

REHEARSAL TECHNIQUES

The following exercises are dynamic rehearsal techniques designed to:

- sharpen focus
- boost energy
- and increase adaptability among actors and crew

SPEED AND ENERGY RUN

Actors perform scenes at an accelerated pace with heightened physicality, pushing them to listen intently and respond quickly.

PICK A LINE

Involves actors jumping to selected lines or moments, requiring flexibility and keen spatial awareness as they seamlessly reset and resume scenes.

THE BENEFITS

- **Sharpens Focus and Listening Skills:** Both techniques demand full attention, keeping actors engaged with each other's cues and actions.
- **Strengthens Line Memorisation Under Pressure:** Tests memorization in realistic scenarios, highlighting which lines need reinforcement.
- **Enhances Physicality and Stage Presence:** Exaggerated movements and spatial resets encourage bold physical choices and a stronger presence.
- **Builds Team Cohesion and Ensemble Dynamics:** Actors rely on each other, fostering trust, while Pick a Line also integrates backstage crew seamlessly.
- **Inspires Creative Choices and Scene Insights:** The high energy and flexibility reveal new character choices and scene dynamics.
- **Identifies Areas Needing Extra Focus:** Highlights moments needing more practice, helping refine timing and blocking.
- **Improves Backstage Coordination:** Pick a Line familiarises crew with timing, set transitions, and scene flow for smooth support.

See how they are done on the following pages...

SPEED AND ENERGY RUN

The Speed and Energy Run-Through is a dynamic rehearsal technique that keeps actors sharp, energised, and connected to their characters.

Watch how it's done!

We create quick and easy to follow video demos of all of our games and exercises. Click the image to watch now!



Below you can follow the step by step guide on how to do it..

STEP-BY-STEP GUIDE

1. Preparation

- **Choose Key Scenes:** Select scenes that need more intensity, emotional energy, or stronger character work. You can choose to run the entire script if you feel it is needed.
- **Set Expectations:** Encourage actors to prioritise clarity and commitment to character as they perform as fast and as energetically as possible. Remind them that this is about finding balance between speed, energy, and articulation.

2. Speed and Energy Run Instructions:

- **Build Energy:** Start with vocal and physical warm-ups that elevate energy.
- **Push the Pace:** Actors perform the scene at double speed, focusing on delivering lines with clear articulation and expression.
- **Exaggerate Gestures and Characterisation:** Encourage actors to use big, bold gestures and enhance their characterisations, creating high-energy interactions that keep the scene alive.
- **Maintain Line Clarity:** Remind actors to enunciate and ensure lines are understood, even at a fast pace.

Debrief: After each run, discuss what worked and what challenges arose. Reflect on how speed and energy affected line recall, character interactions, and scene flow.

Top Tips

- **Keep Energy High, but Controlled:** Push limits while staying grounded in character.
- **Emphasise Line Retention:** Remind actors to think on their feet if they miss cues.
- **Use Positive Feedback:** Highlight the fun and discoveries to boost confidence.
- **Spot Learning Moments:** Treat hesitations as cues for areas needing improvement.

Have fun with it!

PICK A LINE

Develop actors' quick recall of blocking and scene flow while reinforcing teamwork, as cast & crew members depend on each other to reset scenes accurately and stay in sync.



Watch how it's done!

We create quick and easy to follow video demos of all of our games and exercises. Click the image to watch now!

Below you can follow the step by step guide on how to do it..

STEP-BY-STEP GUIDE

- **Introduction:** Briefly explain the exercise to the cast. Let them know that the goal is to quickly get into position and resume the scene from the line the teacher/director calls out. This will test their knowledge of their blocking, the journey of the scene, and their understanding of how each moment fits into the larger picture.
- **Preparation:** Make sure everyone knows their lines and blocking. Reiterate the importance of staying in sync with the scene and each other during this exercise.
- **Calling the Line:** The teacher/director calls out a random line from the script. The actors must immediately respond by getting into the correct position for that moment in the scene, staying in character and ready to continue from where the line left off.
- **Acting Out the Scene:** Once positioned, the actors should immediately begin the scene from the called line, maintaining the energy and focus of the scene. If the scene involves other characters or set pieces, they must ensure they are using the space correctly.
- **Repeat:** The teacher/director continues calling random lines and the actors reset to those positions quickly. The exercise can be repeated several times to test memorisation and adaptability.

Feedback & Adjustments: After running through the scene from various starting points, the teacher/director provides feedback on the actors' timing, blocking, and the overall flow. Focus on areas where the actors struggled to get into position or missed their marks.

Backstage Coordination

If there are backstage helpers, incorporate them into the exercise. They can assist in moving the set pieces or adjusting props to match the actors' transitions, reinforcing their awareness of scene flow and timing.

Have fun with it!