A track matte is a still image, video clip, graphic, piece of text or shape used to create a variable transparency. The track matte carves out a portion of a layer, exposing the layer beneath it. Ideal for reveals, keying out, and generating shapes, what makes a track matte unique is that it remains independent of all other layers in your project. With a track matte, you create a top layer that provides the alpha, or luminance, and a bottom layer that contains the imagery that will be shown, allowing you to produce animations with far fewer steps and a greater ease than using a traditional mask. Here are the steps to creating a track matte...

I have a title I would like to turn into a track matte, and a video clip sitting beneath it.

Within the comp right click (ctl click) on source/layer name, and select Modes under Columns. This reveals the Track Matte options.

TrkMat appears as a column.

Open the TrkMat dropdown of the clip you want matted within the transparency layer, in this case the video clip. Select Alpha Matte + the layer which will become the transparency, in this case the text layer called “Track Matte.”