

HOW TO FRAMING, COMPOSITION AND MOVE CAMERA

Pellekan II e11p4 [Film and share life-change e11]

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This episode contains three blocks, written to be extracted as individual clips for a training course on YouTube and other social media platforms. Every individual clip starts with a "Hook" mentioned in this script.

YouTube thumbnail for 7-minute episode: Picture: Medium shot of three hosts in set or recording location. Text: "How to framing, composition and move camera". Smaller text: "Film and share life-change > episode 11". Text has priority.

FADE IN:

1. INT. LIVING ROOM - DAY

Topic: >>Obey the rule of thirds<<

YouTube thumbnail: Picture: ADEEL wondering with expression "really", picture with rule of thirds lines in background. Text: "Obey the rule of thirds". Smaller text: "Film and share life-change > video 31".

Hook: Adeel, CHESSY and TARIK sitting in the living room.

ADEEL
(to camera, to viewer)
Rules? Even in Filming?

TARIK
(to camera, to viewer)
That's right. They help you frame
your picture. Hello and welcome to
framing and composition. My name is
Tarik.

ADEEL
(to camera, to viewer)
And I'm Adeel. We and our friend
Chessy guide YOU to film and share
your life-changing story.
It's helpful and it's good to:

2. INTRO - ANIMATION

Graphic animation with music and text: "Obey the rule of thirds". Possibly animation of YouTube thumbnail.

NARRATOR
Obey the rule of thirds

3. INT. LIVING ROOM - DAY

Adeel, the testifier, his friends Chessy and Tarik sit in the living room. Camera is already on a tripod and set right. Chessy moves in front of camera. Tarik explains to Adeel the rule of thirds. Action according to spoken text.

Screen recordings and B-rolls in between.

ADEEL

So tell me, what are the rules in filmmaking?

TARIK

Chessy, if you don't mind. Please stand over there. First, we need to make sure that the grid is on. That's the square lines. Most apps have that function. I use the Open Camera app. Usually the settings have this gear icon. The grid is in "Camera preview..." and down to "Show a grid". And we use the 3x3 lines. We have three blocks. Each is one third of the frame.

ADEEL

Ah-ha, that's why it's called rule of thirds.

TARIK

You are good. And it's about where we place a person or an object in our picture or frame. We use the fancy word composition to describe that. Let's watch another video on framing and composition.

Tarik starts video clip from his tablet.

4. INSERT - ABOUT RULE OF THIRDS

Possibly same location like above. Or grey backdrop. Chessy and Adeel in front of camera. Filmed horizontally and vertically. Also other pictures/videos used to explain. Action and keywords according to spoken text.

NARRATOR

It is okay to centre a person or object when the left and right side is kind of equal or balanced. Keep the most important on the upper line of your "Grid". The most important are the eyes - or the head of a person. Higher or lower does not look good and is wrong according to the "Rule of thirds". When one side is busy with items then the picture is out of balance. Move the person to one side and let the person turn a bit towards the camera.

(MORE)

NARRATOR (CONT'D)

Frame your person on one of the lines. Also the head and possibly the eyes should be on the upper line. If it's off the lines, it does not look nice. No matter on what side your person is placed, use the grid for orientation. We call the space between head and upper edge "Headroom". And the space between the person looking and the edge we call "Looking room". Even when the person looks straight to the camera but their body looks towards the right or left of the picture. Chessy has space to look at. To improve this picture you can create depth to your image. Simply put your camera to one side and film at an angle - less than 90 degrees to the background. You can add a foreground and a background. That improves your image. The rule of thirds applies not only to a person. You can frame all kinds of things this way.

Different pictures (group of person, animals, plants, landscapes and so on with lines displayed. With music. Display keywords: "Framing and composition" at the end of the video. About 30 seconds long. Adjustable according to clip length of together 3 minutes.

NARRATOR (CONT'D)

This was only the surface on "Framing and composition". Use these keywords to go deeper. There is plenty of information online.

5. INT. LIVING ROOM - DAY

Continue with Adeel, Chessy and Tarik. Display keywords.

CHESSY

Tarik, I hear people say: When you know the rules, you can break them. Is that correct?

TARIK

That is correct. But you need to have a REASON to break a rule.

CHESSY

That's true.

6. INT. LIVING ROOM - DAY

>>Outro for Social Media<<

Call to action (CTA) displayed graphically and with keywords. "Film and share life-change" and other keywords are displayed when mentioned. Person talking is visible all the time.

TARIK

(to camera, to viewer)

There is plenty of information online about "Framing and composition". In your search also include "Symmetry", "Leading lines" and "Shapes".

CHESSY

(to camera, to viewer)

Apply the rule of thirds to your filming. Practice framing with your friend and with different items around you. Take pictures. Your framing will improve and your viewers will appreciate a well made video.

If you want, please send your pictures to us. We'd love to see your work.

ADEEL

(to camera, to viewer)

You will find us in connection with "Film and share life-change". Till then.

ALL

(to camera, to viewer)

Bye bye.

Short graphical credits and contact details. No fade to black. Consider an extra export with 20 seconds end screen time for YouTube.

7. INT. LIVING ROOM - DAY

>>Outro for 7-minute episode (broadcast and YouTube)<<

TARIK

In the next video part we continue with framing a person.

ALL

(to camera, to viewer)

See you.

8. BRIDGE - ANIMATION

Short graphic animation (without text) as a fade or whoosh with music or sound effect to bridge to next topic.

9. INT. LIVING ROOM - DAY

Topic: >>Manage shot sizes<<

YouTube thumbnail: Picture: Chessy pointing hands between head and stomach with expression "sizing", hand-drawn picture of shot sizes in background. Text: "Manage shot sizes".
Smaller text: "Film and share life-change > video 32".

Hook: Adeel, Chessy and Tarik sitting in the living room. Chessy moves hands to show sizes.

CHESSY

(to camera, to viewer)

Today we can check Tarik's drawing abilities.

He will size a body for filming.

Welcome. My name is Chessy.

Together with my friends Adeel and Tarik we guide YOU to film and share your life-changing story.

When working with others you must:

10. INTRO - ANIMATION

Graphic animation with music and text: "Manage shot sizes".
Possibly animation of YouTube thumbnail.

NARRATOR

Manage shot sizes.

11. INT. LIVING ROOM - DAY

Adeel, the testifier, his friends Chessy and Tarik sit in the living room. Paper and pen or pencil on table. Action according to spoken text. B-rolls in between.

TARIK

(to camera, to viewer)

For you to communicate well with your team members you need some common terms. For example for the different shot sizes. When I tell my camera operator I want a medium shot, he needs to know what I'm talking about.

Tarik takes an empty paper and draws the outline of a person. Paper visible. He draws the lines of shot sizes and writes keywords as he talks. Also shown on real person.

TARIK (CONT'D)

There are definitely people who can draw better. But you probably figure out what it is.

CHESSY

Sure. It's you.

TARIK

It's not me. It's art.
Let's start with the whole body from bottom to head. We call this "Wide Shot" or "WS" for short. Some people call this full shot. There are different terms for the same thing. Also, where exactly a "Medium Shot" "MS" is, varies. For some people it's further down. Somewhere here is quite common. Just talk to your team and define your own terms. Then the "Close Up" "CU" for short. If we want to go closer, then we film an "Extreme Close Up", and call this "ECU". We can also film a ECU of the a hand for example.
We have an extreme close up so we also have an "Extreme Wide Shot". Like a person standing in front of the house.
Just above the knee we have a "Medium Wide Shot", a "MWS". And let's add the "Medium Close Up" "MCU" here.
As I said, the terms varies from director to director.
Never put a part of your body which can move to the edge. Never frame only the head. That looks like you killed the person. Or elbow or knee. Don't cut there. It just doesn't look nice.

ADEEL

Can I practice that?

TARIK

Go ahead.

Group moves. Tarik in front of camera. Adeel and Chessy behind. Paper with shot sizes on one side. On the other side camera view, kind of POV.

