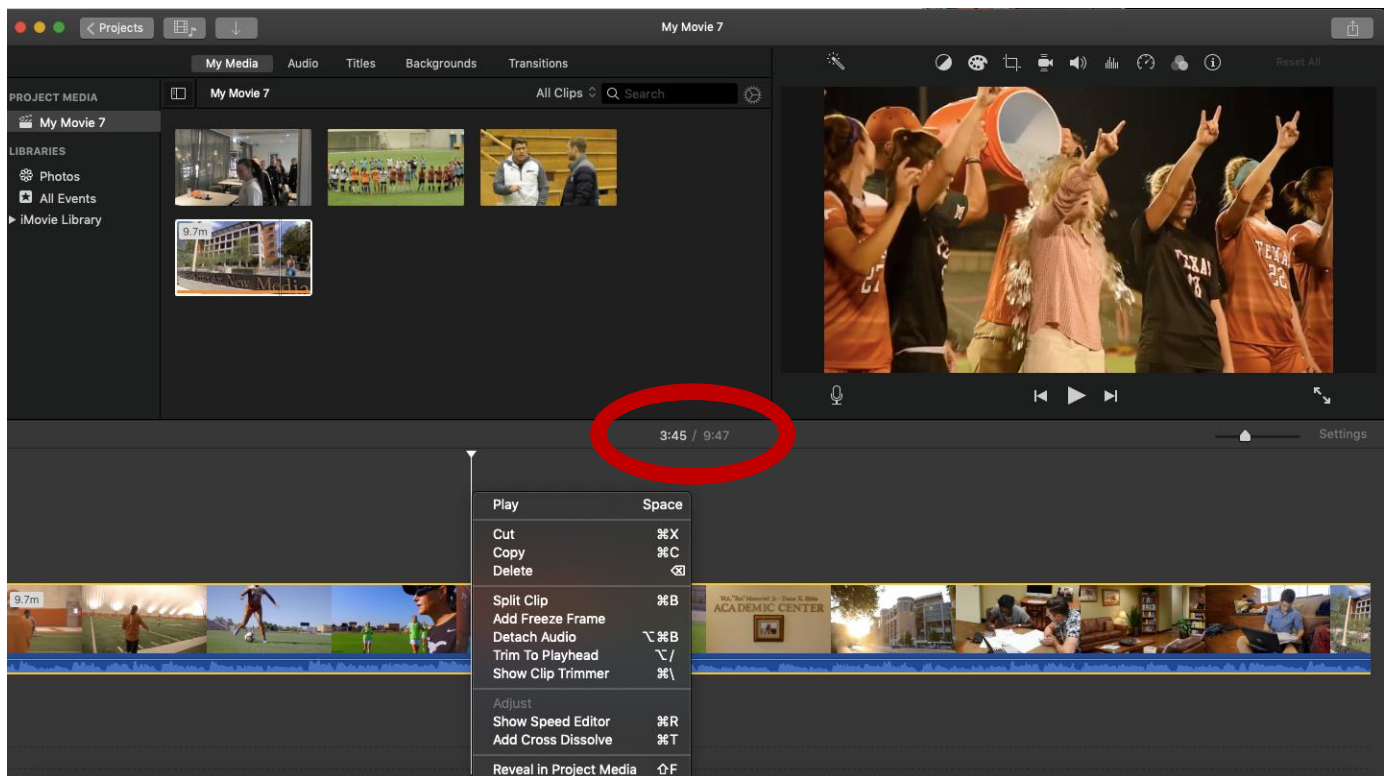
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10. Snipping Clips

a) You will need to snip the long clip to the exact time of the skill or movement you are trying to cut out. The red circle below indicates the timing of the clip from start to finish. When you click anywhere on the video a vertical curser will appear and you can move this across the entire video to find the times you need for the clips you wish to use.

NB! You will want to make a note of when the clip starts (i.e. build up play before goal) and when the clip ends (i.e. after goal is scored) before you begin making your movie.

b) Use the curser to find the correct time and then right click on it and the following options will appear:

c) Select 'Spilt Clip'

d) The original clip is then spilt into two individual clips. You will then need to spilt the clip again at the end of the movement or skill you are showing. Use the curser again to move along the video and find the end of the clip required. Then, right click and select 'Spilt Clip' again. You will now have 3 clips in your timeline. The middle one should be the clip you have clipped out of the skill or movement you are showing.

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e) You will then keep going through the footage (the last clip in the timeline) cutting each clip out you wish to use following the same steps as above.

f) Once you have clipped out all of your videos into separate ones you will need to delete the ones you do not want to use. To do this, select the clip, right click and hit 'Delete'. **Do not delete the clips after every single clip you cut because the times you have wrote down will then not be the same times.**

11. You can preview your video you have created so far by going to the start and pressing play. The footage in your timeline will appear in the top right corner.
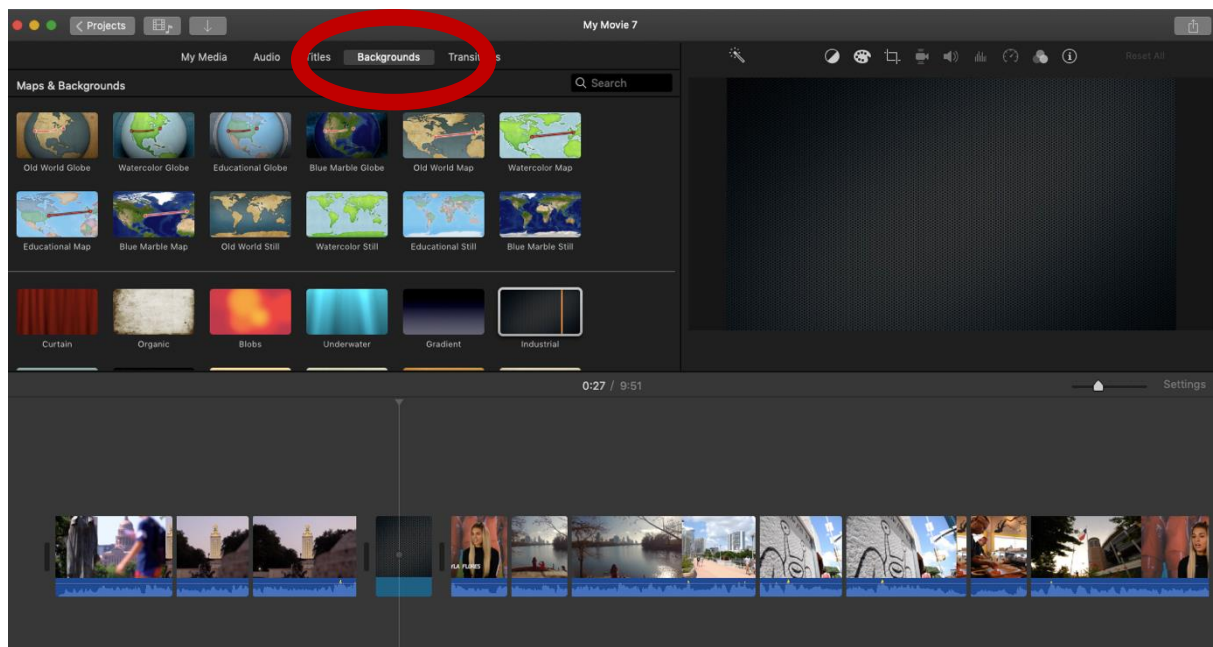
12. If you want to move around the clips to a specific order (make sure to put the best content or clips of you at the very beginning) you can select a clip and drag it to whichever position in the video you want it by drag and dropping.

