Go to youtube creator studio, find the video and click open image in new tab from context menu. Then copy the video id and paste it here.

For more options and help go here:

<https://www.thewebtaylor.com/articles/how-to-get-a-youtube-videos-thumbnail-image-in-high-quality>

Here are the templates for where the id goes for convenience:

Template:

[http://img.youtube.com/vi/<insert-youtube-video-id-here>/maxresdefault.jpg](http://img.youtube.com/vi/%3cinsert-youtube-video-id-here%3e/maxresdefault.jpg)

Example:

[http://img.youtube.com/vi/b3mFChtdGN8/maxresdefault.jpg](http://img.youtube.com/vi/%3cinsert-youtube-video-id-here%3e/maxresdefault.jpg)

New:

[http://img.youtube.com/vi/<insert-youtube-video-id-here>/maxresdefault.jpg](http://img.youtube.com/vi/%3cinsert-youtube-video-id-here%3e/maxresdefault.jpg)