

Basketball Media Day Pose Card

Tick the poses you want, then hand this to the photographer. Start most poses in a 3/4 turn.

SOLO POSES

- ☐ **1. Classic hold**
Ball on far hip, front foot to lens, chin forward and down.
- ☐ **2. Arms crossed**
Ball at feet, fingertips tucked, shoulders square, weight back.
- ☐ **3. Two-hand front hold**
Ball at belt height, fingers spread, lean 2 in. toward lens.
- ☐ **4. Ball on the shoulder**
Near shoulder, palm on top, turn only your head.
- ☐ **5. Over the shoulder**
Back angled to camera, look back over near shoulder.
- ☐ **6. Triple threat**
Wide feet, knees bent, ball at hip, eyes up. Camera at waist.
- ☐ **7. Ball to the lens**
One arm out, ball on palm, focus on the eyes.
- ☐ **8. The squat**
Low on heels, forearms on knees, ball at shins, chin down.
- ☐ **9. The point**
Ball on hip, point at lens, elbow slightly bent.
- ☐ **10. The flex**
Ball under arm, fist at shoulder. Once calm, once yelling.
- ☐ **11. Looking off**
Classic hold, eyes 3 ft left of the lens.
- ☐ **12. Shooting freeze**
Ball above forehead, elbow under, eyes on imaginary rim.
- ☐ **13. Ball spin**
Ball beside face at eye level. Shoot a burst.
- ☐ **14. Reverse chair**
Chair back to camera, forearms on top, ball on forearms.
- ☐ **15. Edge of the seat**
Front 3 in. of chair, elbows on knees, ball between knees.

DUO POSES (2)

- ☐ **Back to back**
Shoulders touching, each angled out, ball on outside hip.
- ☐ **Mirror hold**
Side by side, balls on outside hips framing the middle.
- ☐ **Duo funny**
One holds ball overhead, one "defends" with arms wide.

TRIO POSES (3)

- ☐ **The triangle**
Middle one step forward, outside two angled in.
- ☐ **Seated center**
Middle on chair, ball on knee, two standing, arms crossed.
- ☐ **Ball stack**
Three hands on one ball at chest height.

GROUP AND TEAM (4, 5, FULL)

- ☐ **4 people**
Two kneeling in front, two standing between them.
- ☐ **Starting five**
V shape, one at the point, tallest at the back tips.
- ☐ **Full team**
Front row seated, back row standing, tallest back center.
- ☐ **Team funny**
Everyone reacts to one "big shot." Keep it friendly.

PICK AN ENERGY

- ☐ **Tuff**
No smile, chin out and down, camera low.
- ☐ **Cute**
Real smile, ball hugged to chest, small head tilt.
- ☐ **Funny**
Big reactions, fake calls. Nobody is the joke.

Every pose: chin out and down, hands holding something, weight on the back foot. Shoot each one serious and smiling.

SHOOTING ON A PHONE

- ☐ 2x or 3x lens from 8 to 12 ft for portraits
- ☐ 1x lens for groups, never 0.5x for people
- ☐ Tap focus on the eyes, nudge exposure down
- ☐ Face player toward a window or doorway
- ☐ Burst mode for spins, jumps and laughs
- ☐ Chest height, waist height for tuff shots

OUR OWN POSE IDEAS

Pose and cue: _____

Pose and cue: _____

Media Day Game Plan

What to bring, the team shot order and a senior banner planner.

WEAR AND BRING

- ☐ Jersey washed inside out, hung dry, steamed
- ☐ Every jersey color the program uses
- ☐ Warm-up or shooting shirt
- ☐ Clean game shoes (wipe the soles)
- ☐ Ball pumped to game pressure
- ☐ Towel, water, blotting papers
- ☐ Lint roller
- ☐ Jewelry off

HAIR

- ☐ Style that holds through spins and jumps
- ☐ Braids, slicked ponytail or headband
- ☐ Team-color headband or hair ties
- ☐ Haircut 3 to 5 days before, not the night before
- ☐ Edge brush, pins and spare ties in the bag

CONSENT CHECK

- ☐ Photo or media forms turned in
- ☐ Know who is on the school opt-out list
- ☐ Ask before posting other players

TEAM SHOT ORDER PLANNER

#	Player or group	Shots (headshot, poses, duo, trio)	Done

Plan 60 seconds to 3 minutes per player. Do headshots first, groups and the full team last.

SENIOR BANNER PHOTO PLANNER

- ☐ Shoot vertical and full length
- ☐ Leave 20 to 30 percent space above the head
- ☐ Pose: ball on shoulder
- ☐ Pose: arms crossed
- ☐ Pose: over the shoulder

Senior name: _____

Jersey color to wear: _____

Banner size: _____

Print shop and bleed size: _____

Order by (2 weeks before senior night): _____