Documentary Video-5 Shots

1. Establishing Shot



2. Medium Shot



who and what

3. 2 Shot



introduces the subjects

Shot Rules

Shooting with the 5 shots helps each scene feel narrative, as the viewer progressively becomes more intimate with the subject. Using the 5 shots also ensures that the storyteller will have excellent B Roll for a variety of editing decisions.

Shots should be held for 5 to 10 seconds while recording. You can shorten them when you edit.

Hold the camera as steady as possible. Bumps and jiggles ruin shots.

Try not to zoom. Instead, walk closer to the subject of your shot.

4. Close Up



creates intimacy

5. Cut Away



details activity

Close Up # 2



maintains intimacy

To hear someone, be very close to your subject. Whenever possible, use a microphone.

Use good shot composition. **Include what you** want—and only what you want—in the frame of each shot.

If you move (pan/zoom) the camera, move it slowly and steadily. Pause for 5 seconds before changing the direction of a pan/zoom.

Take a variety of each kind of shot. When editing, you can use Cut Away shots to move between Close Ups, Two Shots, etc.