

Three Strikes, You're Out

Now that you've read about delivery, you know that good delivery comes with practice. This exercise incorporates the three strikes from baseball with verbal and non-verbal aspects of delivery. It will allow you to practice delivery without focusing on the message while competing with your classmates to see who can have the highest batting average.

Directions:

1. All of your classmates will have a chance to speak in front of the class. When it's your turn, you will give an impromptu speech on any topic.
2. Within this impromptu speech, you are not allowed to have vocalized or non-vocalized pauses or display nervous gestures or movement (playing with hair, swaying back and forth).
3. At the same time, you are also required to maintain eye contact with one person for 30-second intervals.
4. For each time you lose eye contact, display nervous gestures or movement, or have a vocalized or non-vocalized pause, you receive a strike. Your instructor will raise a red card to indicate each strike. Some instructors may prefer to just yell out the strikes like an umpire. Your instructor will clarify their method of showing you that you have a strike.
5. Just like in baseball, after three strikes, you are out. After three outs for your team, the other team is up.
6. If you can make it to 30 seconds, your team gets one point. If you can make it one minute, your team gets two points.

Typical results: This activity is especially important in helping you get more comfortable with eye contact. You and your classmates may have a hard time with the activity at first, but after watching the first few students give it a try, you will see that it's difficult, but not impossible. You should end up having a lot of fun with the activity, so feel free to talk about something light. It's especially useful before the first speech, giving you and your classmates a chance to work on delivery in front of an audience.