TARIK

Adeel, give me a wide shot.
And Chessy you check, please.

CHESSY

Yes, correct.

TARIK

Then Chessy, give me a close up and Adeel you check, please.

ADEEL

I would frame it even closer.

TARIK

Just take a picture and let me see.

Overview. Tarik checks the picture and shows how to set eye level.

TARIK (CONT'D)

Yes, tighter is correct.

I just remember one more important thing. Just watch this.

Tarik starts video clip from his tablet.

12. INSERT - EYE LEVEL

Picutre, B-roll and text according to Narration.

NARRATOR

Make sure you film a person on eye level. The camera lens must be the same height like the eyes of the person.

Go to the person and ask FIRST if you can take the eye level. Hold your flat hand to your body and adjust your camera. Put the lens about four inches, that is about ten centimetres, lower. The four inches or ten centimetres are because we keep the person's eyes in the upper area of the frame. It just looks better.

If you want to lift a person up, film him from below. It's like we look to a king or a good leader. If you want to bring someone down, film him from above. Like parents look at a child sometimes.

13. INT. LIVING ROOM - DAY

Back to Adeel, Chessy and Tarik. Tarik shows 10 cm with two fingers.

TARIK

For a testimony video stay on eye level and a bit lower.

14. INT. LIVING ROOM - DAY

>>Outro for Social Media<<

Call to action (CTA) displayed graphically and with keywords. "Film and share life-change" and other keywords are displayed when mentioned. Person talking is visible all the time.

TARIK (CONT'D)

(to camera, to viewer)

Please practice these shot sizes with your friends. Take pictures. Please send them to us.

ADEEL

(to camera, to viewer)

You find us in connection with "Film and share life-change". If you want, we can send you a picture of the drawing of Tarik. Just ask us for it.

CHESSY

(to camera, to viewer)

Have fun and see you in the next video about camera movements.

ALL

(to camera, to viewer)

Bye bye.

Short graphical credits and contact details. No fade to black. Consider an extra export with 20 seconds end screen time for YouTube.

15. INT. LIVING ROOM - DAY

>>Outro for 7-minute episode (broadcast and YouTube)<<

CHESSY

It takes a bit of practice.

TARIK

(to camera, to viewer)

Also YOU will manage the shot sizes. After this episode you have time to practice. Next are the camera movements.

ALL

(to camera, to viewer)

See you.

16. BRIDGE - ANIMATION

Short graphic animation (without text) as a fade or whoosh with music or sound effect to bridge to next topic.

17. INT. LIVING ROOM - DAY

Topic: >>Master camera movements<<

YouTube thumbnail: Picture: Tarik with phone and with expression "Gosh!", arrow for moving in background. Text: "Master camera movements". Smaller text: "Film and share life-change > video 33".

Hook: Tarik guiding Adeel and Chessy in their camera moves.

TARIK

Very, very slow guys. We don't want our viewers to get sick.

TARIK (CONT'D)

(to camera, to viewer)

When you move your camera, do it slowly. Great you are here. Welcome. My name is Tarik. I'm here with my friends Adeel and Chessy. Control your moves and:

18. INTRO - ANIMATION

Graphic animation with music and text: "Master camera movements". Possibly animation of YouTube thumbnail.

NARRATOR

Master camera movements.

19. INT. LIVING ROOM - DAY

Adeel and Chessy operating phone camera. Tarik guiding them.

TARIK

(to camera, to viewer)

Please get your phone out and go to your camera app. Follow us along.

Picture with drawing of movements on one side. On the other side camera view of one camera, kind of POV. Action according to spoken text. B-rolls in between.

TARIK (OFF SCREEN, CONT'D)

Pan right, please. The direction is given from the viewpoint of the camera operator. So pan to the right side. -
Great. Now tilt up. -

ADEEL

Tilt, what is tilt? Okay here. Up.

TARIK

Exactly. That is right.
Then dolly out.

CHESSY

(moves in wrong direction)
Where is dolly? - I found it.

TARIK

OUT is away of the person or
object. Yes, correct.
Then truck left.

