



Practice Strategies

5-6 weeks before big tournament

5 day schedule

- **1 day:** Structured research, filing, topic discussion
- **1 day:** Drills, AGD/on-top brainstorming, “mini-speech” with intro & one point
- **2 days:** outline & deliver “perfect speech” with focus on substructure
- **1 day:** practice in tournament conditions

3 day schedule

- **1 day:** Structured research and topic discussion
- **1 day:** Outline & deliver “perfect speech” with focus on substructure
- **1 day:** Practice in tournament conditions

3-4 Weeks before tournament

5 Day Schedule

- **1 day:** Structured research & topic discussion
- **2 days:** Practice in tournament conditions
- **2 days, choose from the following:**
 - 2 days outlining (if analysis is your weak point)
 - 1 day outlining and 1 day drills/AGDs (if delivery/personality is your weak point)

3 Day Schedule

- **2 days** practice in tournament conditions
- **1 day**
 - Structured research & topic discussion (if baseline knowledge is your weak point)
 - Outlining (if analysis/substructure is your weak point)
 - Drills AGDs (if delivery is your weak point)

1-2 Weeks Before Tournament

5 days

- **1 day:** Free Choice
 - Research/Topic Discussion
 - Drills/AGDs
 - Outline
- **4 days:** Practice in tournament conditions

3 days

- Practice in tournament conditions every day
- Try really, really hard to find ONE more day to add to your schedule

At the tournament

Warm up BEFORE the round

- Brainstorm a list of possible topics or questions
- Play a round of fluency/transition game for the topic
- Brainstorm & rehearse possible AGDs & on-tops

While you wait to draw

- Review your files on the round topic
- Open and review your favorite articles & studies
- Catch up on highlighting if you got behind
- Listen to a playlist that makes you feel good

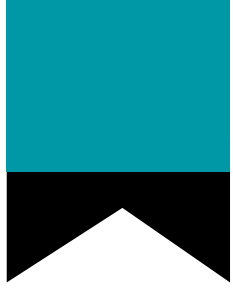
Examples of structured research activities

- **Musical filing:** put on a song, everyone reads/files for the length of the song, discusses one thing they learned
 - Good strategy after long break or a serious news event
- **Discussion round table:** select a longer, more challenging article. Each person highlights and shares a passage that stood out to them. Remaining group members respond to the passage. Repeat until everyone has shared a passage.
- **Ask the expert:** each person agrees to become an expert on a topic area and fields questions from the group



What to do with big articles & studies

- Read and highlight intro & conclusion first
- Keyword search for important concepts in the body of the text, read selected chapters
- Use footnotes to help stretch your citations



Judging & Feedback Drills

- Turn off the sound and evaluate a video of yourself for gestures & facial expressions. Fast forward to identify very repetitive gestures.
- Watch without flowing to evaluate delivery and clarity.
- Take a detailed flow to evaluate substructure & sourcing.
- Get feedback from people who are not extempers

Ways to Read

- Follow your favorite newspapers on whatever social media you like to waste time on
- Make an extemp book club with your teammates
- Join our extemp GC!
- Be open to unorthodox sources
 - High quality historical fiction
 - International authors
 - Memoirs
 - Travel guides