



ALICE KEENEY
PHOTOGRAPHY

Freezing Time

www.alicekeeneyphoto.com

Know your camera

- Take time to build the muscle memory of where the buttons are without looking!
- You should be able to make adjustments to exposure, focus and zoom in your sleep!
- The more instinctive the technical side of photography becomes, the more you can focus on composition.

Light Meter

- Your light meter is THE most useful tool in your camera.
- Learn what it means and how to use it.
- If you purposely want to overexpose an image, know what that looks like in your camera.






Shooting Mode

- Know your camera well enough to be able to shoot in Manual.
- Opt for Aperture Priority or Shutter Priority when there are many quick changes, particularly in lighting.
- Be sure to keep an eye on all of your settings while shooting.
- Use exposure compensation to tweak exposure.

Shutter Speed

- Your shutter speed must be fast enough to freeze the motion, if that is your goal.
- This is a **CRITICAL ELEMENT** in shooting sports/action.

SHUTTER SPEED CHART

FULL STOP	1/2 STOP	1/3 STOP	SAFE SHUTTER SPEED	LIGHT	TYPES OF SHOOTING
1/2000	1/2000	1/2000			 BIRDS IN FLIGHT 1/2000
	1/1500	1/1600 1/1250			
1/1000	1/1000	1/1000			 ACTION SPORTS 1/500 - 1/1000
	1/750	1/800 1/640			
1/500	1/500	1/500			 STREET PHOTOS 1/250 - 1/500
	1/350	1/400 1/320			
1/250	1/250	1/250			 LANDSCAPES 1/125 - 1/4
	1/180	1/200 1/160			
1/125	1/125	1/125			 PANNING CARS 1/15 - 1/60
	1/90	1/100 1/80			
1/60	1/60	1/60			 WATERFALLS 1/8 - 2 sec
	1/45	1/50 1/40			
1/30	1/30	1/30			 BLURRING WATER 0.5 - 5 sec
	1/20	1/25 1/20			
1/15	1/15	1/15			
	1/10	1/13 1/10			
1/8	1/8	1/8			
	1/6	1/6 1/5			
1/4	1/4	1/4			
	1/3000	0.3 0.4			
0.5	0.5	0.5			
	0.3	0.6 0.8			
1	1	1			

Drive Options

- Consider using a faster or continuous multiple frame shooting option.
- This is particularly helpful when photographing people.
- Resist the urge to constantly check the image after every frame.

Auto Focus Options

- When shooting sports or a moving subject, select an auto focus mode that will track your subject.
- When shooting a stationary object, select a one shot mode that will allow you to focus and re-compose after locking focus.

Focus Point Selection

- If shooting vertically, or with a subject that is off centered, move your focus point away from the center.
- This will allow you to focus more quickly and more accurately.

Shooting tips

- Patience
- See ahead
- Stay with the shot
- Trust yourself
- Learn from your mistakes
- Don't constantly chimp

Composition

- Once you have all of the technical aspects down pat, you can focus on your composition and developing your eye.
- For some people, this comes naturally. For others, it takes work. Stick with it!
- Learn from other images- both from the successes and mistakes!

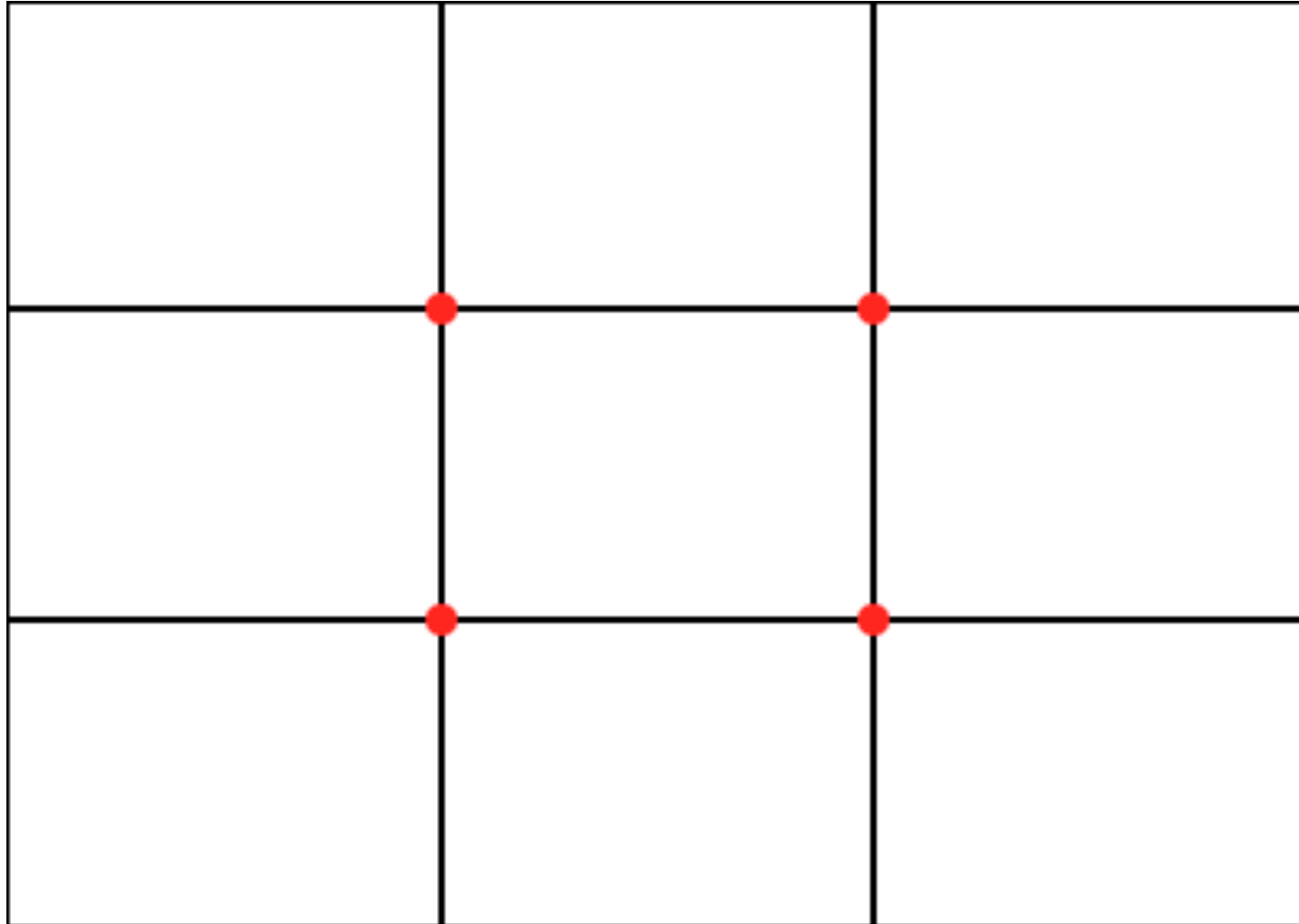
What is composition?

- The manner that visual elements are arranged within a photograph.
- The purpose is to create a visually compelling picture, a picture that evokes the interest of the viewer.
- A successful shot attracts the eye of the viewer, and keeps it in the frame.

Basic Elements of Composition

- Rule of Thirds
- Point of View
- Repetition of Color, Shapes, Lines
- Fill Your Frame

Rule of Thirds



Rule of Thirds

- If you divide the frame into thirds, both horizontally and vertically, you will get 9 sections. The goal is to avoid the middle section, or what is called a “Bull’s Eye” photo. Place points of interest in the photo on the intersection points rather than smack in the middle.

Point of View

- Point of view refers to the angle from which a photo is taken. Most photos are taken from head height, which gets repetitious. Switch things up and get up high or down low for an interesting angle.

Repetition of Color, Shapes, Lines

- The human eye is drawn to repetition. Try to use this to your advantage by finding repetition in your environment. In the following photo, the repetition of the lines draws the viewer's eye to the human subject.

Fill Your Frame

- “If it’s not good enough, you’re not close enough” -Robert Capa
- Fill your frame with interesting content.
- Be aware of all four corners and all elements in your frame.
- The goal is to shoot the best frame possible, not to have to crop after.

More Advanced Techniques

- Lead In or Leading Lines
- Internal Framing
- Negative Space
- Interesting Lighting
- Selective Use of Depth of Field

Lead In or Leading Lines

- A line created by an element in the photo that draws the viewer's eye into the frame and towards the main content.

Internal Framing

- Internal framing is created when an element in the photo creates a frame around the main subject matter in the photo. In the following photo, the red goal creates a frame around the kids playing soccer.

Use of Negative Space

- Leave some empty space to enhance the importance of the main subject.
- It is imperative that the focus remains sharp on the subject.

Selective Use of Depth of Field

- By forcing your camera to use a shallow depth of field, you can blur out backgrounds and bring the focus onto the main subject. Make sure your photo is sharp!

Don't be afraid to edit!

- Lastly, there is nothing wrong with editing your images on your computer.
- Consider it your digital darkroom.
- Virtually every image can be improved, at least a little bit, by some minor changes with your editing software.