2) **VIDEO EDITING & PRODUCTION**

You should now have raw clips in the order you would like them to feature in your highlight video. Now you can edit individual clips or the video as a whole and add in any slides or other features you wish to include.
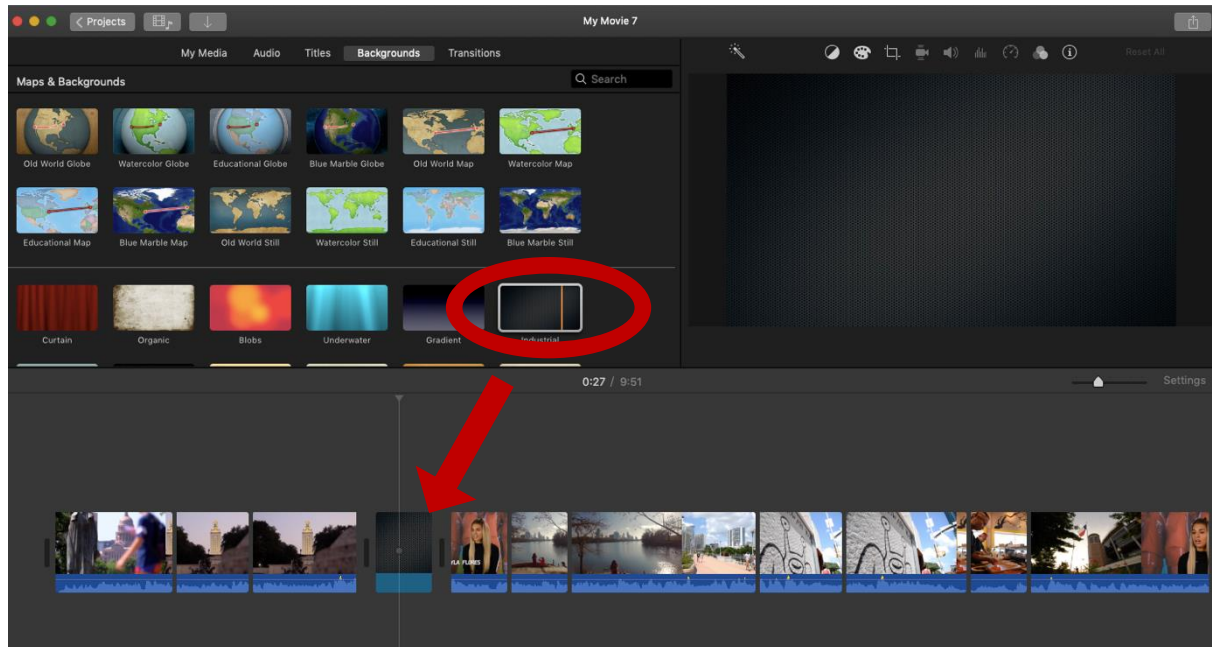
Adding slides & writing into my video

1. If you wish to include slides with writing on in between certain clips you can do this by either selecting a background that iMovie offers, or upload a photo into your media. If you want to use an iMovie background, clip on 'Background' as the photo shows below. You will then see some examples of backgrounds you can use.
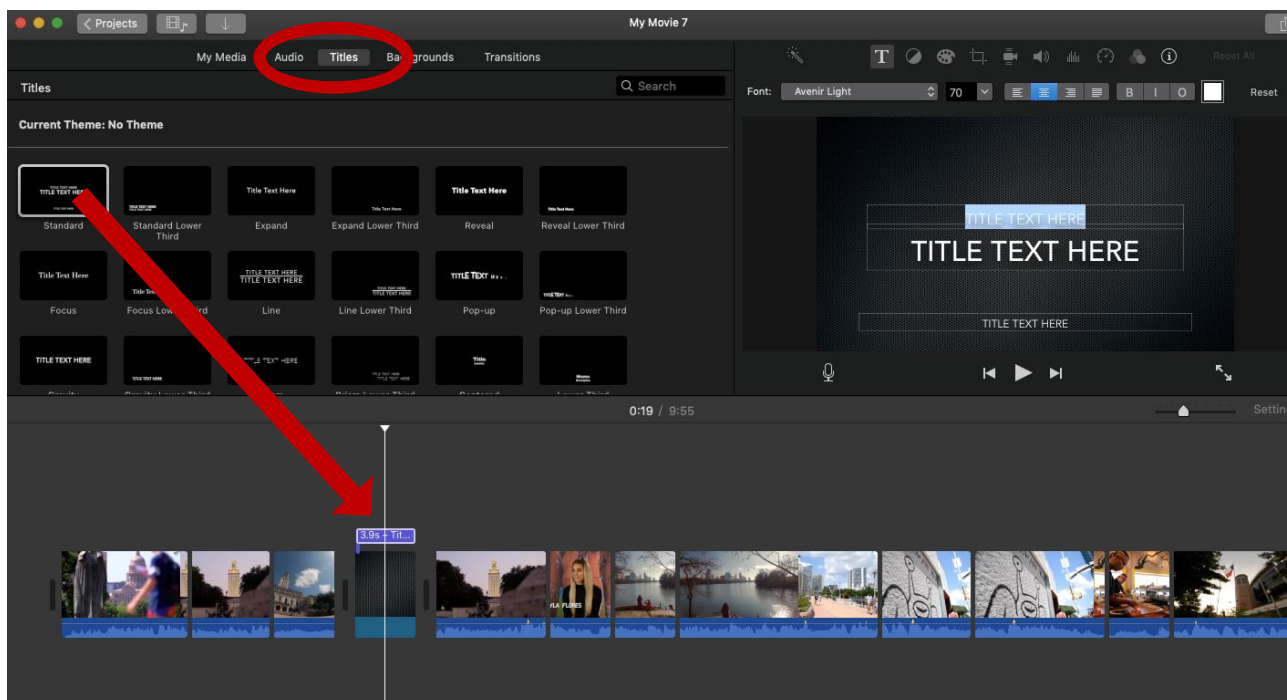
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2. Clip on a background you would like to use and drag and drop it into the video timeline in the exact location you would like it to appear.
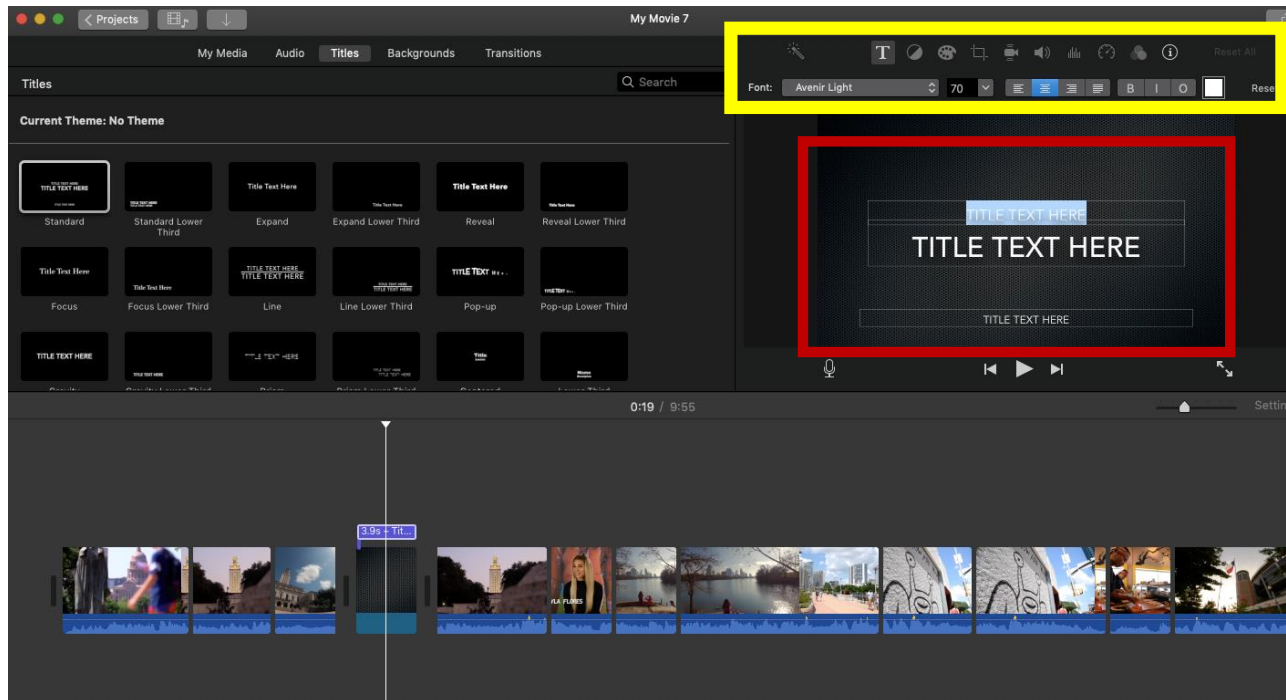

3. Once you have added it to your timeline you can then add a title or writing to the background. To do this select from the menu bar 'Titles' and a variety of different examples pop up. Once you have decided on the one you wish to use, drag and drop it on top of the background you just inserted. It will be purple bar that will sit on top of the background in your timeline so both will be played at the same time.
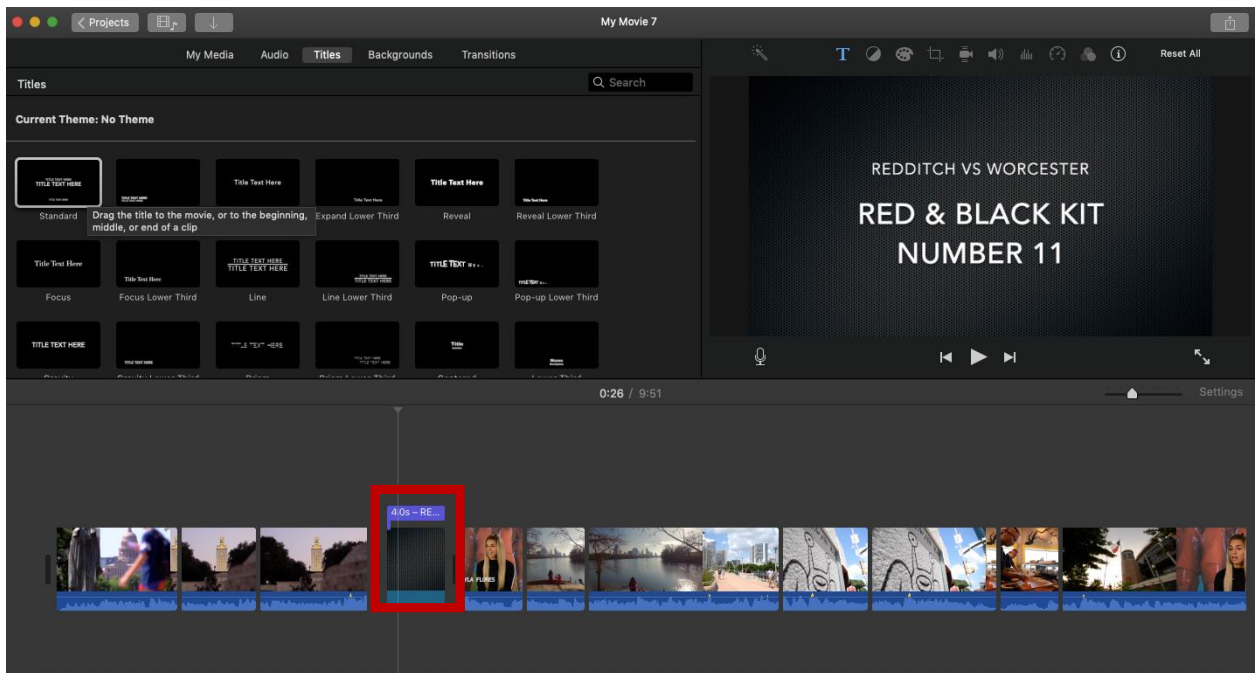
4. You will see on the preview screen below you can add in the text you wish to write. Click on the purple title you added to your timeline, so it is selected, then click in the text box where it says, 'TITLE TEXT HERE' and change the writing to whatever you wish to change it to.

5. You can change the font, size, positioning of the text etc. on the bar above the writing indicated by the yellow box below.

6. It is recommended to use the 'Backgrounds' and 'Titles' during your highlight video to indicate which person you are or the opposition you are playing against within the video so coaches can recognize you easily. Sometimes these slides can be used to break up different aspects of your game. For example, if you are a soccer player you may break up the first section of clips into 'Goals' and then the next section into 'Passing' and the next section into 'Defensive Play and so on. Which means you can add these slides in to reflect the part of the video the viewer is about to watch. The most important information that needs to be added on a slide is the colour you are playing in and the number you have on your shirt.

7. Make sure the 'Background' and 'Title' you have selected in your timeline match up so the timings are the same. If the purple title is extended onto other clips, then the writing will also appear on those clips too. The photo below shows that the background and title match up perfectly. If they are not, simply use the arrow to drag it to the length you wish to set it at.
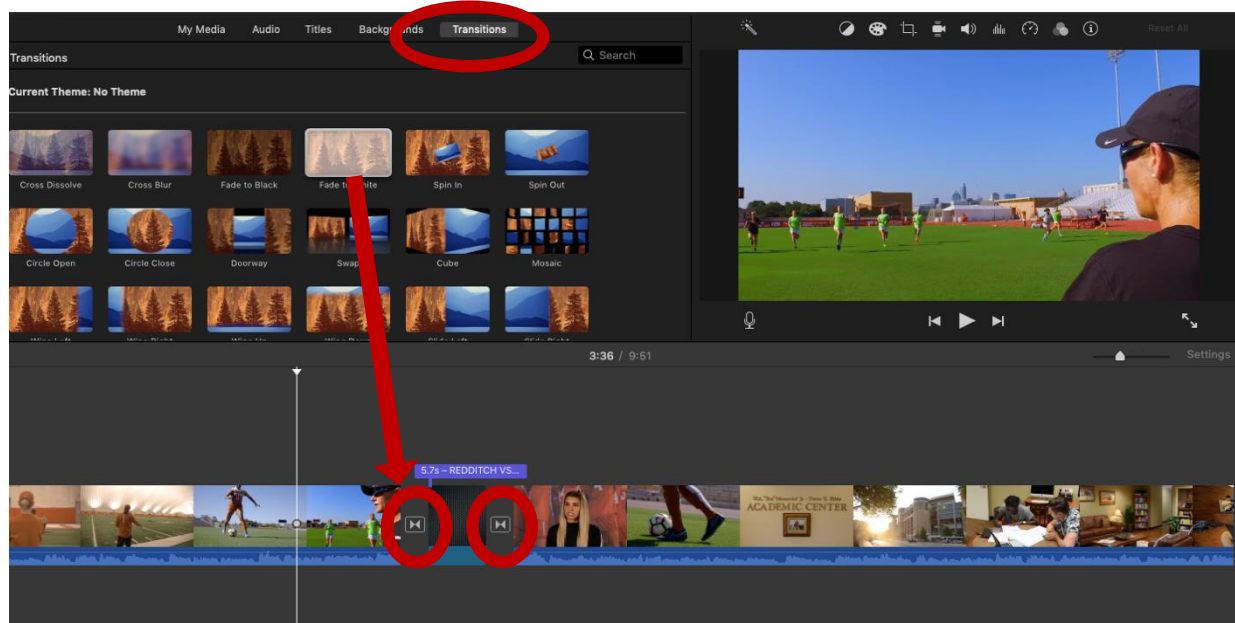
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<u>Transitioning from one clip to another</u>

Transitions are not required for your video and are only recommend when including them before and after a slide with a background or writing on. To add a transition slide:
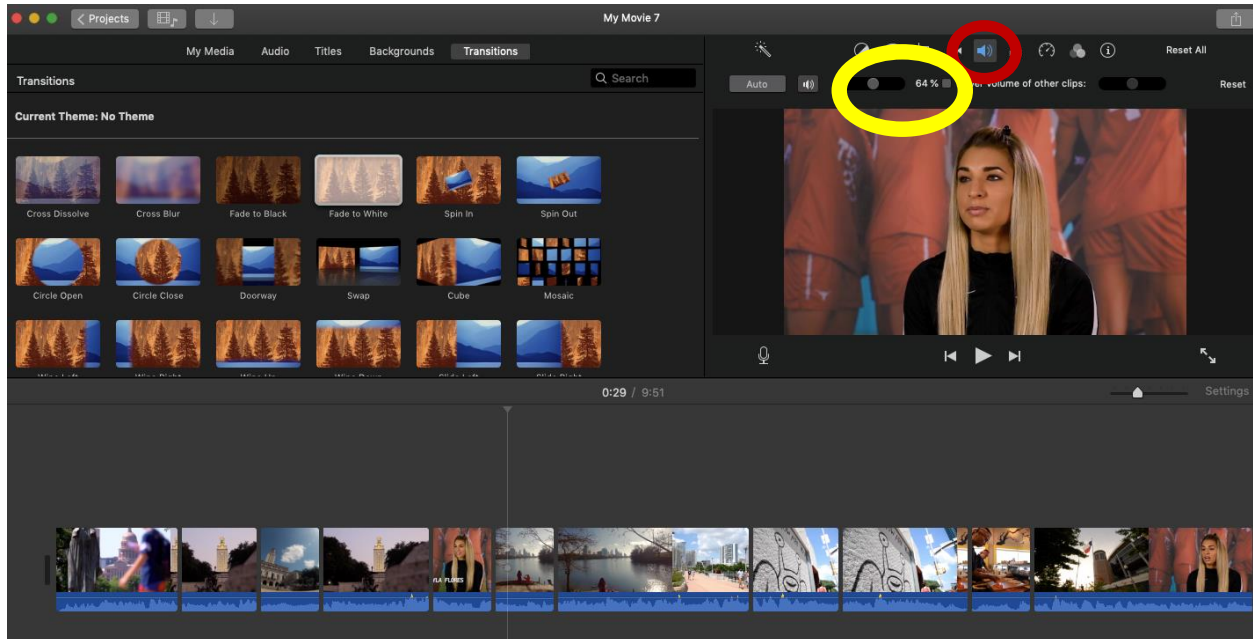
1. Select 'Transitions' from the menu bar
2. Select one you wish you use and drag and drop into location within timeline
3. It must be dropped in between 2 separate clips as shown below

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Muting the sound to my video

It is not advised to add anything fancy to your video with regards to sound or music, some coaches may even watch your video and mute the sound. It is advised that you listen to your video once created all the way through from start to finish. If you have some clips that are very loud or may contain loud spectators in the background, you can simply mute those individual clips.

