My Back-Button Auto Focus Settings for the Canon EOS R6 Mark II - Duane Burleson, http://www.duaneburleson.com

I use the AF-ON and it is set to a singe point auto focus spot

I also use * (AE Lock) button to auto focus with this camera using the whole area, subject detect, settings.

THE STEPS:

Go to the AF menu.

Set AF operation to SERVO and AF area to one of the first 4 settings. I typically use :Expand AF Area". I do this so I have an auto focus spot showing in the viewfinder. The AF-ON and * button setting will override the AF area setting made here.

Set whole area tracking Servo AF to off, subject to detect to none and eye detection to Disable. That's right, turn them off. Otherwise they will interfere with the setting you use with the two rear buttons. These features will be turned when you set the * button in the Customize buttons menu.

Go to the Camera Menu, sub-menu 3 and select CUSTOMIZE BUTTONS, select the "Shutter butt. half-press" and select METERING START, then hit SET.

SETTING UP THE AF-ON BUTTON:

This first setting is also how I shoot the 1DX most of the time. One focus spot in the center. For me, this is the most reliable way to focus on a single subject in crowded sports like football and basketball.

Use the back wheel to scroll to the AF-ON setting, hit set, select METERING AND AF START and then select INFO to get to the Detail Set or press the INFO button.

--Check mark Servo AF Characteristics, then tap that entry. In the menu that opens I have selected Case 2.

--Check mark AF Operation, I have it set to SERVO.

SETTING UP THE * BUTTON:

Hit MENU (three times_) until you are back to the Customize buttons menu.

Select the * (AE Lock) button, select the METERING AND AF START and then the INFO Detail set or press the INFO button.

--Check mark Servo AF Characteristics, then scroll right and select Servo AF Characteristics. In the menu that opens I have also selected Case 2. --Check mark AF Operation, I have it set to Servo.

--Check mark AF Area, I have it set to Expand AF area.

--Check mark Whole area tracking Servo AF and turn it on.

--Check mark Subject to detect and select People. I photograph mostly people, but you can try auto or one of the other Subjects. Check mark Eye detection and I have mine set to Auto.

When using the * button you start with a single focus spot in the viewfinder, put the subject in that spot, hit the * button, the focus will then find the body, or the head, or the eye and then you can reframe. The focus will mostly stay on the person you started on. This works great for batters or other single people (golfers, etc).

If you want to track a single person, such as shooting isolation shots or following a specific player in lacrosse, hockey, etc. you would set "Tracking sensitivity" and "Switching tracked subjects" to a lower setting. I tend to have my setting mostly to:

Tracking sensitivity to -1 Access/decel to 0

Switched tracked subjects to 1

I have used these settings for baseball, football, hockey. Sometimes I will up Tracking sensitivity a notch. I also go on and off the back focus button, meaning I'll let up on the button, put the focus spot on the new subject and hit the back focus button to start tracking. Going from subject to subject without letting up on the button takes more time to acquire focus.

PLEASE NOTE:

In most cases the selection you will make in the Customize Button menu will override setting made in the main menus. An example is with these setting I have Eye detection turned off in the AF menu, but is turned on when the * button is used.

I also don't change Cases for various sports, I have it set to Case 2 and I modify the "Tracking sensitivity", "Accel./decel tracking" and "Switch Tracking subjects" as needed and to get quick access to those setting I add them in the (Star) MY MENU menu. These setting also override the default Case 2 settings.