TARIK (CONT'D)

(to camera, to viewer)
All the movements you can easily
find online.

Display on screen text: "Camera movements" when mentioned.

TARIK (CONT'D)

(to camera, to viewer)
The keyword for your search is:
"Camera movements". And - please
practice yourself.
Another thing is this: How to
stabilize your camera.
Of course a tripod is best. There
are other ways as well. Watch out.

Tarik starts video clip from his tablet.

20. INSERT - ABOUT STABILIZING THE PHONE CAMERA

First some pictures on how to stabilize the phone, e.g.
table, door, wall, tree, pole, pillar ... Then narrator and
explanations on stable movements and recording movements.
Action according to spoken text. In between screen recordings
and B-rolls.

NARRATOR

(after some pictures)
To hold a phone stable with your
hands, press your elbow to your
chest. Hold your phone with both
hands. For panning and tilting,
move your body as well. Move your
phone slowly. Move your phone from
a meaningful picture to a
meaningful picture.

For recording: Start your camera.
Let it record for at least 10
seconds and then you move and again
record 10 seconds before you stop
the recording. If you find out in
editing that you cannot use the
camera move, then you still have
two fixed shots.

21. INT. LINING ROOM - DAY

Continue with Adeel, Chessy and Tarik. Tarik with phone
demonstrating what he says.

TARIK

Let me say that again.
Start recording. Record steady for
10 seconds or more. Then move your
phone. Then record steady for 10
more seconds. Then stop your
recording. Make sure beginning and
end are well framed so you can use
them if needed. We can call this
the "10 seconds rule".

ADEEL

It takes practice.

TARIK

Correct. Anyway, it's better to let
the person in front of the camera
do the action. That's why a steady
camera is important.

TARIK (CONT'D)

(to camera, to viewer)

Now it's your turn. Practice makes
perfect.

22. INT. LINING ROOM - DAY

>>Outro for Social Media<<

Call to action (CTA) displayed graphically and with keywords.
"Film and share life-change" is displayed when mentioned.
Person talking is visible all the time.

TARIK (CONT'D)

(to camera, to viewer)

Practice the camera movements and
record it according to the "10
seconds rule". Please send your
recordings to us. We are happy to
give you feedback.

ADEEL

(to camera, to viewer)

Please find us in connection with "Film and share life-change". We like to answer your questions or comments any time.

CHESSY

(to camera, to viewer)

We encourage YOU to film and share your life-changing story. See you in the next video about audio.

ALL

(to camera, to viewer)

Bye bye.

Short graphical credits and contact details. No fade to black. Consider an extra export with 20 seconds end screen time for YouTube.

23. INT. LIVING ROOM - DAY

>>Outro for 7-minute episode (broadcast and YouTube)<<

Call to Action (CTA) displayed graphically and with keywords. "Film and share life-change" and other keywords are displayed when mentioned. Person talking is visible all the time.

TARIK (CONT'D)

(to camera, to viewer)

First practice framing. In addition, search online about "Framing and composition". In your search also include "Symmetry", "Leading lines" and "Shapes". Apply these rules to your framing, especially the "Rule of thirds".

CHESSY

(to camera, to viewer)

Practice also the "Shot sizes" with your friends. Your framing will improve and your viewers will appreciate a well made video. If you want, we can send you a picture of the drawing of Tarik. Just ask us for it.

TARIK

(to camera, to viewer)

Practice also the camera movements and record it according to the "10 seconds rule". Please send your recordings to us. We are happy to give you feedback.

ADEEL

(to camera, to viewer)

You can find us in connection with
"Film and share life-change". We
like to answer your questions or
comments any time.

CHESSY

(to camera, to viewer)

This is real work now. It takes
time. But we encourage YOU to
continue with producing your life-
changing story. It will make a
difference in other people's life.
See you in the next episode about
audio.

Graphical credits and contact details with behind-the-scenes
footage and music. Fit time to seven minutes. Consider an
extra export with 20 seconds end screen time for YouTube.

FADE OUT: