

FREE GUIDE

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PHOTOGRAPHY



A GUIDE TO BACK BUTTON FOCUS

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What is Back Button Focus?

Back Button Focus (BBF) separates the autofocus (AF) function from the shutter button, giving you more control over focus by assigning it to a different button on the back of your camera. It's a game-changer for photographers who want sharper images and better focus control.



Now, let's break it down...

Benefits of Back Button Focus

- Prevents accidental refocusing when you recompose your shot.
- Ideal for action, portrait, and wildlife photography.
- Simplifies tracking moving subjects while keeping your focus locked.



How to Enable BBF

Canon Cameras:

Open your camera's menu.
Navigate to the Custom Controls section.
Assign the AF-ON button to focus.
Disable autofocus from the shutter button.

Nikon Cameras:

Go to Menu > Custom Settings > Autofocus.
Assign the AF-ON button to back button focusing.

Sony Cameras:

Menu button > Custom Settings (gear icon) > Custom Key Settings.
Choose a button (usually AEL or AF-ON) to assign AF/MF Control Hold or AF-ON. Disable focus from the shutter by setting Shutter AF to Off in the AF/MF section.

For other camera models, refer to your manual or online resources.

How to Use BBF

1. Aim at your subject and press the AF-ON button to focus.
2. Release the button once focus is locked.
3. Recompose if necessary, then press the shutter button to capture the image.



Toggling Your Focus Point

1. Set Your Camera to a Mode Allowing Focus Point Selection: Typically, this is Single Point AF.
2. Use the Directional Pad or Joystick: Most DSLRs and mirrorless cameras have these controls for moving the focus point.
3. Assign a Custom Button for Quick Toggle (if available): Refer to your manual for camera-specific instructions.

Best Uses for BBF + Focus Point Toggling

- Portraits: Lock focus on the subject's eyes. Usually the eye closest to camera.
- Sports/Action: Track subjects as they move across the frame.
- Creative Compositions: Focus on elements off-center for dynamic framing.

PRO TIP

Practice toggling your focus points while using BBF to make this technique second nature. The more you practice, the faster you'll get.

