Basic Light Plots

Starting diagrams for one and two person interview setups

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The key light is the primary source of light on the subject. Think of it as being the “sun.” When used alone it tends to result in hot spots and deep shadows.
The backlight is used to improve the “3-D” effect. Without it the subject tends to look flat. When used by itself it creates a halo like glow behind the subject and deep shadows in front.
The fill light is used to “fill in” all areas of the subject. It can be used to even out the differences between the key light and backlight. It has a moderating effect.
Basic 3-Light Plot

When the key light, backlight, and fill light are used together and properly balanced, the subjects look natural. They will not have obvious shadows or hot spots.
There is no “perfect” positioning of lighting. There are too many variables in each set up. However, generally speaking the key light and backlight are at 45° angles up from horizontal. The fill light can be horizontal to the subject, or slightly above or below.

It is usually a good idea to test a setup before recording.