Training Games for Performers
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Handout

Training Games for Performers

Objectives:

- **To give performers tools and training in concentration, imagination and energy on stage and to help them learn how to move meaningfully on stage, and how to use the whole body on the whole stage and strengthen their on stage performance.**
- **To help make performing more fun.**
- **To free up the body because it frees up the sound.**
- **To help develop heart in performances.**

Focus games – to help develop a performer's concentration, imagination and energy onstage. Performers that are focused are riveting to watch. They have what is called "presence" onstage.

Stage Orientation and movement – Moving onstage is different than moving as we do every day. From an audience's perspective, we look pretty small on stage, so regular physical movements may come off as herky-jerky. The audience is watching the whole stage (unless we have focused their attention by the use of stage lighting), so we must learn how to move meaningfully, and how to use the whole body on the whole stage. Through well-planned and executed movement and awareness of stage space, we can focus the audience's eye to where we want them to look.