To mute sound from a clip:

1. Select the clip from your timeline you wish to mute
2. Click on the microphone icon (as shown above in the red circle)
3. Move the small circle all the way to the left (as far as it can go) so the number changes in this instance on the photo above, from '64' to '0' (shown in yellow circle).
4. Now when you replay your video there will be no sound for that specific clip
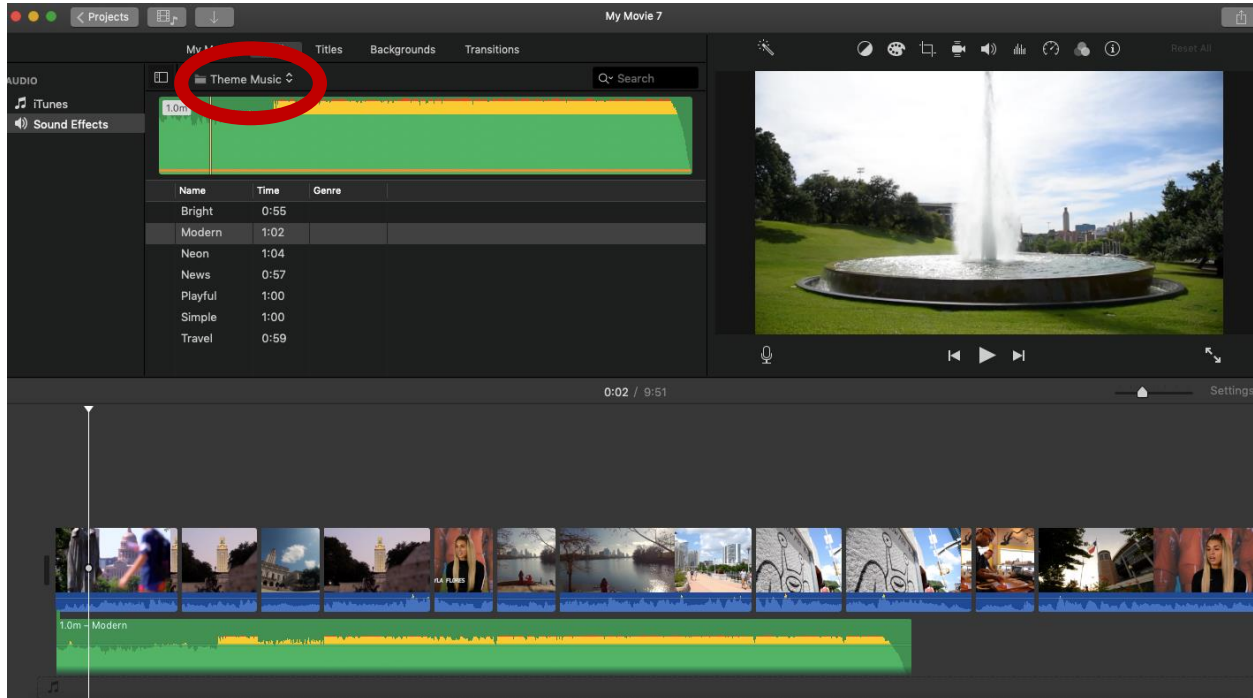
Adding Music to my video

Adding music to your video is not something that is necessary important, however if you wish to do this:

1. Select 'Audio' from the menu bar.

2. On the left-hand side, you will see the options of 'iTunes' or 'Sound Effects'. You can either select music from your downloaded iTunes or you can select the ones that iMovie offer within the sound effects library (which is advised).
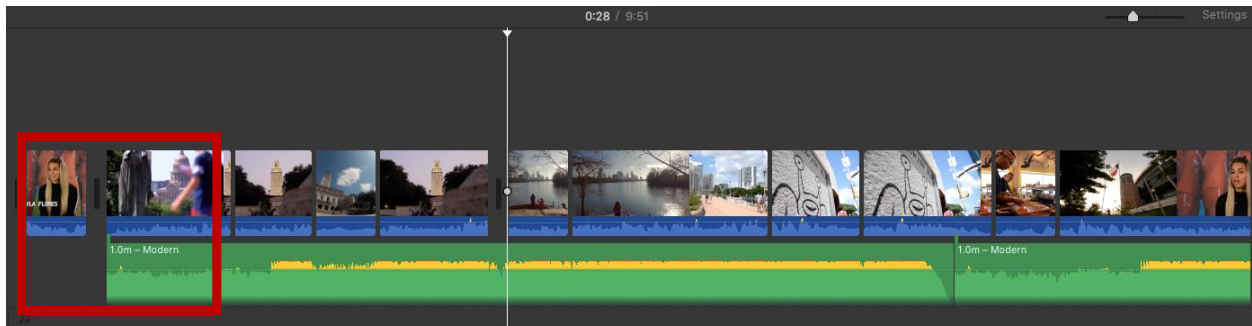
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3. If you select 'Sound Effects', you can change the genre of the sound by clicking on the drop-down menu as highlighted in the red circle below. All the options within that genre will appear in a list underneath along with the duration of each one and you can click on different ones to sample them.

4. Once you have found one you wish to use, drag and drop it onto the timeline. It will appear in green underneath your video. In the example above you can see the music starts in sync with the video, however, the end of the music (end of the green block) indicates that is the end of the sound. In this case with the photo above, if you were to hit play you would only have music for that first section where the green block is shown. Therefore, you need to keep dragging and dropping that same sound into the timeline until it is level with the video within your timeline so that the sound keeps looping back around. The music blocks can be dragged and dropped and moved to wherever they are needed easily.

NB! If you have an introduction at the start of your video, make sure you move the sound or music selected to begin when your highlight video begins. See example below where the green music block starts after the short introduction.
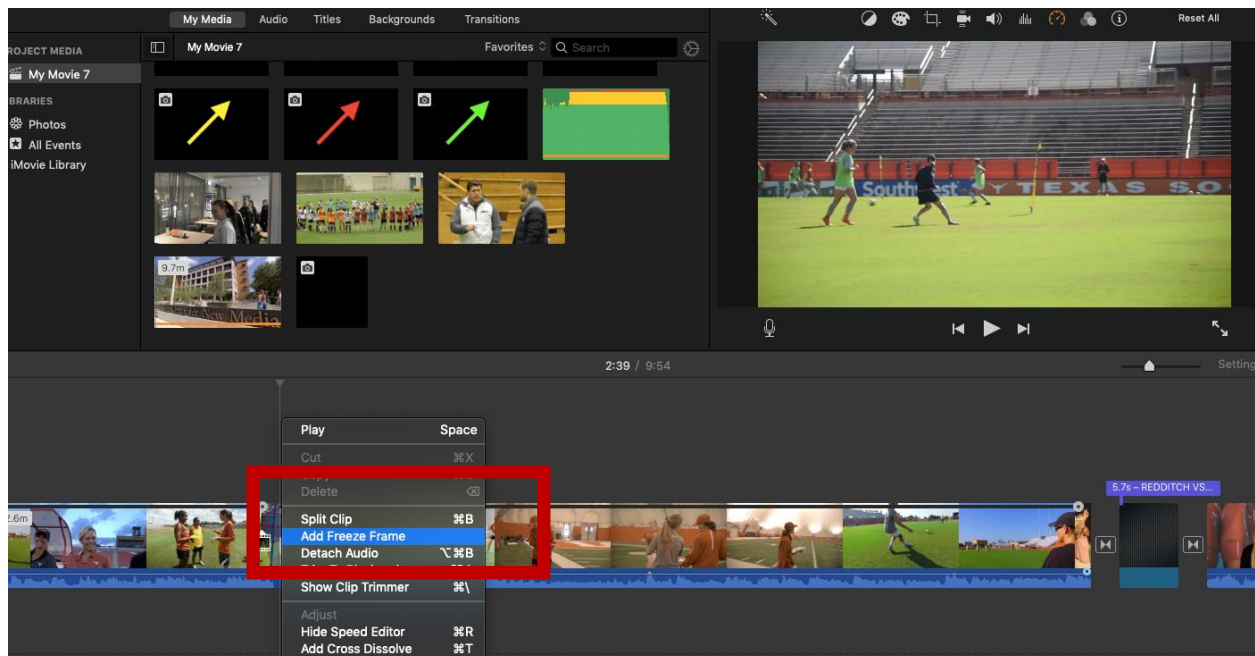
How to use iMovie for your highlight video

