

## Creating Unforgettable Rehearsals

Tori Postma

### Rehearsal theme ideas:

- Colander Night – vocal production
- Bag Lady Night – vocal production
  - Director/chorus communication
  - Ensemble work
- Backwards Night – start with ‘goodbye’
  - Work only tags and ends of songs
  - Work backwards, adding 8 meas at a time to tag, etc.
- Character Night – Dress in character of 2 songs
  - Work on singing through distractions
- Flip Flop Night – Dealing with distractions
  - Dress in flip flops and shades + whatever
  - Flip chorus side to side, row to row
  - Vocal production + singing with whomever you’re near
- Bad Hair Night – Distraction exercises
- Naked exercises – to deal with nerves
- MINI shows – Create 2 or 3 choruses (sing the same 3 songs)
  - Separate directors, costumes, choreo, and emcees
  - Give 20 minutes for ‘rehearsal’ for 3 weeks ahead
  - Perform for each other
- Naked Exercises – Building confidence and stamina
  - From rows to sections to small groups singing alone with choreo
  - NO FEEDBACK or COACHING
- Bounce the Ball – Everyone bounces a small ball in time to the rhythm while talking, then singing the song

### NOTES: