## horizontal line



Performance Practice Handbook

Theatre Fundamentals and Performance Tips

# Mission

To illuminate abilities through the performing arts.

# Vision

To promote access and inclusivity within the performing arts.

# Handbook Purpose

The purpose of this is to serve as a template of theatre fundamentals for our Starcatchers for many years to come. We have compiled a list of performance practice ideas for the Starcatchers, parents, directors, and performance partners:

1. Practice Tips  
   For parents to utilize with their Starcatchers at home.
2. Stage Presence Fundamentals  
   For cast members and performance partners.

**Practice Tips**

1. Watch and Listen
   1. Watch a movie version of a show so that your actor becomes familiar with the story and characters.
   2. Listen to the music CDs or music files we provide frequently when traveling in your vehicle or at home
2. Technology
   1. There is an app called Line Learner which can help your Starcatcher practice their lines. More information at <https://dramaresource.com/line-learner/>
   2. Record a video so your Starcatcher can watch their performance of each scene.
3. Beginning
   1. Start with a few lines or one or two short scenes, then build on that. When you start a new part of the script, take time to talk about what’s going on in the scene (in the Starcatcher’s own words).
   2. Read through the script a couple of times before trying to deliver the lines with no reading and verbal prompts.
   3. With each try, fade prompts and allow time for the Starcatcher to think about what comes next (don’t prompt too quickly). Try other parents’ tips, but adapt to your Starcatcher’s learning style.
4. Middle
   1. Have your Starcatcher work on their lines, songs, and choreography daily if possible. Repetition, repetition, repetition!
   2. As a parent, play the other character or characters in the scene so your Starcatcher can learn the context of each line and the cues of fellow cast members.
   3. Delivery is paramount. Review the character’s lines and underline one specific word in each line that should be emphasized to bring out the emotion the character is trying to portray.
   4. Record a video so your Starcatcher can watch their performance of each scene.
5. End
   1. Encourage your Starcatcher to find a performance process that works best for them. While we hope our cast can be totally "off-book" two weeks prior to the first performance, we understand that everyone’s brain is different. Here, we embrace whatever works best for each person.

**Stage Presence Fundamentals**

1. Stage Terms
   1. **Stage Directions:**

|  |  |  |
| --- | --- | --- |
| Upstage Right | Upstage Center | Upstage Left |
| Center Right | Center | Center Left |
| Downstage Right | Downstage Center | Downstage Left |

Audience

* 1. **Wings (Left and Right):** The area immediately off stage, usually there is a wing stage left and right.
  2. **The House**: This term generally refers to the auditorium (Where the audience sits). If the house is open then the audience is being let into this space.
  3. **Front of House (FOH):** The area for the general public before they enter the theatre eg. Box office, foyer, bar and cafe areas.

1. Body
   1. Keep your face towards the audience. It is best not to turn totally sideways. (Remember that the audience is part of every conversation on stage).
   2. If the line is coming from your left, turn your body slightly toward the left back corner of the theatre. If the line is coming from your right turn your body slightly toward the right back corner of the theatre.
2. Voice
   1. Do not "upstage" a cast mate. Upstaging is when a cast member talks or causes a distraction during another cast member's line.
   2. Keep your voice and body quiet when you are backstage. The audience can hear you!