As you can see above in the photo, the introduction will be played and then the music starts directly after the introduction has finished.

3) HOW TO HIGHLIGHT YOURSELF IN EACH CLIP

It is important that you make it obvious which player you are within each individual clip you have chosen to use in your video. If it is hard to tell which one you are in each clip, the coach may switch it off and move on to someone else. There are several different ways to do this through the use of arrows, circles or highlighted circles. To do this, first select the clip within the timeline you want to begin with and complete the following:

1) Once you have highlighted a clip you will need to add in a 'Freeze Frame'. A freeze frame means that a clip will freeze for a couple of seconds before the video continues, which allows you to highlight yourself within in the clip. Go to the start of the clip and when you see yourself on the screen (before you complete the skill or movement) right click and select 'Freeze Frame' from the options listed.
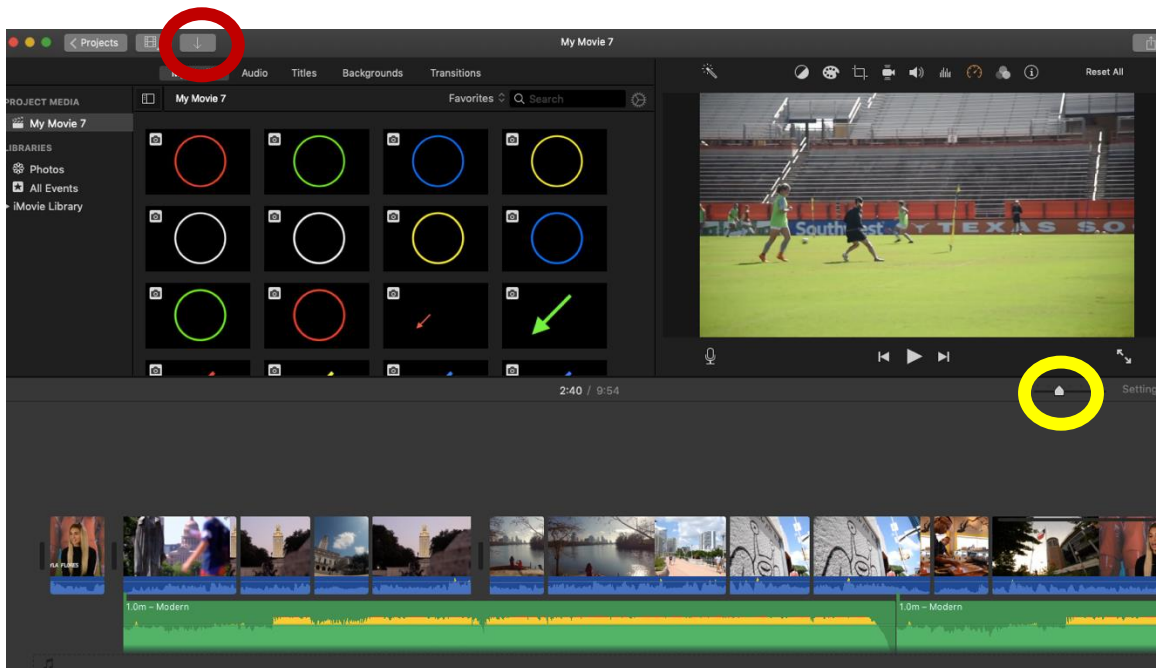
How to use iMovie for your highlight video

2) After you have selected 'Freeze Frame' you will notice if you hit play on that clip, where you added the freeze frame the video freezes on that exact spot for a couple of seconds.

3) Next you need to add in a circle, arrow or highlighted circle to that freeze frame you created. To do this you will need to find a circle or arrow (whatever your preference may be) on google images. Open the internet browser on your computer and type into google images 'Arrows PNG' or 'Circles PNG' and you will have many options appear.
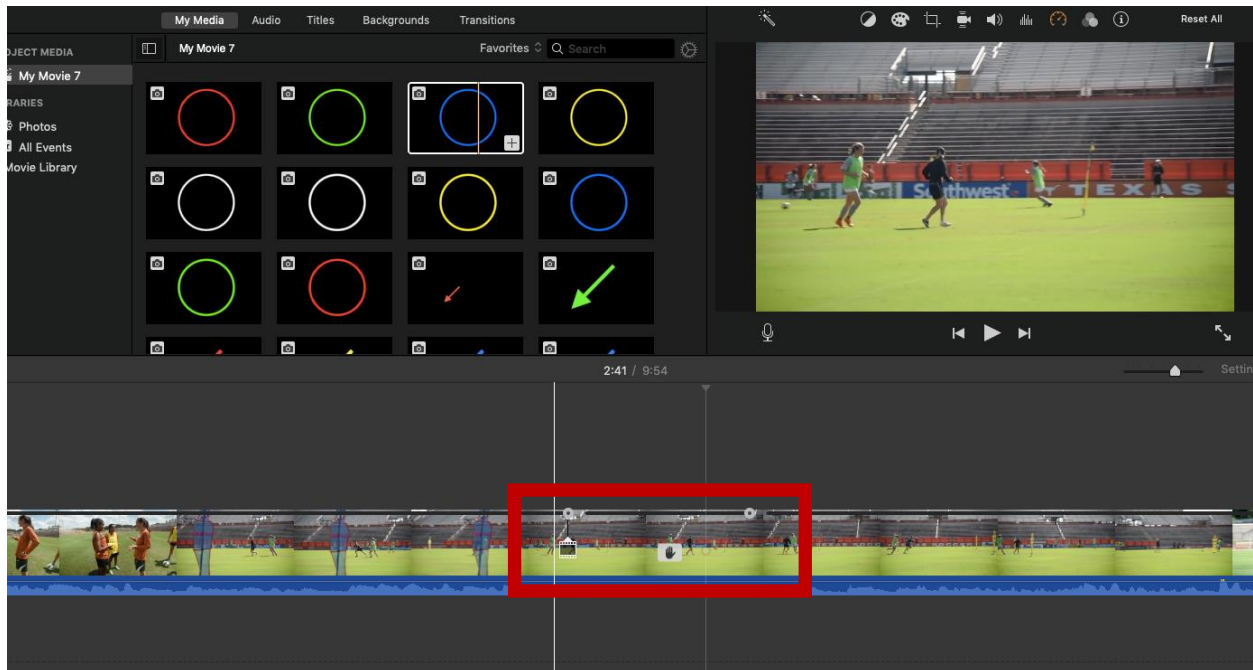
NB! *Make sure to include 'PNG' when searching on google because this means images that appear will not have a background which means when you add them to your movie you will be able to see through the circle and see yourself on the screen.*

