

# Team Posing Checklist



## POSING

- Ask a coach to put players in a single file line from tallest to shortest
- Count the players and make height adjustments if needed
- Count how many coaches, assistants, parents, mascots, etc will be in the photo and decide where you want to place them.
- Mentally determine how many rows of players you need to create, and how many players will be in each row
- Create the back row using the tallest players arranged to create a pyramid effect
- Create the front row using the shorter players, also arranged to create a pyramid effect
- Have the front row pose; common poses are sitting cross legged, down on both knees, or one knee down. Make this row shoulder to shoulder as straight as possible.
- Have the back row move in behind the front row as close as possible
- Move coaches and all non-players into position

## FINAL CHECKS BEFORE TAKING THE PHOTO

- Is everyone on the front row posed the same (kneeling on the same knee, etc)?
- Does everyone on the back row have their hands in the same position, or behind their back?
- Uniform consistency check: Is everyone's jersey / shirt, the same style/year, same color, and tucked in or not tucked in?
- Is everyone wearing (or not wearing) a hat?
- Does anyone have sunglasses on their heads or hair ties on their wrists?
- Is everyone sitting or standing up nice and tall (not slouching)?
- Is the background free and clear of distractions (ie. anyone walking behind)?
- Can everyone's face be seen?

**1 COACH**  
**5 ATHLETES**

For teams that have 6 or less athletes show up, create a single row with coach to one side.



If the team is shorter, have the coach take a knee to one side, this will allow you to zoom in more and fill your frame.



**2 COACHES**  
**5 ATHLETES**

Coaches can also pose on either side of the players. If team is shorter, coaches can take a knee or pose behind on each side.



**3 COACHES**  
**16 ATHLETES**

When it is not possible to alternate between even and odd for the athlete rows, if you have an odd number of coaches make your athlete rows using even numbers.



**3 COACHES**  
**17 ATHLETES**

When possible alternate between an even number of people and an odd number of people in the rows.



**4 COACHES**  
**16 ATHLETES**

If you have an even number of coaches, make your athlete rows out of odd numbers.



**4 COACHES**  
**25 ATHLETES**

For teams that require three rows of athletes, the front row sits cross legged, the second row is down on both knees and the back row is standing.



If the coaches can not stand behind the back row and be seen, rearrange your rows and work them into the ends of the back row.