4) Save the images to your computer and then upload them into iMovie. To upload, hit the downward facing arrow (see below in red circle) at the top of the screen and then select the image (of a circle or arrow) you wish you upload.
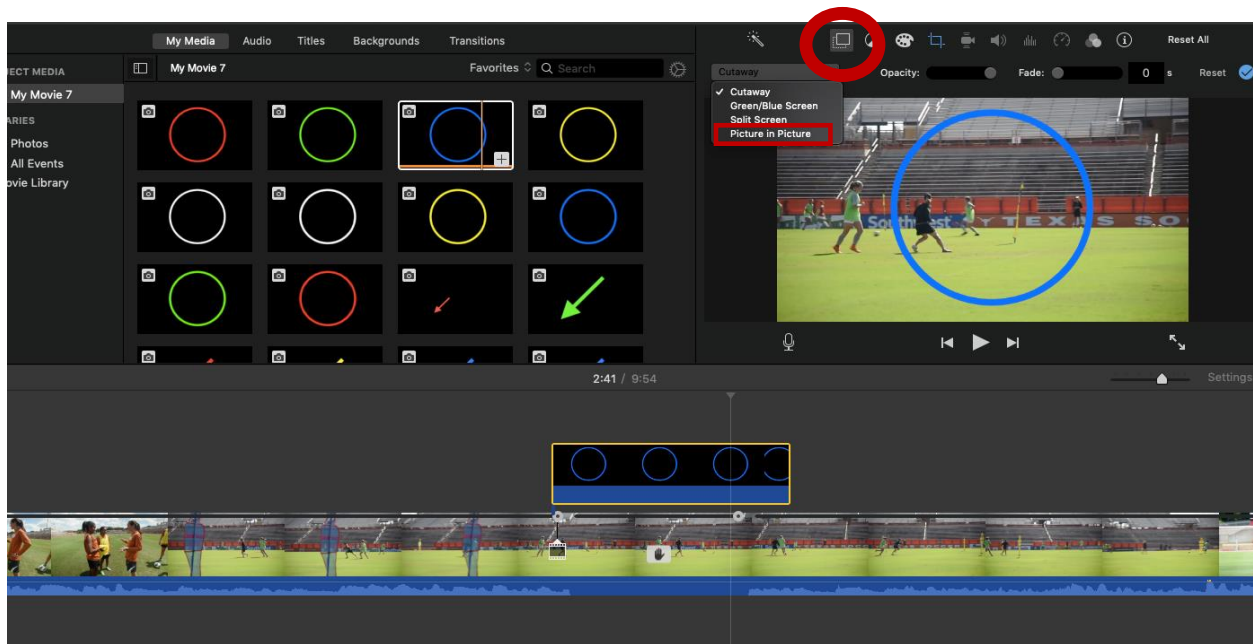

5) As you can see from the image above there are many different options that have been uploaded, but you only need one to be consistent throughout. Therefore, stick with either a circle for the duration of the video or an arrow.

6) Now you need to go back to where you created the original freeze frame. You may need to zoom into the timeline closer which you can do by adjusting the arrow as shown by yellow circle in the photo above.
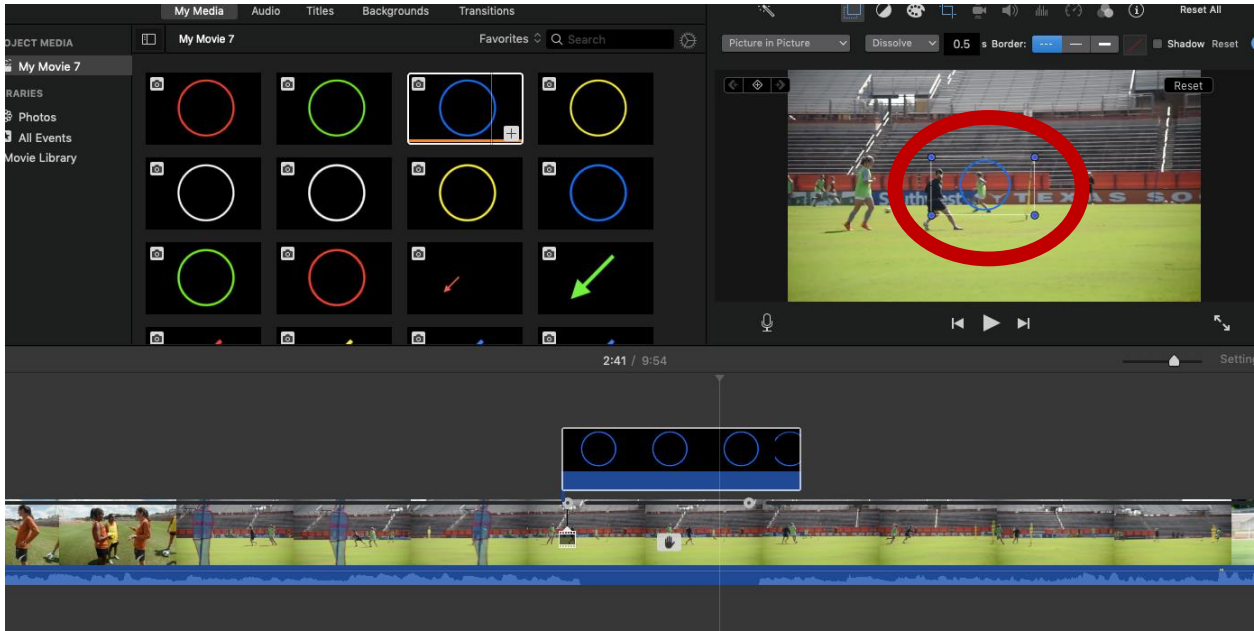
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7) When you zoom into the timeline, you will be able to see the freeze frame because it will look like the photo above which shows to small grey circles indicating where it is within the video as well as a hand icon within the center. You will need to drag and drop the arrow or circle you wish to use on top of this freeze frame area.

8) When you add it to the timeline it will appear very big in the center of the screen. You need to click on the icon on the menu bar as shown below. You then need to click on the drop-down options and change it from 'Cutaway' to 'Picture in Picture'.
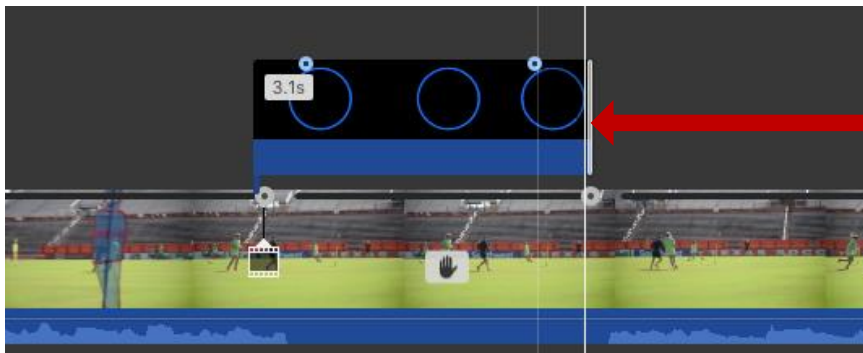
How to use iMovie for your highlight video

9) The circle will then decrease in size and you should be able to move it around anywhere on the screen. If you do not see the 4 blue circles highlighting the circle you have just added, then you need to double click on the circle box within your timeline for them to appear. Once they appear you can change the size of the circle and move it wherever it is required to go. In the example below, the circle has been added to represent the player that this highlight video is for.

10) You need to make sure that in your timeline, the circle box you dragged and dropped in above the freeze frame is the same length as the freeze frame. The photo above shows that the circle appears at the start of the freeze frame but continues to play even after the freeze frame has finished. Which means when the video starts playing again, the circle will still be in the way. Therefore, click on the circle box and drag it to the length you wish it to appear on the screen for.

The circle will now appear for the same duration as the freeze frame clip appears on the screen for. Simply drag it but using the arrow or bar that appears at the end of the box.
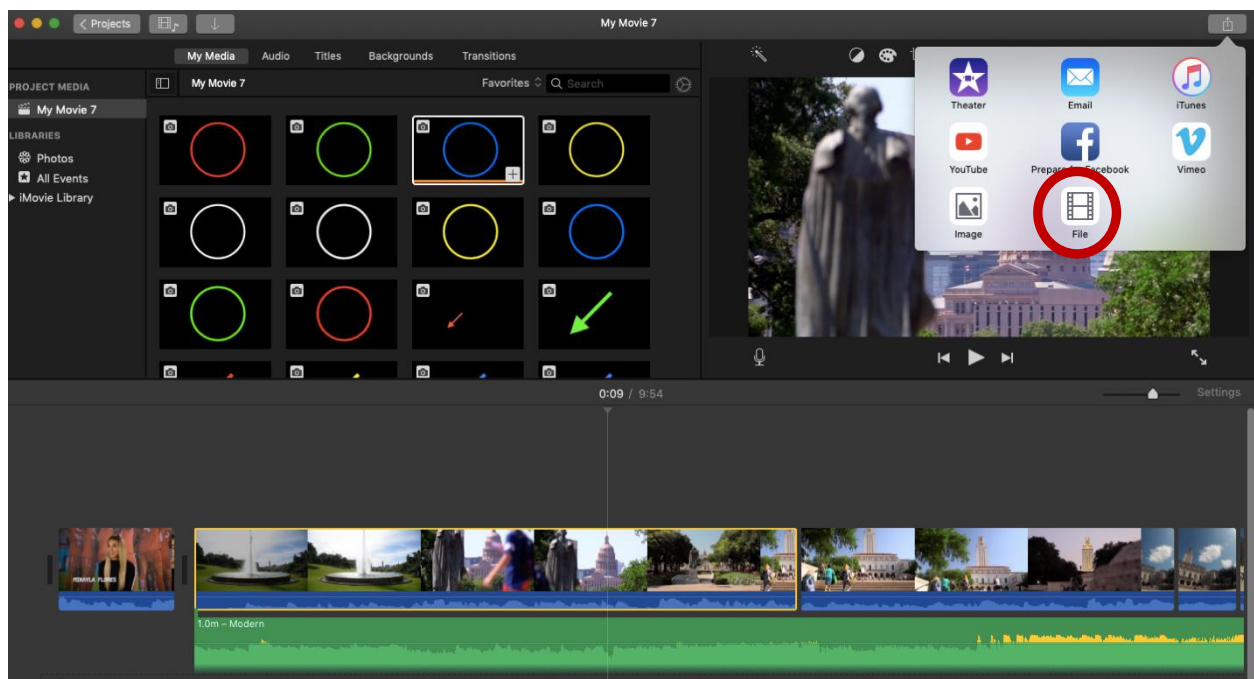
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11) Now you will need to repeat the above process for every clip by firstly adding in a freeze frame and then adding in the circle or arrow. Continue to do this on each individual clip until you have highlighted yourself in all of them.
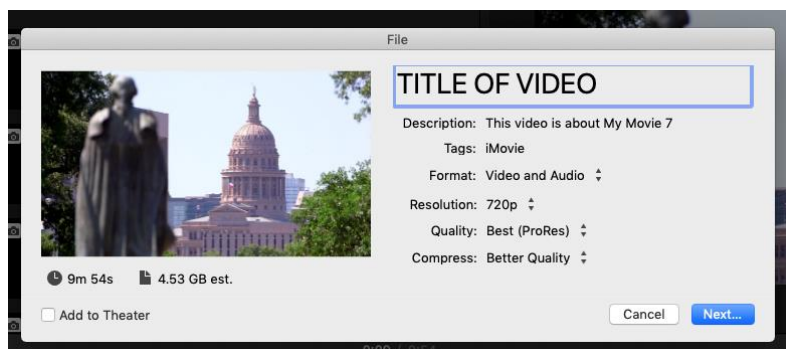
Your video is now complete!

Now your video is completed it is advised you watch it from start to finish once or twice to make sure everything looks and sounds ok. Once you are happy with your video you can then save it to your computer or memory stick. To do this follow the steps below:

1) Click on the button in the top right corner of iMovie as shown below and then select 'File'.

2) Next a pop-up box will appear as shown below. You will need to change the title of your video and then make sure that the format, resolution, quality and compress are all the same as the photo shows below.

How to use iMovie for your highlight video

3) Then select the location you wish to save your video i.e. desktop, memory stick etc.

4) Once your video has finished saving and downloading, you will need to upload it to YouTube and send your Sports Consultant the link to your video via email.

5) In the event you want to edit the iMovie, or you have fresh content to add, simply pick up where you left off. Go to the iMovie home screen and click on your highlight video and make an amendments or additions you would like to like, but make sure to save it again.

Congratulations, you are now finished and have created your own highlight video!